

NutraFlora™**500 grams**

Item Catalog Number: 00262

Human studies document an increase in beneficial bifidobacteria when FOS (fructooligosaccharides) is ingested.³⁶⁻⁴¹ NutraFlora is the highest quality FOS available. The Japanese use FOS in many food products including soft drinks, cookies, cereals, and candies.

FOS is not digested by the human digestive process, but instead is used as food by bifidobacteria, promoting their proliferation.^{42,43} FOS also has been found to improve absorption of minerals and thus has positive effects on bone composition and architecture.⁴⁴

References**Supplement Facts**

Serving Size 1 rounded teaspoon (4 g)

Servings Per Container 125

Amount Per Serving

Calories	6
Carbohydrates	4 g
Dietary Fiber	4 g
Soluble Fiber	4 g
Fructooligosaccharides (FOS)	3.8 g

Other ingredients: none.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Mix one rounded teaspoon daily in any food or beverage, or as recommended by a healthcare practitioner.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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