

invivo[®]

Bio.Me[™] Prebio PHGG

Food Supplement

225g e



Low FODMAP water soluble fibre
to support microbial diversity

Nutritional Information

Active

Organic Sunfiber[®] R-O
(Partially Hydrolysed Guar Gum)

Per Dose

5g (1 tsp)

5g

GMO-free | Gluten-free | Lactose-free | Halal |
Kosher | Heat-stable | Vegan

Directions:

Mix 5g (1 tsp) daily into at least 200ml of water or other beverage of choice. Stir and take with or without food.

To aid dissolution use hot water, or mix into a hot drink.

If new to taking PHGG it is advisable to start with 1g dosage and slowly increase to 5g dosage to prevent abdominal discomfort.

Do not exceed the recommended dose, unless advised by your healthcare professional. If you are pregnant, breastfeeding, taking medication, or under medical supervision, please consult your healthcare practitioner before use.

Food supplements are not a substitute for a varied and balanced diet or lifestyle. Store in the original packaging, at room temperature, in a dry place. Keep out of reach of children.

Invivo Healthcare, UK, GL5 2TE

[invivohealthcare.com](https://www.invivohealthcare.com)

SKU#INVPHG225G

BN:

BBE:

Certified



Corporation



Carbon
Neutral



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