

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.

Keep in a cool, dry place, tightly capped.

Formulated exclusively for **Allergy Research Group®**
Alameda, CA 94502 www.allergyresearchgroup.com



Allergy Research Group®

FOS

Fructooligosaccharides



dietary supplement

HYPOALLERGENIC

100 grams

Supplement Facts

Serving Size 1/2 Teaspoon (approx. 1.25 g)
Servings Per Container 80

Amount Per Serving	% Daily Value*	
Total Carbohydrates	1.25 g	< 1%
Fructooligosaccharides	1.25 g	†

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

† Daily Value not established.

CAUTION: Some individuals using FOS experience gastrointestinal bloating that does not subside after 1 or 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.