

**USAGE:** Mix 1 rounded scoop into water, juice, protein drink mix, smoothie or other beverages. Take 1 to 2 times per day or as directed by your qualified healthcare professional.

**NOTE:** Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition; if adverse reactions occur, discontinue use.

**Inulin** and **FOS FructoOligoSaccharides** are soluble prebiotic fibers, which promote the growth of friendly bacteria to yield important metabolites, including lactic acid and the short chain fatty acids acetate, propionate and butyrate.\* Lactic acid helps to maintain proper pH in the gut.\* Moreover, acetate, propionate and butyrate promote the integrity of the intestinal cells lining the colon.\*

**Keep out of the reach of children.**  
**Store in a cool, dry place.**

\* 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.

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Lot #. Best Used Before:



# Prebiotic Inulin-FOS

## PREBIOTIC FIBER

Enriches and  
Nourishes the  
Gut Microbiome\*

47 Servings  
NET WT. 6.3 oz (180 g)



DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size 1 Rounded Scoop (3.8 g)  
Servings Per Container About 47

|                                     | Amount Per Serving | % DV |
|-------------------------------------|--------------------|------|
| Calories                            | 5                  |      |
| Total Carbohydrate                  | 4 g                | 1%†  |
| Dietary Fiber                       | 3 g                | 10%† |
| Inulin-FOS (FructoOligoSaccharides) | 3 g                | ††   |

† Percent Daily Values (DV) are based on a 2,000 calorie diet.  
†† Daily Value not established.

Ingredient: Inulin-FOS (FructoOligoSaccharides).

Distributed Exclusively by **Jarrow Formulas®**  
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**Suitable for vegetarians/vegans.**

Packaged by weight, not by volume.



[www.nsfnon GMO.org](http://www.nsfnon GMO.org)



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