

FOS

Fructooligosaccharides (FOS) are short-chain polymers comprised of D-fructose and D-glucose. They are not metabolized or absorbed by the body like simple sugars, and have minimal caloric value.

Suggested Use

As a dietary supplement, 1/2 to 1 level teaspoon (1.25 - 2.5 grams) mixed in water if desired, two to four times daily between meals, or as directed by a healthcare practitioner.

CAUTION: Some individuals taking FOS may experience gastrointestinal bloating that persists longer than 1-2 weeks, possibly due to unfriendly microbes feeding on FOS. In such cases, this product should be discontinued.

Keep in a cool, dry place, tightly capped.

NUTRAFLORA[®]



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FOS

Fructooligosaccharides



dietary supplement
HYPOALLERGENIC
100 grams (3.5 oz.)

Supplement Facts

Serving Size 1/2 Teaspoon (approx. 1.25 g)

Servings Per Container 80

Amount Per Serving	% Daily Value*	
Calories	5	
Sodium	0 mg	0%
Total Carbohydrates	1.2 g	<1%
Dietary Fiber	3 mg	<1%
Total Sugars	48 mg	<1%
Protein	6.1 mg	<1%
Fructooligosaccharides	1.25 g	†

† Daily Value not established.

* Percent Daily Values are based on a 2,000 calorie diet.

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