pure encapsulations®

— Your Trusted Source —

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 fructofuransylnystose, 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 2 times daily, with or between meals, or as directed by a health professional.

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 vegetarian capsule contains V 00

fructooligosaccharides	750 mg
ascorbyl palmitate (fat-soluble vitamin C)	15 mg

other ingredients: vegetarian capsule (cellulose, water)

2–8 capsules daily, in divided doses, with or between meals.

FOS powder (fructooligosaccharides)

each scoop contains V

fructooligosaccharides	3,000 mg

1/4 to 1 scoop 2 times daily, with or between meals, or as directed by a health professional.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.