

FOS (Fructo-oligosaccharides)

Pleasant tasting soluble powder

Presentation

A soluble white powder.

Nutrition Information:

Energy	per 100g	per 20g
	822kJ/204kcal	164kJ/41kcal
Carbohydrate (Fructo-oligosaccharides)	95g	19g

Suitable for vegetarians (V) and vegans (V)

quantity
500g

type
powder

code
8381

Uses

Fructo-oligosaccharides (FOS), a form of soluble fibre, is found in many vegetables such as chicory and onions. This natural compound can only be partially digested by humans with the undigested portion serving as a food for the 'friendly' bacteria, such as Bifidobacteria and Lactobacillus species.

This effect means that as the 'friendly' beneficial bacteria multiply, the harmful pathogenic bacteria and yeasts are suppressed, so fewer toxins are produced. This leads to better bowel tone, more regular movements and a reduction in digestive 'upsets'.

After just 2 weeks of taking 8g of FOS daily, research has shown that FOS can significantly increase the number of beneficial bacteria in the gut by up to 10 times.

It is suitable for all ages, including children and pregnant women, as well as those on yeast-free diets and those on medication, and can be used on a long term basis.

If any of these intake levels cause excessive flatulence then reduce the dose and gradually build up. The flatulence is a positive sign that FOS has reached the bowel and is feeding your 'friendly' bacteria. As the bacteria consume FOS a gas is produced which can lead to some flatulence at first, however, after a few days this will disappear as further 'friendly' bacteria develop and absorb the gases. For intakes over 10g (or 5g in children); dividing the intake into 2 daily doses, 1 at each end of the day, will help reduce flatulence.



Usage and administration

(1 heaped teaspoon = 5g)

Recommended daily intake varies, depending on the level of fibre in your diet.

For specific requirements	Initial dose	Maintenance dose		
Adults:	5g	10g		
Children 4 years & up:	2.5g	5g		
General maintenance	Initial 3-day dose	Normal full dose	Maximum daily dose	
Adults:	5g	Try 15g	20g	
Children 4 years & up:	2.5g	Try 5g	10g	

Dissolve in hot drinks or sprinkle onto cereal. Alternatively simply take it 'off the spoon'. Be sure to drink at least 2 litres of fluids a day.

Allergen advice

None (see page 194).

Cautions

FOS may cause temporary bloating. This is a short-term effect and once your system 'speeds up' the bloating will disappear. If bloating continues for more than 3 days then reduce the daily intake of FOS.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

