

Balance your diet and achieve a healthy and happy gut!

Our unique chicory root fibre gives you more dietary fibre while also being a proven prebiotic, meaning that it feeds the good bacteria inside your gut, helping them to stay abundant and healthy!**

io fibrewater:

- ✓ Nothing artificial
- ✓ Gluten-free
- ✓ Vegan friendly

To learn about what to expect when drinking io fibrewater visit iofibrewater.co.uk or scan the QR code



Join our community

@iofibrewater

Our bottles and caps are recyclable



io fibrewater

17 kcal/bottle

Lemon & Lime

Fibre infused water for a healthy, happier and more balanced gut**

20% of daily fibre*



Naturally sourced



No added sugar



Prebiotic**

500 ml

Still

Still water drink with added plant fibre, a splash of natural flavours and naturally sourced sweetener.

io fibrewater provides an easy way to boost your fibre intake and improve your gut health.**

a unique fibre sourced from the chicory plant

INGREDIENTS: Filtered water, chicory root fibre (inulin), erythritol, non-GMO corn fibre, flavourings, acidity regulator: citric acid, Sicilian lemon oil, sweetener: steviol glycosides (from Stevia)

NUTRITIONAL INFORMATION:

	Per 100 ml	Per 500 ml
Energy	14 kJ (3 kcal)	70 kJ (17 kcal)
Fat	0.0 g	0.0 g
(of which saturates)	0.0 g	0.0 g
Carbohydrates	1.2 g	6.0 g
(of which sugars)	0.2 g	0.8 g
(of which polyols)	0.9 g	4.7 g
Fibre	1.2 g	6.0 g
Protein	0.0 g	0.0 g
Salt	0.0 g	0.0 g

Best enjoyed chilled. Please increase fibre intake gradually. Once opened, keep refrigerated and consume within 1 day. Contains naturally occurring sugars.

Best before date: Store in a cool and dry place, away from direct sunlight.

The Prebiotic Company

Third Floor, 3 Hill Street, Edinburgh, EH2 3JP, UK
For Northern Ireland: Moat House, BT5 5AD

500 ml e

*The Dietary Reference Value (DRV) for dietary fibre is 30 g per day for adults.

io fibrewater contains 6 g (20%) of the DRV per serving. 1 serving equals 500 ml.

**Chicory root fibre supports proper gut function by increasing stool frequency. This 500 ml bottle contains 4.5 g of chicory root fibre and is ideal as part of a varied, balanced diet and healthy lifestyle. The beneficial effect is obtained with a daily intake of 12 g of chicory root fibre, which is 2.7 x 500 ml bottles of io fibrewater.