

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](#).

In a recent survey of 28 participants, a small percentage of people, including some who identified as having Crohn’s disease and/or IBS experienced slight to moderate discomfort in drinking **ió** fibrewater for the first few days and by day 12 of drinking one bottle daily, 71% experienced improvements in digestive health issues.