

FOS

Fructooligosaccharides (FOS) are short-chain polymers comprised of D-fructose and D-glucose. They are not metabolized or absorbed by the body like simple sugars, and have minimal caloric value.

Suggested Use

As a dietary supplement, 1/2 to 1 level teaspoon (1.25 - 2.5 grams) mixed in water if desired, two to four times daily between meals, or as directed by a healthcare practitioner.

CAUTION: Some individuals taking FOS may experience gastrointestinal bloating that persists longer than 1-2 weeks, possibly due to unfriendly microbes feeding on FOS. In such cases, this product should be discontinued.



AllergyResearchGroup®

FOS

Fructooligosaccharides



dietary supplement
HYPOALLERGENIC
100 grams

Supplement Facts

Serving Size 1/2 Teaspoon (approx. 1.25 g)

Servings Per Container 80

Amount Per Serving	% Daily Value*
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Total Carbohydrates	1.25 g < 1%
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Fructooligosaccharides	1.25 g †
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* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Keep in a cool, dry place, tightly capped.

Formulated exclusively for Allergy Research Group®

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