

Chicory Root Fiber, Inulin, Oligofructose and Fructooligosaccharides (FOS)

Where It Comes From

Inulin is a natural, soluble (dissolves in water) dietary fiber that is primarily derived from chicory root. Chicory is a biennial plant that is also known as succory, hendibeh, blue daisy, blue sandelion, blue weed and coffeeweed.

How It's Made

Inulin is present in numerous fruits and vegetables and has been consumed by man since ancient times. Chicory root is washed and cut into slices to release inulin. The dissolved inulin is collected in hot water then dried. Inulin is made of strings of one glucose molecule and multiple fructose molecules that have been linked to each other in a way that it cannot be digested. Short chains of inulin are also called oligofructose or fructooligosaccharide (FOS).

How It Helps – Existing Evidence

1. Helps to lower blood sugar levels.
2. Supports digestive health and helps maintain general health. As a prebiotic, inulin supports the growth of beneficial bacteria in the gut.
3. Regulates bowel movements, relieving constipation for many people.
4. Helps us eat less naturally, which supports weight management by helping to affect hunger/satiety, gut hormones, longer-term energy intake, weight loss and body fat composition.
5. Replaces higher calorie ingredients, helping to reduce the calories in foods that contain inulin, oligofructose or fructooligosaccharides.
6. Increases calcium absorption to improve bone mineral density.
7. Improves blood lipid parameters including reduced LDL and total cholesterol and improved HDL cholesterol.

How is it processed by the body?

Chicory root inulin is not digestible and it passes through the small intestine unchanged where it is used as food for specific bacteria in your gut.

What types of food is this fiber typically found in?

Chicory root inulin can be found in bakery foods, cereals, dairy products and dairy alternatives, confectionery products, beverages, soups, spreads, sauces, dressings, and ice cream, as well as in infant and healthcare nutrition products. Look for names such as inulin, inulin from chicory, 'chicory root inulin', 'chicory fiber,' 'chicory root fiber,' 'chicory root extract,' 'oligofructose,' 'fructooligosaccharides' or 'FOS' on the ingredient label if you are interested in increasing your intake of this fiber.