

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 health care consultant.

Inulin and **FructoOligoSaccharides (FOS)** are soluble 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.

Lot #. Best Used Before:



Jarrow FORMULAS®

Prebiotic Soluble Fiber

InulinFos
FructoOligoSaccharides



Enhances Calcium Absorption*
Promotes Probiotic Bacteria Growth*

Net Wt. 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.

Distributed Exclusively by:

Jarrow FORMULAS®
Superior Nutrition and FormulationSM
P.O. Box 35994
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www.Jarrow.com

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