



SYNERGY INULIN

Chicory Inulin is a proven prebiotic fibre. Prebiotics are non-digestible carbohydrates that pass intact through the small intestine and reach the large intestine undigested. There, they are fermented by bacteria resulting in modifications in the gut microbiota composition by selective stimulation of the growth of bifidobacteria and lactobacilli. Ariya Purity Synergy Inulin is a specifically designed combination of 50% shorter chain (oligofructose) and 50% longer chain chicory inulin, otherwise known as oligofructose enriched inulin. This specific form of chicory inulin has the following benefits.

- Naturally and gently extracted from the chicory root
- Completely fermented in the colon leading to a selective increase in bifidobacteria increasing the production of the short-chain fatty acids acetate, propionate and butyrate.
- Clinically proven with the the strongest evidence base of all prebiotics with 24 human intervention studies and a research base spanning over 20 years
- Improves bowel habits and gently maintains bowel regularity
- Systemic effects beyond the gastrointestinal tract
- Helps increase satiety naturally and therefore promotes healthy weight loss
- Lowers blood glucose response and associated insulin response
- Improves calcium absorption with associated improvements in bone health
- Supports the immune system
- Safe and well tolerated in all age groups
- Well tolerated, even in IBS patients.

Ingredients: 100% Chicory Inulin (composed of Chicory Inulin 92 ± 2%, Naturally Occurring Glucose + Fructose + Sucrose 8 ± 2%).

Dosage: 8-30g per day - increase dosage slowly over time to minimise side effects.



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Nutrition Information

Nutrient	Average Quantity Per 100g
Energy	848 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	97 g
• Dietary fibre, total	89 g
• Sugars	8 g
Sodium	0.01 g
Potassium	0 g

Country of Origin: Belgium >95% Chile <5%

Allergen Information: Free of gluten, crustacean, egg, fish, shellfish, lupin, peanut and tree nuts, dairy products, sesame and soy. Contains sulphites as a residual from processing aid or a carry-over ingredient (3mg/kg).

Other certifications: Non GMO, Halal Certified, Kosher Certified, Vegan

Other test results: Tested for the presence of heavy metals: Pb <0.02 mg/kg, Cd <0.01 mg/kg, Hg <0.01mg/kg, As <0.03mg/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