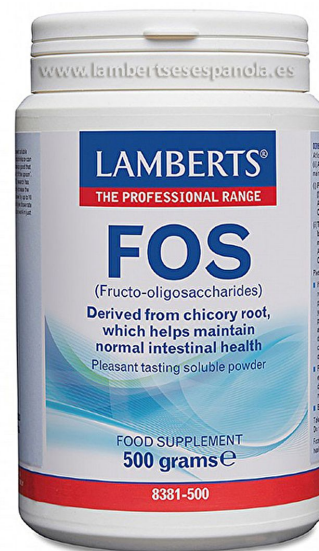


Fos Fructooligosaccharides 500 g

EAN: 5055148409166

FABRICANTE: LAMBERTS



Natural Prebiotic. Extracted from chicory root.

DESCRIPTION

Fructooligosaccharides (FOS) are a type of soluble fiber found in various vegetables such as chicory and onions. This natural compound can only be partially digested by humans, leaving the undigested portions as food for "friendly" bacteria, Bifidobacteria and Lactobacilli species.

This prebiotic effect means that by multiplying the beneficial friendly bacteria, harmful bacteria and yeasts are kept in check, resulting in fewer toxins being produced. This leads to improved intestinal tone, more regular bowel movements and a reduction in digestive discomfort?

Research has shown that just 2 weeks of taking 8g of FOS daily can increase the number of beneficial bacteria in the gut by 10 times.

Many researchers working in this field believe that prebiotic products are greatly undervalued compared to the popularity of probiotics.

LAMBERTS® FOS is a natural prebiotic extracted from chicory roots, and chicory inulin contributes to normal bowel function by increasing bowel movement frequency.

This sweet soluble powder can be mixed into hot or cold drinks, sprinkled on cereal, soups or stews. It is suitable for all ages, including children and pregnant women, and is also suitable for people on yeast-free diets and those taking medication. It is non-irritating and can be used for maintenance.

Soluble white powder.

Nutritional Information	per 100 g	per 20 g
Energy	822 kj/204 kcal	164 kj/41 kcal
Carbohydrates (Fructo-oligosaccharides)	95 g	19 g

Suitable for vegetarians and vegans and free of lactose and gelatin.

Suitable for diabetics.



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The following list of allergens is excluded: ingredients containing wheat, barley, soya, eggs, milk (and dairy products), lactose, nuts, sulphites, celery, yeast and gluten.

Precautions

If any of these intakes cause excessive flatulence, reduce the amount and gradually increase it. Flatulence is a positive sign that the product has reached the intestine and the gas produced may cause some flatulence at first, however, after a few days, this will disappear. For intakes greater than 10 g (or 5 g in children), dividing the daily amount into 2 intakes, one at the end of the day, will help reduce flatulence. FOS may cause temporary bloating. This is a short-term effect and once your system gets up to speed the bloating will go away. If bloating continues for more than 3 days, reduce your daily intake of FOS.

The recommended daily intake varies, depending on the level of fiber in your diet:

Intestinal Flora Maintenance: Initial Dose

Adults	5 g
Children 4 years and older	2.5 g

Maintenance Dose

10 g
5g

Help intestinal transit:	Initial dose	3-day	Full normal dose	Maximum dose. Maintenance regularity
Adults	5 g		try 15g	20 g
Children 4 years and older	2.5 g		Try 5g	10 g

Note: One heaped teaspoon = 5 g

* If any of these intakes cause excessive flatulence, reduce the amount and gradually increase it. Flatulence is a positive sign that the product has reached the intestine and the gas produced may cause some flatulence at first, however, after a few days, this will disappear. For intakes greater than 10 g (or 5 g in children), dividing the daily amount into 2 intakes, one at the end of the day, will help reduce flatulence.

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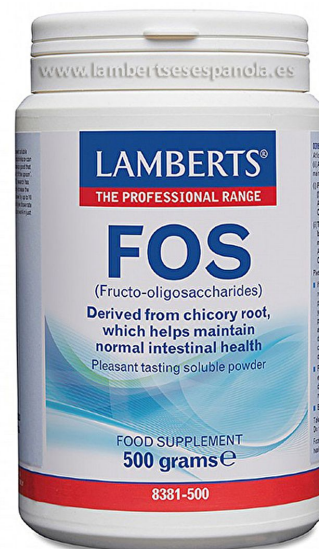




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system gets ?up to speed,? the bloating will subside. If bloating continues for more than 3 days, reduce your daily intake of Fos Fructooligosaccharides.

* Drink at least 2 liters of liquid a day.

Take as directed. Do not exceed the expressly recommended daily dose.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241117
<https://bio-farma.es/buy/f/lamberts/fos-fructooligosaccharides-500-g>

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