



## Chicory Root Fibre: The Champion Prebiotic

Chicory root fibre stands out due to its natural origin, its alignment with the highest scientific standards, and an unparalleled body of human research. Together, these characteristics define its uniqueness as a prebiotic and its importance for gut health and beyond.

### What Makes Chicory Root Fibre Unique



#### Made by Nature

- **Naturally present** in the roots of the chicory plant
- Part of the human diet since ancient times
- **Gently extracted** with water, preserving its natural composition
- Also called **inulin and oligofructose** or fructo-oligosaccharides (FOS)
- **Clearly defined** chemical structure



#### Selectivity shapes Benefits

- **Scientific definition** of a prebiotic\*: *"A substrate that is selectively utilized by host microorganisms conferring a health benefit"*
- Demonstrated for **chicory root fibre**: **Selectively fermented** by specific health-promoting bacteria (bifidobacteria) linked to **numerous targeted benefits**



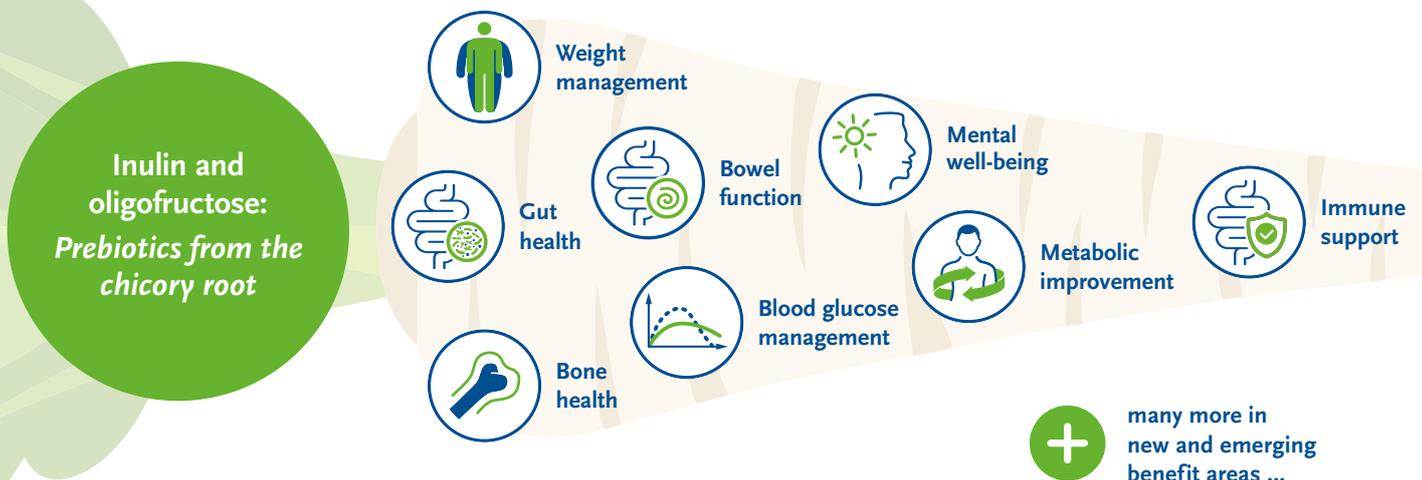
#### Most Researched

- The **most extensively researched** prebiotics worldwide
- The founding fathers of the prebiotic concept used BENEØ's chicory root fibre in their pioneering work
- More than **30 years of research** and over **200 human clinical trials** consistently demonstrate its safety and efficacy

### From Scientific Definition to Practical Relevance

Chicory root fibre not only fulfils the scientific criteria for a gold standard prebiotic, it translates these standards into consistent, measurable outcomes in everyday nutrition. Its clearly defined structure, specific microbiota effects, and established effective intake levels enable reproducible results and practical application across age groups and health contexts.

### A Prebiotic Fibre Packed with Benefits



\*according to the International Scientific Association for Probiotics and Prebiotics (ISAPP)

## The ISAPP Checklist for a True Prebiotic

The International Scientific Association for Probiotics and Prebiotics (ISAPP) has established clear scientific criteria to define prebiotics, ensuring selective, reproducible effects linked to proven health benefits. The International Probiotics Association (IPA) has adopted this definition to promote scientific clarity, regulatory alignment, and commercial harmonisation.



### Scientific Criteria

Only substances that meet all of the following criteria qualify as true prebiotics, otherwise they remain potential candidates.

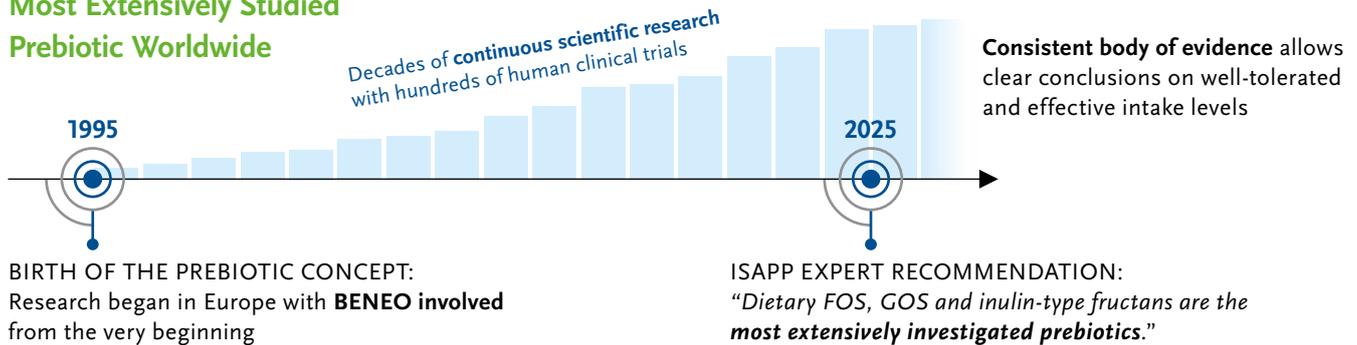


Totally of evidence matters, considering both supportive and conflicting data!

*Chicory root fibre, including oligofructose and inulin, fulfil all criteria for a true prebiotic. Since the introduction of the prebiotic concept they are the benchmark.*



### Most Extensively Studied Prebiotic Worldwide



### Commitment to Scientific Integrity



**Clear definitions and rigorous scientific criteria** are essential to maintain credibility and trust in science.



**Evidence-based standards** ensure that prebiotics are evaluated consistently and transparently.



**BENEIO** actively supports high scientific and regulatory standards, reinforcing the importance of proven prebiotics and strengthening confidence in science-based nutrition.

Gibson and Roberfroid (1995) *J Nutr* 125(6):1401–1412; Gibson et al. (2017) *Nat Rev Gastroenterol Hepatol* 14(8):491–502; Hutkins et al. (2025) *Nat Rev Gastroenterol Hepatol* 22(1):54–70; ISAPP's prebiotic checklist: <https://isappscience.org/wp-content/uploads/2024/10/2024-ISAPP-Prebiotic-checklist.pdf>; Nagy et al. (2023) *Crit Rev Food Sci Nutr* 63(33):1–18; Press release by IPA on ISAPP's prebiotic definition: <https://ipa-biotics.org/isapp-prebiotic-definition/>

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