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Maltodextrin

National Cancer Institute

Source

National Cancer Institute. *Maltodextrin*. NCI Thesaurus. Code C68474.

An oligosaccharide derived from starch that is used as a food additive and as a carbohydrate supplement. As a supplement, maltodextrin is used to provide and sustain energy levels during endurance-oriented workouts or sports, and to help build muscle mass and support weight gain.