

Suggested Usage: Take 3 capsules 2 to 3 times daily.

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 (SCFAs) that nourish the cells lining the colon.* Inulin thus helps to maintain intestinal health and function.* Inulin has a very low glycemic index and will not negatively affect 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.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

This bottle is made from 100% PCR (post-consumer recycled) resin.

CODE 2969 V1



Prebiotic Inulin Fiber

Intestinal Support*

- Nourishes Friendly Bacteria*
- Made with Organic Inulin

180 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Digestive

Family owned since 1968.

Supplement Facts

Serving Size 3 Veg Capsules
Servings Per Container 60

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	2 g	< 1%**
Dietary Fiber	2 g	7%**
Organic Inulin (FOS) (from Blue Agave)	1.95 g (1,950 mg)	†

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

† Daily Value not established.

Other ingredients: Vegetable Polysaccharide (capsule) and Magnesium Stearate (vegetable source).

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Certified Organic by QAI.

Made and quality tested in the USA with globally sourced ingredients.

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.