FOS Fructooligosaccharides 100 grams powder
71920



These are short-chain polymers composed of simple carbohydrates (fructose and sucrose), which are not metabolized by the body like simple sugars are. They occur naturally in bananas, garlic, Jerusalem artichokes and certain other foods, and technically are a soluble fiber (our FOS is derived from chicory root). FOS are effective sweeteners, being half as sweet as sucrose, yet not absorbed and have minimal caloric value. FOS may be considered a “pre” biotic as they selectively support the proliferation of intestinal probiotics, especially the bifidobacteria.*

Each 1/2 teaspoon (approx. 1.25 g) contains:	
Calories	5
Total Carbohydrates	1.25 g
Sugars	1.25 g
Fructooligosaccharides	1.2 g

Suggested Use:
As a dietary supplement, 1/2 to 1 teaspoon two to four times daily between meals, or as directed by a healthcare practitioner.

CAUTION: Some individuals using FOS experience gastrointestinal bloating that does not subside after 1 of 2 weeks of use. In those cases, FOS should be discontinued. Recent clinical experience by some practitioners suggests that there are some unfriendly microbial invaders that are suspected of feeding on FOS. Symptoms of that occurring would be as indicated above.