

13. A composition according to any previous claim, wherein the polyphenols are polyphenols found endogenously in sugar cane.
14. A composition according to any previous claim, wherein the polyphenols include one or more of tricetin, luteolin and apigenin.
- 5 15. A composition according to any previous claim, wherein the moisture content of the sugar is about 0.02% to about 0.6% w/w,
16. A composition according to any previous claim, wherein the sugar is food grade.
17. A prebiotic composition comprising a sugar according to any one of the previous claims and one or more further prebiotics.
- 10 18. A probiotic composition comprising a sugar composition according to any one of claims 1 to 16 or a prebiotic composition of claim 17 and one or more probiotics.
19. A food or beverage comprising a sugar composition according to any one of claims 1 to 16, a prebiotic composition according to claim 17 or a probiotic composition according to claim 18.
- 15 20. A method of increasing the quantity of probiotic bacteria in the colon of a mammal comprising consumption of a sugar composition according to any one of claims 1 to 16, a prebiotic composition according to claim 17, a probiotic composition according to claim 18, or a food or beverage according to claim 19.
21. The method of claim 20, wherein the method increases the quantity of one or  
 20 more of the bacteria species from the group consisting of lactic acid bacteria, *Bifidobacteria*, *Bacteroidetes*, *Bacillus*, *Streptococcus*, *Escherichia*, *Enterococcus*, *Anaerostipes*, *Bacillus*, *Odoribacter*, *Vectivallis* (phylum *Lentisphaerae*) and unclassified *Lentisphaerae*, unclassified *Marinilabiaceae* and *Anaerophaga* (family *Marinilabiaceae*), *Anaerophaga*, *Cerasicoccus*, *Roseburia*, and/or *Shigella* species.