

Prebiotic Inulin

Prebiotic Inulin Supports Bone Health, Immune Function, and Gut Balance by Providing a Favorable Environment for Your Intestinal Microflora

Our gut is home to many friendly microbes that live in harmony with us. Maintaining a balance of helpful bacteria is important for the health of several body functions. One way to promote a healthy intestinal microflora is to provide adequate amounts of food for these microbes. Prebiotic Inulin is one way to do that.

What is a Prebiotic?

Prebiotics are food (carbohydrates) that feed the good bacteria in the gut. They promote a favorable environment for the growth of native flora (including *Bifidobacteria* and *Lactobacillus*) and indirectly affect:

- ▶ Gut colonization by desirable bacteria
- ▶ Energy to colonocytes (colon cells)
- ▶ Immune system function
- ▶ Mineral absorption
- ▶ Intestinal gene expression and cell differentiation (the process that allows cells to become more specialized)†

What does Prebiotic Inulin contain?

This product contains inulin, calcium, and magnesium.

- ▶ **Inulin** is a soluble, non-digestible fiber found naturally in many plants; in this product, inulin is derived from chicory root. Inulin is a complex carbohydrate which can be digested by certain microorganisms providing them with energy. Inulin also supports the absorption of calcium and magnesium.
- ▶ **Calcium** is an essential mineral that's primarily stored in our bones and teeth. Even though the calcium levels in our cells account for a small amount of the total calcium used by our bodies, it's essential for cell functioning. Our bodies will take calcium from our bones and teeth if we don't consume enough calcium to meet our cellular needs.
- ▶ **Magnesium** is an essential mineral that is found throughout our body, in our muscles, bones, and cells. Magnesium is involved in a wide range of cell functions.†

How Prebiotic Inulin Keeps You Healthy

Helps maintain a healthy gastrointestinal environment

Inulin cannot be digested by the enzymes in the upper intestine. Instead it is broken down by a fermentation process in the colon. This fermentation process promotes the growth of *Bifidobacteria* and other friendly intestinal microflora. *Bifidobacteria* and other friendly microflora strengthen the mucosal barrier of the gut.†



Introduced in: 2009

Content: 9 Ounces (255g)

Vegetarian Product

Supplement Facts:

Serving Size: 2 teaspoons (Approx. 8 grams)
Servings per Container: 30

		%DV
Calories	25	
Total Carbohydrate	6 g	2%*
Dietary Fiber	5 g	20%*
Calcium	200 mg	20%
Magnesium	40 mg	10%
Inulin (Chicory Root Fiber)	4.5 g	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other Ingredients: Calcium lactate and magnesium lactate.

Suggested Use: Two teaspoons per day in a shake, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Sold through health care professionals.

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How Prebiotic Inulin Keeps You Healthy (continued)

Supports mineral absorption for healthy cells and bones

Inulin supports absorption of calcium and magnesium in the gut—essential minerals for maintaining the structure and function of bones and for supporting cell metabolism.†

Is an excellent source of fiber

Inulin is a fiber that promotes healthy bowel movements. It increases stool bulk, stool frequency, and acts as a stool softener.†

Supports immune function

Inulin has been shown to support the intestinal immune system. Research suggests inulin may stimulate immune cell function and increase immunoglobulin in the gut.†

What Makes Prebiotic Inulin Unique

Product Attributes

Contains both calcium and magnesium, which when combined with inulin, may increase absorption of these minerals.†

Manufacturing and Quality Control Processes

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products.

- ▶ Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- ▶ Assures high-quality essential nutrients are delivered

†These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Whole Food Philosophy

Our founder, Dr. Royal Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Prebiotic Inulin.

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