

# Is **ió** fibrewater safe to drink while breastfeeding?

There have been no safety trials on **ió** fibrewater for breastfeeding mums.

However, we do know that chicory root fibres are part of infant and follow-on formulas around the world, which increase the amount of bifidobacteria, which positively affects the infant's microbiota and brings it closer to that of breastfed babies.

Erythritol is a naturally sourced sweetener, as is stevia, which are in many foods that are eaten by breastfeeding mums.





# iío fibrewater intake in infants and small children

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There have been numerous studies proving the safety and efficacy of chicory root fibre babies, infants and small children.

Sugars and natural sweeteners (such as the stevia and erythritol found in **iío fibrewater**) are not recommended for infants until they are aged two. Please refer to the [dosages page](#) for further information.

One of the most common gastrointestinal complains in children is chronic constipation. Beneo conducted a pilot study in 17 children (2-5 years old). Those who received the prebiotics had significantly softer stools compared the control group. <sup>(13)</sup>