

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 V2



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NET WT. 1 LB. (454 g)
A Dietary Supplement Vegetarian/Vegan



Certified Organic

Inulin

Prebiotic Pure Powder

Intestinal Support*

- Nourishes Friendly Bacteria*
- Very Low Glycemic Index*

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.

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

Certified Organic by QAI. US-ORG-050

Packaged and quality tested in the USA.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame 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.

