



# INDI

## Body

- + All-in-one daily health support
- + High in gut-boosting prebiotic fibre\*
- + Rich in vitamins and minerals



Made in the UK for Indat Supplements Ltd.  
27 Old Gloucester Street, London, WC1N 3AX, UK.

16g e

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NUTRITIONAL INFORMATION		
Per 100g	Per 16g serving	
Energy	184 kJ (44 kcal)	1152 kJ (277 kcal)
Fat	0.4g	2.4g
of which saturates	0.1g	0.5g
Carbohydrates	6.7g	42g
of which sugars	2.0g	13g
Fibre	5.4g	34g
Protein	0.7g	4.5g
Salt	0.02g	0.1g
Nutrient		Per 16g serving
Vitamin D3	25µg	500%
Thiamin	1.1mg	100%
Riboflavin	1.4mg	100%
Niacin	16mg	100%
Vitamin B6	1.4mg	100%
Folate	200µg	100%
Vitamin B12	2.76µg	100%
Biotin	50µg	100%
Pantothenic Acid	6mg	100%



stool frequency.

which contributes to your normal bowel function by increasing stool frequency.

\*One serving contains 4g of your 12g per day of Chicory Root Inulin, condition, pregnant or breast-feeding.

consult your doctor if you are being treated for any medical condition, pregnant or breast-feeding.

**GUIDELINES:** Supplements should not be used to substitute a balanced and varied diet. Suitable for adults over 16 only. Please consult your doctor if you are being treated for any medical condition, pregnant or breast-feeding.

**INGREDIENTS:** Chicory Root Inulin\*, Oat Beta Glucan - Promodan®, Blueberry Powder, Maca Root Extract 10:1, Acai Berry Extract 4:1, Purple Carrot Powder, Green Kiwi Fruit - Actozin®, Natural Flavouring, Moringa Leaf Powder, Organic Baobab Fruit Pulp Powder, Reishi Mushroom Extract 15:1, Hasakopa® Berry Powder, Turmeric Extract 50:1 (95% Curcuminoids), Bamboo Extract 15:1, Bacillus Coagulans - ActiBio®, Vitamin D3 Viteo-digeo D®, Piper Nigum Extract 25:1, Hibiscus, B-Complex (Vitamin B3 - Nicotinamide, Vitamin B6 - Pyridoxine Hydrochloride, Vitamin B1 - Thiamine Hydrochloride, Vitamin B2 - Riboflavin, Vitamin B5 - Calcium D-Pantothenate, Vitamin B7 - D-Biotin, Vitamin B9 - Calcium L-Methyl Folate, Vitamin B12 - Methylcobalamin Hydroxide).

**OR PRESERVATIVES**

**NO ARTIFICIAL COLOURS, SWEETENERS**

**VEGAN - GLUTEN & DAIRY FREE**

Our delicious berry flavour whole food and fibre-rich plant powder enhances your daily nutrition and sets your body up for the day.

**HOW TO USE:** Consume once a day, ideally with your favourite plant-based milk, smoothie or yoghurt.

breakfast. Mix 1 sachet (16g) with 200ml of water or