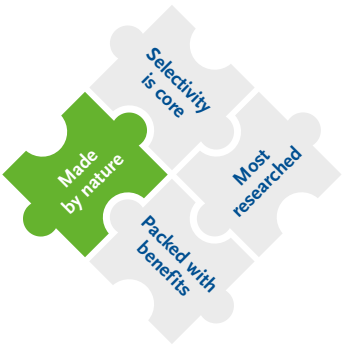
Chicory root fibre:
The champion prebiotic
Made by nature



FACTS & FIGURES

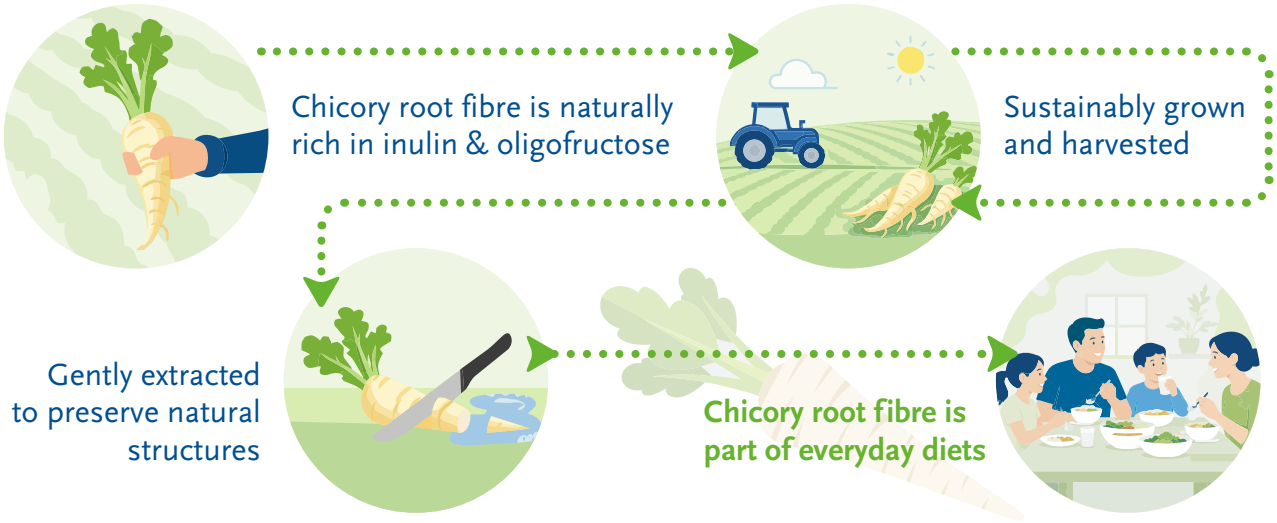
Naturally present
Inulin and oligofructose found in **>36,000 plants.**[1]

Long tradition
Humans have consumed inulin and oligofructose for **>10,000 years.**[2,3]

Since 1992
Large-scale extraction from chicory roots and research.[3]

Natural structure
Inulin and oligofructose consist of **2 to 60+ units.**[3,4]

FROM PLANT TO PLATE



SO WHAT?

Chicory root fibre is a **naturally occurring prebiotic fibre.** Inulin and oligofructose have been consumed as part of the human diet **since ancient times.**

[1] Carpita et al. (1989) Journal of Plant Physiology 134(2):162–168
[2] Leach and Sobolik (2010) Br J Nutr 103(11):1558–1561
[3] van Loo et al. (1995) Crit Rev Food Sci Nutr 35(6):525–552
[4] Moser et al. (2014) Food Oligosaccharides: Production, Analysis and Bioactivity

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 **BENEO-Institute papers**

Dietary Fiber

Visit: **www.dietaryfiber.org**

beneo institute
connecting nutrition and health