

XOS

Xylooligosaccharides

PreticX™ xylooligosaccharides are derived from corncobs from non-GMO corn. These special PreticX™ xylooligosaccharides are an oligosaccharide fiber that may boost levels of beneficial bacteria in the human colon, specifically Bifidobacteria.* The non-digestible dietary fiber in **XOS** can also help promote intestinal regularity and support a healthy colon.*

The human digestive tract is an incredibly complex microbial ecosystem with more than 1,000 coexisting species of bacteria, and the delicate balance between “friendly” (probiotic) and “unfriendly” (conbiotic) microorganisms is integral to good health. A healthy microbial balance in the GI tract can support maintenance of the intestinal epithelial barrier, natural resistance to pathogens, support of healthy gut immunity and protection of balanced autoimmunity, production of energy, and synthesis of vitamins.*



#77070
100 grams (3.5 oz) powder

Key Features

- PreticX™ xylooligosaccharides may support normal levels of Bifidobacteria in the colon*
- May help promote intestinal regularity and support a healthy colon*
- Can increase Bacteroidetes without increasing Firmicutes*
- Has a low effective dosage, as low as 1.4 grams per day*
- PreticX™ is verified by the Non-GMO Project, and is certified Kosher/Halal



Xylooligosaccharides are non-digestible, low molecular weight carbohydrates. Xylooligosaccharides (XOS) are a form of oligosaccharides, which are polymers containing a small number of monosaccharides (simple sugars). In other words, oligosaccharides are short chains of the same simple sugar. In the family of carbohydrates, oligosaccharides fit in between simple sugars and polysaccharides.

Xylooligosaccharides are short chains of xylose molecules. There are other examples of oligosaccharides, including the well-known fructooligosaccharides (FOS), galactooligosaccharides (GOS), and isomaltooligosaccharides (IMO).

Prebiotics are a form of fiber which serve as food for probiotics. Prebiotics can help the gut environment promote a healthy balance of probiotic bacteria.

Bifidobacteria tend to be more fragile than many other types of friendly GI bacteria, and it can be difficult to replenish them in the colon, as well as to maintain them there. This is increasingly so as we age. Evidence is starting to emerge that having more Bifidobacteria, and a lower Firmicutes / Bacteroidetes (F/B) ratio may support better health.*

PreticX™ has been shown to support Bifidobacteria, while also increasing Bacteroidetes without increasing Firmicutes.* PreticX™ is several fold more sensitive to Bifidobacteria than to Lactobacilli.* Unlike a probiotic, which provides predetermined bacteria, PreticX™ supports each individual's idiosyncratic microbiota.*

Preliminary evidence suggests that PreticX™ may also support normal blood sugar levels and blood lipids within normal levels.*

PreticX™ xylooligosaccharides have an effective dosage as low as 1.4 grams per day.* By contrast, fructooligosaccharides (FOS) are typically taken in doses 3-5 times greater than this. The gastrointestinal side effects of FOS, though minor, are common. Xylooligosaccharides are used at a much less dose, and are very well tolerated.

PreticX™ xylooligosaccharides are obtained from corncob, from Non-GMO corn. PreticX™ is stable from pH 2.3 to 8.0, and temperatures up to 176 °F (80 °C), or higher.

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Supplement Facts

Serving Size 1/2 Teaspoon (approx. 1.25 g)
Servings Per Container 80

Amount Per Serving	% Daily Value*	
Total Carbohydrates	1.25 g	< 1%
Xylooligosaccharides 70%	1.25 g	†

*Percent Daily Value. †Daily Value not established.

Other ingredients: Maltodextrin.

Suggested Use: As a dietary supplement, 1/2 level teaspoon (1.25 grams) mixed in water, one or two times daily between meals, or as directed by a healthcare practitioner.

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