

ió fibrewater & IBS



WHAT ABOUT FODMAP IN IBS PATIENTS?

‘Current data shows that at least chicory root fibre is well-tolerated by IBS patients at normal intakes.’*

Nutritional and Health Benefits of Inulin and Oligofructose:

Controlled trial of oligofructose in the management of irritable bowel syndrome.

View study [here](#).

Effect of Chicory-derived Inulin on Abdominal Sensations and Bowel Motor Function

View study [here](#).

*Source: [Beneo Chicory Root Fibers – supporting a healthy gut microbiota and beyond](#)

71% of people with IBS & digestive health issues experienced an improvement with **ió fibrewater** in just 12 days*

'In just over a week of drinking a bottle a day, I'm not bloating, and my stomach cramps are gone. I also feel more energised and just so much lighter.'

Alyosha P., NHS worker

*Survey of 28 participants, including those with self-identified digestive health issues before drinking **ió fibrewater** and after 12 days of consuming the water, of which there was a 71% improvement.





*'My body seems to smile from the inside with **ió**'*

*I have had digestive issues (IBS, hiatus hernia with acid reflux) and food intolerances for many years. My digestion has been so much easier from the first day of drinking **ió** fibrewater. As the days went on, there was even more improvement. No reflux after meals. I have not felt the need to snack between meals and have lost weight. Yay!*

Usually, my system struggles with milk chocolate (resulting in diarrhoea). I decided to test the water - I had a cheeky bar with no ill effects, the same with my other intolerances. I actually don't want to eat unhealthy food. I am so glad to have found this gentle way to help my digestion and keep me hydrated.

Isobel G., therapist

Helped restore normal function

- *I recently had a lapse into IBS, having been free of it for 3 years. This water has definitely made a difference and helped restore normal bowel function. I'll carry on taking it - very impressed!*
- Melanie O.

