Nutritional OUTLOOK

Monk Fruit Decoction Ingredients Gain Ground as Manufacturers Seek Sugar Reduction Alternatives with

Layn Natural Ingredients will showcase an expanded monk fruit sweetener portfolio at IFT FIRST 2026 in July, including monk fruit decoction powder and liquid ingredients the company introduced as an addition to its existing line of high-purity mogroside extracts.

The decoction products are manufactured through a traditional water-based extraction process rather than the more selective purification methods used to produce standardized Mogroside V extracts, positioning them differently within formulation and labeling strategies. For finished product manufacturers evaluating sugar-reduction ingredients, the announcement reflects a broader industry response to a 2024 regulatory determination in the United Kingdom that changed the legal classification of monk fruit decoctions in that market.

"For brands developing products across multiple regions, ingredient flexibility and regulatory clarity are becoming increasingly critical considerations," said Doris Ip, senior marketing manager of Layn Natural Ingredients. "What differentiates Layn is our vertically integrated monk fruit platform, which begins at the plant level with proprietary cultivar development, tissue culture propagation, and grower partnerships, and extends through cultivation, extraction, and ingredient manufacturing."

What Did the UK Food Standards Agency Actually Determine About Monk Fruit Decoctions?

In June 2024, the UK Food Standards Agency determined that non-selective aqueous decoctions of monk fruit, made from the fresh or dried fruit of *Siraitia grosvenorii*, are not a novel food under retained European Union novel food regulation.[2]

That regulation defines a novel food as one not used for human consumption to a significant degree within the European Union or United Kingdom before May 15, 1997. The agency's determination was based on evidence demonstrating a documented history of monk fruit decoction consumption in the UK and European Union prior to that cutoff date, largely tied to use within Chinese food businesses and communities.

This determination followed a March 2024 High Court ruling that found the Food Standards Agency had acted unlawfully in a prior 2022 decision classifying monk fruit decoctions as novel, after the agency applied non-binding European Union guidance rigidly rather than independently evaluating the evidence submitted.[3] The underlying application that triggered both the original classification and the subsequent legal challenge was submitted by a different company, Monk Fruit Corp, though the resulting determination established the non-novel classification for non-selective aqueous decoctions meeting the relevant specification more broadly, rather than for a single company's proprietary product.

How Does This Regulatory Pathway Differ for Decoctions Versus High-Purity Monk Fruit Extracts?

The non-novel food classification specifically applies to non-selective aqueous decoctions, a category distinct from the high-purity, selectively refined mogroside extracts that dominate the current monk fruit sweetener market. Highly purified mogroside extracts and non-aqueous extraction methods remain subject to separate novel food evaluation in the European Union, where the European Food Safety Authority issued a positive safety opinion in 2024 authorizing one specific aqueous monk fruit extract for use across several food categories under a distinct implementing regulation.[4]

This creates a regulatory landscape in which decoction-based monk fruit ingredients and high-purity mogroside extracts can occupy different compliance pathways within the same broader European market, depending on processing method and degree of refinement.

Produced through a traditional, non-selective water-based decoction process, these ingredients naturally provide approximately 5 to 6 times the sweetness of sugar while

supporting fruit-derived, ultra-clean-label positioning, further expanding one of the industry's most comprehensive portfolios of monk fruit ingredients.

What Is Driving Broader Demand for Monk Fruit as a Sugar Reduction Ingredient?

Monk fruit sweeteners, derived from a plant native to southern China and historically used in traditional preparations, have gained commercial traction as formulators respond to consumer and regulatory pressure to reduce added sugar across food and beverage categories. Mogrosides, the sweet-tasting compounds responsible for the fruit's intense sweetness, are non-caloric, though monk fruit's regulatory status varies considerably by jurisdiction and extraction method.[1]

China's National Health Commission has authorized monk fruit extract as a food additive, while regulatory treatment in the European Union remains more fragmented, with different rules applying depending on whether a product is classified as a decoction or a more selectively processed extract.

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