

FOS Powder



DESCRIPTION

FOS Powder supplies 3,000 mg of fructooligosaccharides per serving.

FUNCTIONS

Prebiotics are carbohydrates that have short molecular chains. They function as non-digestible ingredients that can positively affect selected groups of beneficial intestinal microflora, such as lactobacillus. While probiotics merely add beneficial microflora, prebiotics affect the intestinal environment so that beneficial colonies of microflora can flourish. By aiding the beneficial microflora's survival, pathogenic microflora can have a decreased chance of survival.

INDICATIONS

FOS Powder may be a useful dietary supplement for individuals wishing to support their gastrointestinal system.

FORMULA (NWW #10246)

1 Teaspoon Contains:

Fructooligosaccharides (FOS) 3,000 mg

SUGGESTED USE

Adults take 1 teaspoon daily with juice or water or as directed by a healthcare provider.

SIDE EFFECTS

No serious side effects reported. Sensitive individuals may experience mild flatulence.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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- Prosky L. When is dietary fiber considered a functional food? *Biofactors* 2000;12(1-4):289-97
- Roberfroid MB. Chicory fructooligosaccharides and the gastrointestinal tract. *Nutrition* 2000 Jul-Aug;16(7-8):677-9
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