

USAGE: Mix 1 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.

Inulin and **FructoOligoSaccharides (FOS)** are soluble prebiotic fibers that promote gut and overall health through their fermentation by gut flora to yield important metabolites, including lactic acid and the short chain fatty acids acetate, propionate and butyrate. These metabolites help to maintain proper pH in the gut, discourage the growth of unfriendly bacteria, reduce the absorption of toxic ammonia and positively affect bone health by increasing the bioavailability of dietary calcium.* Moreover, acetate, propionate and butyrate promote the integrity of the intestinal cells lining the colon and promote healthy lipid metabolism.*

Orafti®Synergy1 delivers both long-chain and short-chain saccharides to the gut, optimizing the growth of beneficial bacteria.*

Keep out of the reach of children.

* 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.

Jarrow
FORMULAS®

Prebiotic Soluble Fiber

Inulin FOS

FructoOligoSaccharides

Enhances Calcium Absorption*

Promotes Probiotic Bacterial Growth*

NET WEIGHT

6.3 OZ (180 g)
POWDER

**DIETARY
SUPPLEMENT**



Supplement Facts

Serving Size 3 g (1 Scoop)

Servings Per Container 60

	Amount Per Serving	% DV*
Calories	6	
Total Carbohydrate	3 g	1%
Fiber	2.5 g	10%
Inulin-FOS (FructoOligoSaccharides) (Orafti®Synergy1)	3 g	†

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

† Daily Value not established.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Suitable for vegetarians/vegans.

Packaged by weight, not by volume.

Orafti®Synergy1 is a registered trademark of BENE0-Orafti Inc. www.BENE0.com 04214FOSPD PROD # 103025

Distributed Exclusively by:
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Lot #: Best Used Before:

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