



FOS (fructooligosaccharides)

INTRODUCED 1993

What Is It?

Fructooligosaccharides (FOS) nutritionally supports a healthy gastrointestinal tract by encouraging the growth of friendly bacteria.*

Uses For FOS

GI Health: The prebiotic FOS is a probiotic enhancing combination of the non-digestible carbohydrates, l-ketose GF2, nystose GF3, and fructofuransylmystose, which helps maintain an intestinal environment hospitable to beneficial microflora. FOS supports natural intestinal mechanical barriers, promoting gut integrity. Oral ingestion of FOS allows it to pass largely intact through the upper intestinal tract into the colon, where it is selectively utilized as growth nutrients by the beneficial bacteria, bifidobacteria and lactobacillus. FOS has a shorter polymer chain length than inulin, increasing the solubility and support for the growth of beneficial bacteria.*

What Is The Source?

FOS is derived from fermentation of raw sugar cane using Aspergillus enzymes. Ascorbyl palmitate (capsules only) is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations recommends:

- FOS capsules: 2-8 capsules per day, in divided doses, with or between meals.
- FOS powder: 1/4 to 1 scoop per day, with or between meals.


Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. FOS can cause flatulence, belching, abdominal pain and bloating. These symptoms occur commonly but are generally mild at lower doses (less than 10 grams per day). Consult your physician for more information.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications. Consult your physician for more information.

FOS capsules (fructooligosaccharides)

each vegetable capsule contains	 v 00
fructooligosaccharides	750 mg
ascorbyl palmitate (fat-soluble vitamin C)	15 mg
2-8 capsules per day, in divided doses, with or between meals.	

FOS powder (fructooligosaccharides)

each scoop contains	v
fructooligosaccharides	3,000 mg
1/4 to 1 scoop 2-3 times per day, with or between meals.	

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.