



SUPPORTS A HEALTHY INTESTINAL ECOSYSTEM

CERTIFIED ORGANIC

INULIN Functional Food

Wonderfoods inulin powder is derived from the Jerusalem artichoke (*Helianthus tuberosus*). Inulin is a fructan, a particular polysaccharide that is closely related to fructo-oligosaccharide (FOS) carbohydrate which is a fibre and prebiotic found in many plants.

This functional plant based constituent is an excellent source of soluble fibre, ensuring fast and efficient elimination of waste and toxins.

It is a beneficial prebiotic that enables the growth of friendly bacteria, supporting the health of the gastrointestinal microbiota.

There are many health benefits that come from consuming inulin in the diet, these include:

- Helps with constipation
- Waste and toxin elimination
- Improved gastrointestinal motility
- Enhanced gastrointestinal health
- May assist in healthy weight management
- Rich in Prebiotic fibre



SUGGESTED USE:

2 teaspoons added to water, juice or smoothies, mix well, take 1-3 times per day.

Inulin can be added to drinks, sprinkled on food and used in baking. It can be used as a thickening agent in smoothies, soups and casseroles. It can act as a binding agent in baked goods.



add to beverages

Inulin is a form of soluble fibre.

INGREDIENT:

Organic inulin from the globe artichoke (*Helianthus tuberosus*).



non GMO



vegan



gluten free



dairy free



soy free

No artificial colours, flavours, sweeteners or preservatives. No fillers.

Sizes: 250g & 500g

250g \$14.34 WS | \$22.95 RRP

500g \$24.97 WS | \$39.95 RRP

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