

ió **fibrewater** ingredients



All-natural. No added sugar. No artificial sweeteners.

ió fibrewater is made with a proprietary blend of prebiotic and soluble fibres, ultra-purified water with just a touch of natural sweetness and a splash of natural fruit flavour.

- Gluten-free
- Vegan
- BPA-free bottle
- 25% recycled plastic & 100% recyclable
- Suitable for 2+ years

100% NATURALLY SOURCED INGREDIENTS

All the ingredients in **ió fibrewater** are of natural origin and there are no artificial sweeteners, preservatives, flavours or colours in any of our bottles.

ió fibrewater ingredients: Filtered water, chicory root fibre (inulin), erythritol (natural sweetener), non-GMO corn fibre, natural flavourings (Sicilian lemon oil in our Lemon & Lime), acidity regulator: citric acid, sweetener: steviol glycosides (from Stevia)

Simply put, we use only filtered (reverse osmosis) water and ingredients of plant origin.



NUTRITIONAL PROFILE

	Per 100 ml	Per 500 ml
Energy	14kJ (3kcal)	70 kJ (17 kcal)
Fat (of which saturates)	0.0 g	0.0 g
Carbohydrates	1.2 g	6.0 g
(of which sugars)	0.2 g	0.8 g
(of which polyols)	0.9 g	4.7 g
Fibre	1.2 g	6.0 g
Protein	0.0 g	0.0 g
Salt	0.0 g	0.0 g

The Lemon & Lime and Strawberry flavours have the same nutritional profile, as shown here.

Our product qualifies for a number of nutritional claims such as:

“A source of fibre”

“High fibre”

“No added sugar”

“Low sugar”

ió fibrewater & Beneo

- The prebiotic chicory root fibre (inulin) we use in **ió fibrewater** is manufactured by Beneo GmbH, who lead the way in achieving two EU/UK authorised health claims for inulin for digestive health and lowering and slowing blood glucose rise.
 - **ió fibrewater** has approval to use these health claims on our label and marketing
 - The particular chicory root fibre we use in **ió fibrewater** is part of the Beneo Orafiti® Inulin family and is a highly soluble, standard chain inulin that creates a clear water with no ‘bits’
- Many of the resources provided in this document come from the Beneo Institute of Nutrition and Health and their publication ‘Chicory root fibers – supporting a healthy gut microbiota and beyond’, which includes links to over 60 studies. You can access this document [here](#).
- Chicory root fibres are natural, and made from gently extracted chicory root with pure hot water.

BACKGROUND ABOUT OUR INGREDIENTS

Our two **ió fibrewater** flavours have a similar ingredients list, except for the types of natural flavourings used and the addition of Sicilian lemon oil in our Lemon & Lime flavour.

Each flavour contains 6g of dietary fibre per 500 ml serving: 75% of this fibre content is from our key ingredient chicory root fibre/inulin with the remaining 25% of our fibre coming from soluble corn fibre (from non-GMO sources).

We chose to substitute some inulin for soluble corn fibre to lessen potential gastrointestinal side effects such as bloating, cramping and flatulence.


Please note: The digestive tolerance of our chosen soluble corn fibre has been shown to be more than two times that of inulin, and it is well-tolerated, at high intake levels (40 g/day bolus and 65 g/day in multiple doses).

Harnessing plant power for precision nutrition

ió fibrewater is the **only functional water** in the UK that is infused with a clinically proven soluble prebiotic fibre made from chicory roots – also known as inulin.

Prebiotic fibre is a special type of fibre that feeds the healthy gut bacteria.

Not all fibre is prebiotic!



Prebiotics are the perfect nutritional ingredient for consumers who want to increase their fibre intake and look after their gut and general health.

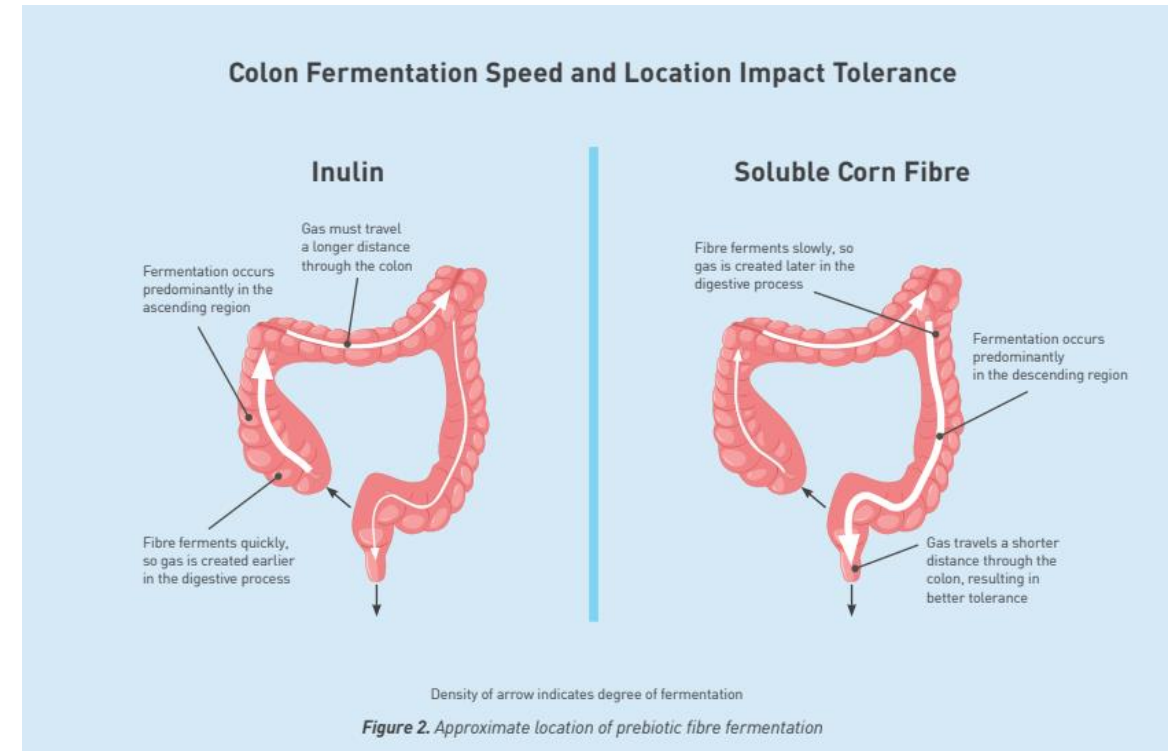
SOLUBLE CORN FIBRE (NON-GMO)

This ingredient provides 25% of our fibre content and is non-GMO and manufactured in Holland and is considered to not be genetically modified under EC regulations 1820 and 1830/2003.

The main benefits our product derives from this is as follows:

Soluble corn fibre is a resistant starch and has been shown to have over two times the digestive tolerance of inulin, reducing the possibility of digestive discomfort and increasing consumer satisfaction.

Fermentation of inulin predominantly occurs in the ascending region of the colon, while soluble corn fibre is predominantly fermented in the descending region. So, combining both inulin and soluble non-GMO corn fibre in **ió fibrewater** better ensures that good bacteria throughout the colon are fed.



A close-up photograph of a stevia plant, showing several bright green, serrated leaves with prominent veins. The leaves are arranged in a cluster, and the background is softly blurred, showing more of the plant and some light-colored flowers.

Natural sweeteners: erythritol & stevia

Erythritol

Erythritol is an increasingly popular sweetener/flavour enhancer as it is not artificial in origin and has a low kcal profile. Its use in food has been approved by the European Food Safety Authority since 2003.

Erythritol is a polyol (a sugar alcohol) found naturally in certain fruits, vegetables and mushrooms. Polyols are small-chain, low digestible carbohydrates that humans don't absorb.

Stevia (steviol glycosides)

Stevia is a sugar substitute made from the leaves of the stevia plant and has no carbohydrates. It was evaluated and approved by the European Food Safety Authority since 2011.