

Suggested Usage: Take 1 level teaspoon 1 to 3 times daily. Mix into your favorite beverage or food. Begin with 1 teaspoon a day and slowly increase dosage to limit GI discomfort.

Inulin, a fructooligosaccharide (FOS), is a soluble prebiotic fiber that is resistant to digestion and reaches the large intestine essentially intact.* Intestinal probiotic bacteria consume inulin and in turn, produce the short-chain fatty acids that nourish the cells lining the colon.* Inulin thus helps to maintain intestinal health and function.* Inulin has a pleasant flavor that adds a mild sweetness to foods and drinks, but has a very low glycemic index and will not negatively impact serum glucose levels.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Caution: For adults only. May cause mild transient GI discomfort. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do not eat freshness packet enclosed.

Natural color variation may occur in this product.

CODE 2951 V1



Certified Organic

Inulin

Prebiotic Pure Powder

Intestinal Support*

- Nourishes Friendly Bacteria*
- Very Low Glycemic Index*

NET WT. 1 LB. (454 g)

A Dietary Supplement Vegetarian/Vegan



Digestive

Family owned since 1968.

Supplement Facts

Serving Size 1 Level Teaspoon (approx. 2.8 g)

Servings Per Container about 162

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	2.7 g	1%**
Dietary Fiber	2.5 g	9%**
Organic Inulin (FOS) (from Blue Agave)	2.8 g	†

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

† Daily Value not established.

Other ingredients: None.

Quality Tested & Packaged by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
nowfoods.com

Certified Organic by QAI.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This product is sold by weight not volume.

Store in a cool, dry place after opening.

