

# What to expect

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When drinking  
**ió** fibrewater



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For more information visit



[www.iofibrewater.co.uk](http://www.iofibrewater.co.uk)

This is a guide to what you may experience when you start drinking **ió** fibrewater, which is made with prebiotic chicory root fibre (inulin) derived from the chicory plant.

**ió** fibrewater is best enjoyed as part of a varied and balanced diet, and we recommend consuming 1 bottle per day for your first 2 weeks.

**1-3**  
Days

When you start drinking **ió** fibrewater, you may experience a slightly 'bubbly' tummy - this is a good sign! (And it will settle down once your system adjusts.) Your good bacteria (aka Bifidobacteria) are getting used to being fed the prebiotic fibre in our waters.

**4-7**  
Days

You may start to notice that your digestive system is working faster and that regularity has increased. Your microbiome (the bacteria, fungi and yeast in your gut) is starting to reset.

**8-12**  
Days

Your microbiome is changing for the better, and **ió** fibrewater is doing its job by nurturing and feeding your good gut bacteria. You may start to notice a positive change in your sleep quality and mood and an improved sense of overall well-being, too.

**12+**  
Days

To maintain the positive effects keep drinking **ió** fibrewater as part of your daily routine. The prebiotic chicory root fibre will continue to help your microbiome stay healthy by acting as a food and energy source for your good gut bacteria.

# ió fibrewater: Proven health benefits

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In a recent survey of 28 participants in May and June 2022 took part in a 12-day challenge by drinking one bottle of ió fibrewater a day. (One case of water).

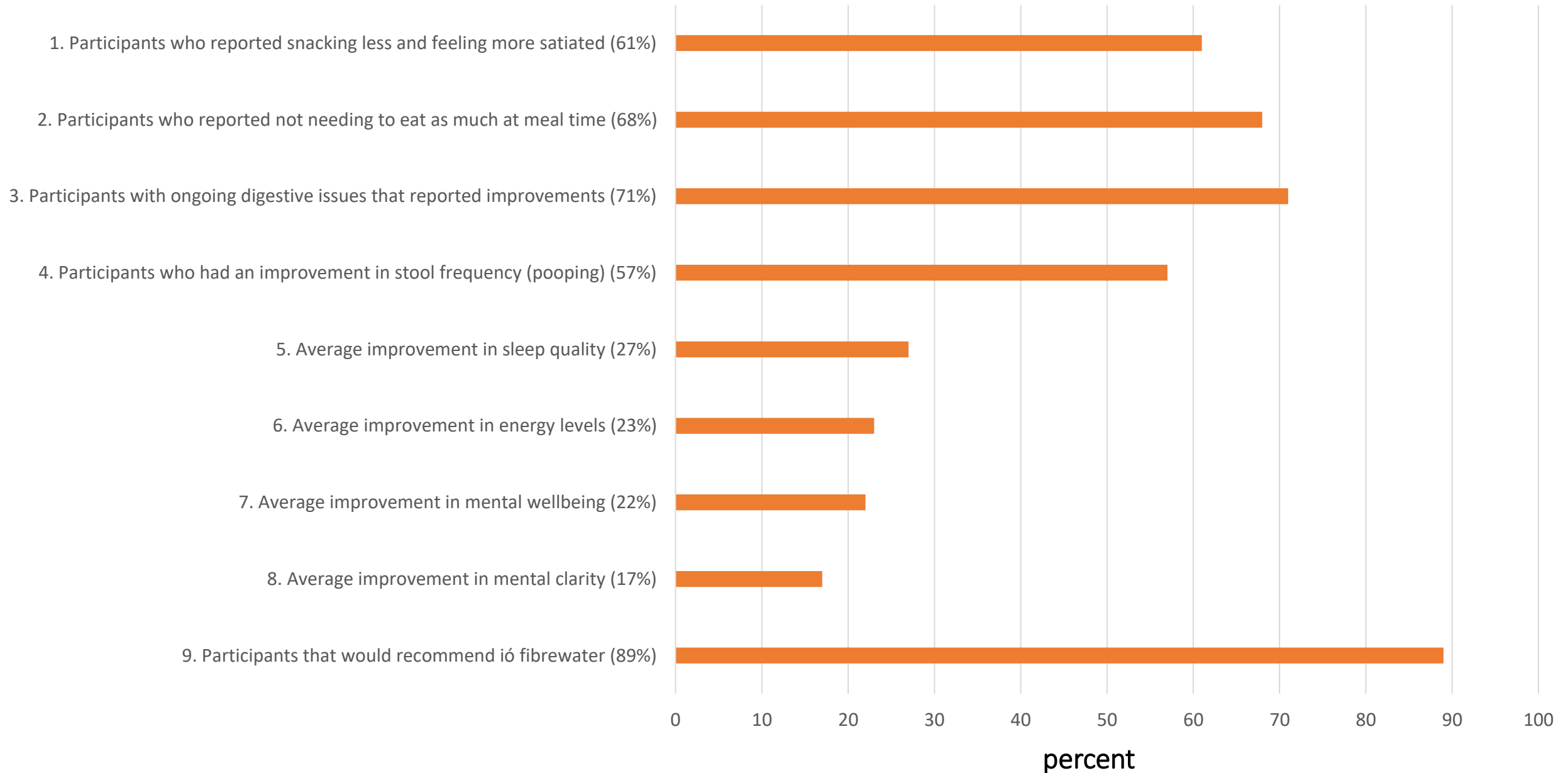
Each participant completed a baseline survey, a survey on day 4, and a survey after they finished their last bottle on day 12.

The survey asked questions about weight and snacking, mood, sleep, energy, mental clarity and digestive health issues.

Please see the next slide for the exciting results of this survey.



# Survey results for the 12 day challenge



# ió fibrewater

Is a great, natural 'tool in the toolkit' for overall health & wellbeing.

ió fibrewater is available to order on [www.iofibrewater.co.uk](http://www.iofibrewater.co.uk), as well as the [The Natural Dispensary](#) and Amazon

Trade accounts are welcome. Please contact: [hello@iofibrewater.co.uk](mailto:hello@iofibrewater.co.uk)

