



GALACTO- OLIGOSACCHARIDES

Ariya Purity Galactooligosaccharides (GOS) 100g

Galactooligosaccharides (GOS) are a group of carbohydrates made up of a chain of galactose units. They are produced commercially from lactose using the enzyme beta-galactosidase. GOS are similar in structure to oligosaccharides that occur naturally in human milk. Their unique chemical structure enables them to escape digestion by both salivary and intestinal enzymes, allowing them to pass undigested into the colon where they act as prebiotics, stimulating the growth and activity of beneficial bacteria.

Ariya Purity Galactooligosaccharides (GOS) has a higher purity than most on the market. The unique process of nanofiltration, concentration and drying results in a GOS concentration of no less than 70%, 20% higher than other popular brands. The higher purity also means it contains fewer and lower concentrations of contaminants such as lactose, glucose and galactose.

Ariya Purity Galactooligosaccharides (GOS) has the following benefits

- High purity, making required dosages smaller
- Demonstrated Bifidogenic effect
Inhibits colonisation by bad bacteria and thus the production and consequences of bacterial toxins
- Improves in stool consistency
- Reduces symptoms of irritable bowel syndrome including abdominal pain, bloating and flatulence
- Enhances the immune system
- Improves lactose tolerance
- Improves nutrient absorption (calcium, magnesium, zinc, iron and phosphorus)
- May help prevent colorectal cancers
- Assists in healthy weight maintenance
- May assist in the management of allergies and autoimmune conditions

Ingredients: 100% Galactooligosaccharides (Composed of $\geq 70\%$ Galactooligosaccharides, $\leq 23\%$ Lactose, \leq Glucose, $\leq 5\%$ Water)

Country of Origin: Made in China from raw material sourced from the United States of America.

Dosage: 3-15 g per day - increase dosage slowly over time to minimise side effects.



Nutrition Information

Nutrient	Average Quantity Per 100g
Energy	1039.4 kJ
Protein, total	0 g
Fat, total	0 g
- Saturated	0 g
- Trans fat	0 g
- Polyunsaturated	0 g
- Monounsaturated	0 g
Cholesterol	0 mg
Carbohydrate, total	98.2 g
- Dietary fibre, total	70 g
- Sugars	28.2 g
Sodium	3.19 mg
Potassium	0 g

Allergen Information: Free of gluten, crustacean, egg, fish, shellfish, lupin, peanut and tree nuts, sesame, soy and sulfites. Contains products derived from dairy.

Other certifications: Non GMO, Halal Certified, Kosher Certified, Lacto-Ovo Vegetarian, Lacto-vegetarian

Other test results: Tested for the presence of heavy metals: Pb <0.05 mg/kg, As <1.0 mg/kg

Storage instructions: Store cool (below 25 degrees celsius) and dry (under 60% relative humidity) in its original air-tight packaging. Use a dry spoon for dosing.