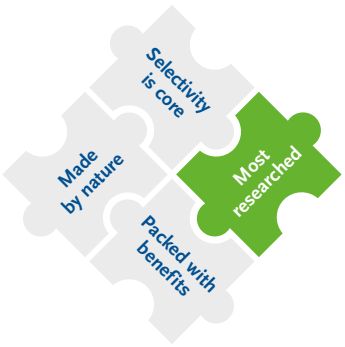
Chicory root fibre:
The champion prebiotic
Most researched



FACTS & FIGURES



Zero shortcuts
Evidence-based prebiotic science, not marketing claims.



One benchmark
Chicory root fibre sets the standard for proven prebiotics.



Research
Continuous science builds longstanding expertise.[1]



Human studies
Clinical evidence demonstrates safety and efficacy across life stages.[2]

BENEO: FROM PIONEERING SCIENCE TO A TRUSTED PREBIOTIC



1995
BENEO has been involved since the birth of the prebiotic concept[3]



Global network
Scientific research and expertise



30+ BENEO studies
Commitment to science-based nutrition



Today
Expert recognition as the most investigated prebiotic[4]



Clear conclusions
Consistent evidence supports practical use in everyday nutrition



SO WHAT?

Chicory root fibre is the **most extensively researched prebiotic worldwide**. Decades of research provide confidence in its role as a **trusted ingredient for everyday nutrition**.

[1] *Delzenne and Bindels (2025) J Nutr 155(7):2007–2008*
[2] *Internal literature review (2026)*
[3] *Gibson and Roberfroid (1995) J Nutr 125(6):1401–1412*
[4] *Hutkins et al. (2025) Nat Rev Gastroenterol Hepatol 22(1):54–70*

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