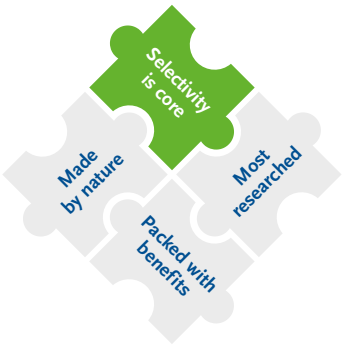
Chicory root fibre:
The champion prebiotic
Selectivity is core



FACTS & FIGURES

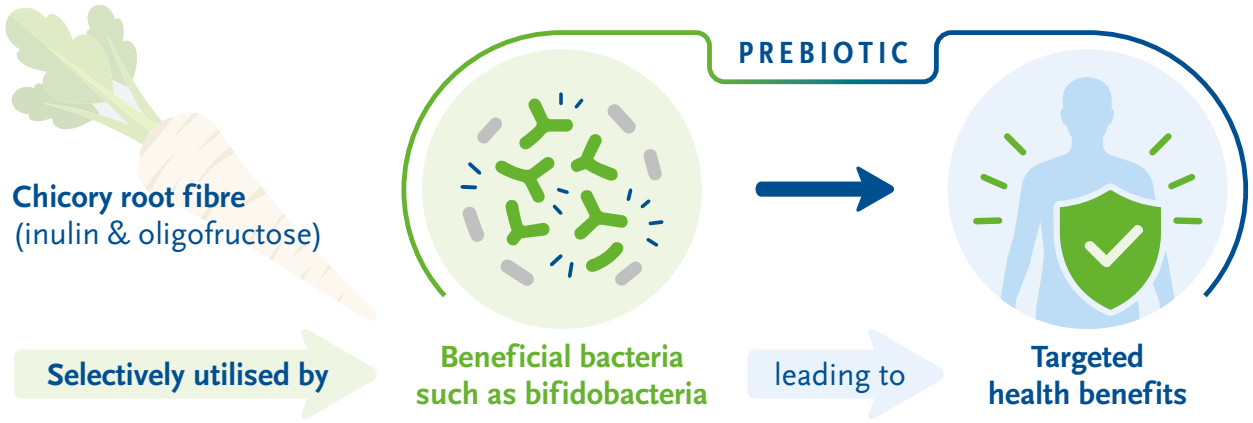
Scientific definition
A prebiotic is "a substrate **selectively utilised** by host micro-organisms conferring a health benefit", fulfilled by chicory root fibre.[1,2]

Bifidogenic effect
A meta-analysis of 50 studies shows chicory root fibre **significantly increases bifidobacteria**.[3]

Effective dose
Selective growth of bifidobacteria is observed from **3 g/d** onwards.[3]

Confirmed benefits
Selective fermentation by specific health-promoting bacteria is linked to **proven targeted benefits**.[3]

SELECTIVITY MEANS: FEEDING THE GOOD, NOT THE MANY



SO WHAT?

The **selective growth of beneficial bacteria** with chicory root fibre **starts at 3 g/d** and is relevant and demonstrated **across all life stages**:



[1] *Gibson et al. (2017) Nat Rev Gastroenterol Hepatol 14(8):491–502*
[2] *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*
[3] *Nagy et al. (2023) Crit Rev Food Sci Nutr 63(33):1–18*

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