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Oligofructose-Enriched Inulin

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The Health Benefits of Fructooligosaccharides

Consuming high fiber foods and supplements provides your body with a diverse range of health benefits, but not every high fiber food or supplement is created equal. However, not every high fiber food or supplement is created equal. To get the best possible benefit from a high fiber diet, you must eat both complex and simple soluble fibers that fertilize the healthy bacteria that live in the entire length of the colon. At Prebiotin, our fructooligosaccharide supplement — Oligofructose-Enriched Inulin (OEI) — gives the beneficial bacteria in your body the nutrition it needs to flourish. Unlike most fructooligosaccharide supplements, **Prebiotin prebiotics** are 100% natural and the only true full-spectrum solution available today.

What Are FOS, or Fructooligosaccharides?

Fructooligosaccharide, also known as FOS, is a simple carbohydrate and soluble fiber that occurs naturally in many healthy foods. It fertilizes beneficial bacteria in the right side of the colon. Inulin is a complex soluble fiber that reaches the distal or left descending portion of the colon. Inulin and FOS together fertilize Bifido and Lactobacilli, the healthy bacteria that live throughout the colon.

Eating foods or supplements that contain both fibers can provide for improved health throughout the lower gut, as well as greater overall wellness. Unlike Prebiotin, other prebiotic supplements contain only the fibers that fertilize one side of the colon — not both. Our all-natural formula is the only supplement proven to give your body the nutrients it needs to nourish all of the bacteria in your gut, not just part of it.

Beneficial gut bacteria improve your health in several diverse ways. You'll notice improved regularity, and if you suffer from a lower GI condition such as leaky gut syndrome, you may notice a reduction in uncomfortable symptoms. Beneficial gut bacteria also make it easier for your body to absorb plenty of calcium. Unfortunately, your body only absorbs about 30 percent of what you consume. Prebiotin's oligofructose-enriched inulin is clinically proven to increase the bioavailability of calcium already in your diet, making you less susceptible to osteoporosis.

Where to Find Oligofructose-Enriched Inulin

Inulin is present in high concentrations in chicory root, agave and even dandelions. It is present to a lesser extent in bananas, wheat, onions, asparagus, rye and barley. Indeed, it has been found in over 36,000 plants around the world. Oligofructose, also present in these foods, is a

similar fiber. Very surprisingly, Americans get only about 2 grams/day of these fibers, 70% from wheat and 20% from onions. Europeans eat three times this amount. Somehow our food industries and our eating habits have simply bypassed this remarkable fiber. These soluble prebiotic fibers have by far the most science behind them. Much of the research in the science literature, in fact, has been done with a combination of inulin and oligofructose.

The mixture of these two fibers is called oligofructose enriched inulin. It seems to provide a synergy whereby the mixture of the two has been found to be more effective in producing beneficial results than either one by itself. It is also a full-spectrum lower gut health solution because it acts in all areas of the colon, not just one localized site. The laboratory, animal and human studies reported in the medical literature are impressive and it is only just beginning. The benefits of these prebiotic fibers include better digestive health, improved immunity to disease, better appetite control, reduced anxiety, improved mineral absorption, stronger bones and more.

Food Sources of Inulin

There are two ways to consume inulin. It naturally occurs in a variety of plant-based foods, including:

- wheat
- onions
- garlic
- bananas
- Jerusalem artichoke
- leeks
- chicory root
- jicama
- agave
- wild yam



Unfortunately, Americans in general don't eat nearly enough of these foods to reap the benefits of inulin. Keep in mind that eating two pieces of whole grain bread and having a banana for breakfast isn't nearly enough - the recommended daily fiber allowance is upward of 25 grams per day, whereas these foods may contain 2 or 3 grams each. There are dietary considerations as well, especially for those who are gluten-intolerant or who avoid certain foods because they are trying to lose weight.

Oligofructose-enriched inulin, however, is easy to eat in suitable quantities every day. It's safe for those who are vegan because it is plant-based. It is naturally gluten-free. It has no calories and has a slightly sweet taste, so adding it to foods and beverages won't alter flavor. Unlike probiotics, this prebiotic fiber won't go bad or break down in the stomach, thereby losing its effects.

The Health Benefits of Oligofructose-Enriched Inulin

They derive from plant fiber and occur naturally in a diverse variety of foods such as whole grains, onions, garlic, leeks, Jerusalem artichoke and chicory root. As a supplement, they are both available as a pure white powder, which has a slight natural, sweet taste and dissolves readily in any fluid. However, inulin and oligofructose are different in the way they act and where they act.

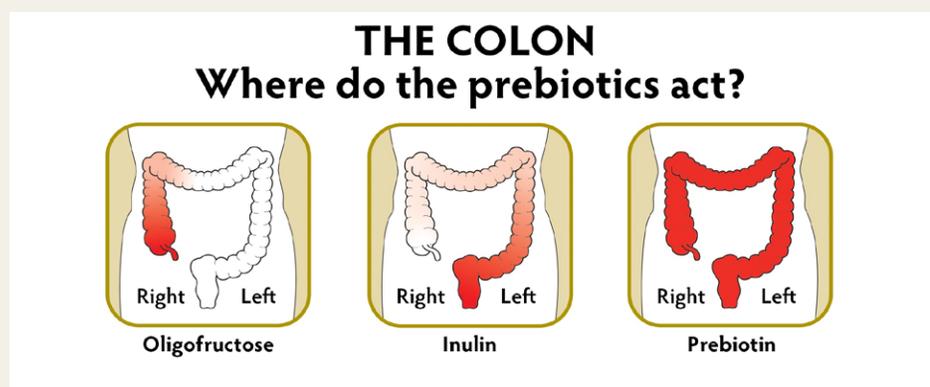
What to Know About Oligofructose

Oligofructose (FOS) is a short, small molecule. When it enters the colon in the right lower side of the abdomen down by the appendix, it is immediately fermented in the large intestine and used up by the bacteria that reside in this part of the colon, where it helps healthy bacteria multiply. There is no problem with this situation, except

that there is little left to get across to the rest of the colon on the left side. That makes oligofructose on its own not nearly as effective as when it is combined with another prebiotic fiber, such as inulin.

What to Know About Inulin

Inulin, on the other hand, is a larger, more complex molecule. Because it takes the colon's bacteria much longer to ferment inulin, there is more available to the bacteria that reside in the rest of the colon, mostly on the left side. Like oligofructose, inulin is somewhat effective on its own but really needs another quick-fermenting fiber to provide the optimal beneficial health effects. Unfortunately, foods with these prebiotics are rather low in the oligofructose component, so an ideal formula would be one where the basic inulin would be enriched with oligofructose.



Inulin and **oligofructose** are the two most natural and beneficial prebiotics we know.

When Oligofructose and Inulin Work Together

The past 15 years, and particularly the past two years, have seen an incredible amount of independent research support the theory that prebiotic fiber is as essential for overall health as it is for healthy lower gut microbiota development. Working together, inulin and FOS nourish the bacteria in the entire length of the colon.

As some experts long suspected, a healthy bacterial mix in the gut positively affects a diverse variety of health conditions from obesity to hardened arteries to bone strength to lower gut problems. We know for certain that prebiotic fibers inulin and oligofructose help this bacterial mix tremendously. The current issue is getting enough of these beneficial fibers into the diet every day without gaining weight and without eating allergens — which is where Prebiotin can help.

Inulin and Fructooligosaccharide Side Effects

As you add extra fiber to your diet, you may notice some side effects. While not necessarily harmful or common, some potential side effects include bloating and gas. To reduce the chances of experiencing these side effects, add Prebiotin to your diet slowly. This helps your lower gut adjust more comfortably. As your body gets used to digesting more fiber, these symptoms will fade.

The side effects may also include noticeable improvements in certain health matters. Consuming more fiber is proven to improve regularity and reduce the symptoms associated with certain lower GI diseases such as leaky gut. The research on prebiotic fiber is moving fast. The latest independent studies show that people who ate more prebiotic fiber found it easier to lose weight, fight depression, lower cholesterol, improve bone strength and more.

Where to Buy Inulin and Oligofructose

It seems pretty clear that consuming FOS and inulin together provides clear health benefits. Prebiotin's patented inulin and fructooligosaccharides blend is the only formula on the market that gives your entire colon the fiber it needs to nourish the healthy bacteria already living there. Our

formula is the most independently tested prebiotic on the market.

It is also proven to grow the healthy bacteria your body needs. You could certainly purchase natural fructooligosaccharide food sources, but you may not want to eat the amount necessary to reap the benefits you seek. Our inulin and fructooligosaccharide source can help you comfortably make up the fiber deficit in your diet.

The Prebiotin formula has significant amounts of both oligofructose and of inulin. The health benefits of inulin and oligofructose include positive bacterial action throughout the colon. It is why we call this product a full spectrum prebiotic formula. It is why medical researchers have overwhelmingly chosen this formula for their research. Products with just oligofructose or just inulin only give your colon half of what it really needs.

Prebiotin Is the Only FOS-Enriched Inulin on the Market Today

Our patented prebiotic fiber supplement gives your lower gut the nutrition it needs to feed the healthy bacteria that already live in your body. There's no other product that provides the full spectrum solution that Prebiotin does.

Nourish your digestive health with [Prebiotin prebiotic products](#), the most medically researched prebiotic formulas!



[Try Prebiotin Today >](#)

What Are Prebiotics?:

How Prebiotics Work

Prebiotics vs. Probiotics

How the Colon Works

Microbiota

Dietary Fiber

Oligofructose-Enriched Inulin

prebiotin
The Premier Prebiotic Fiber Supplement





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