

Digest the facts

Understanding digestive tolerance

Chicory root fibres like inulin & oligofructose are natural, non-digestible carbohydrates

Natural support for a healthy digestive system



Positive interaction with our gut, supporting a healthy, well-functioning digestive system.

Backed by Science



Digestive comfort is **well-studied** in a variety of foods and beverages.¹

Well-tolerated



Very well-tolerated at levels commonly used by the food industry, across all population groups, including sensitive² individuals.

Unlock the full set of health benefits with only 3 g per serving³

3 g/d



Prebiotic Effect

8 g/d



↑ Calcium Absorption



Improved Mood

10 g/d



Weight Management Support

12 g/d



Improved Digestive Health



Chicory root fibres are effective & well-tolerated

Only 3 g/serving (12 g per day) support a wide range of health benefits & are very well-tolerated.

Higher intakes of **up to 15 – 20 g per day** are also possible and still within a good tolerance range, similar to other dietary fibres.



Did you know?

The fibre gap still exists!
Most people eat too little fibre.

All non-digestible carbs interact with our gut!
Feeling it is healthy and normal.

Train your gut just like a muscle!
Introduce fibre gradually.

Tolerance is highly individual!
It's influenced by e.g. gut microbiota, diet, or body composition.

¹ Extensive review by the BENE0-Institute confirms good digestive comfort for chicory root fibres. Tolerance of chicory root fibres is based on >80 human intervention studies, including >30 high-quality randomised, controlled trials with detailed tolerance outcomes in >1600 subjects.

² Azpiroz et al. (2017). J Clin Gastroenterol. 2017 Aug;51(7):619-625. <https://pubmed.ncbi.nlm.nih.gov/27680592/>

³ Based on 4 servings per day, this results in a total intake of 12 g per day

The information in this document is presented in good faith and believed to be correct, nevertheless no responsibility/warranties as to the completeness or accuracy of this information can be taken. This information is supplied upon the condition that the persons receiving the same will make their own determination as to its suitability for their purposes prior to use.



Scan for latest
BENE0-Institute
papers

Dietary Fiber

Visit: www.dietaryfiber.org

beneo
institute
connecting nutrition and health