



FODMAP Testing Results

Presence of FODMAPs based on 100% of serving size of Sperri

FODMAP	Value	Status
Fructans	0.2	Acceptable
GOS	0.1	Acceptable
Lactose	<0.1	Acceptable
Excess Fructose	0	Acceptable
Sorbitol	<0.1	Acceptable
Mannitol	<0.1	Acceptable

Status: Acceptable at a serve size of 150mL

