

# Sources of prebiotics

Prebiotics are non-digestible dietary fibres that can help to feed the good bacteria in the gut, allowing them to flourish, which can help to improve digestion, boost immunity, and reduce inflammation.

## Optimal dose for prebiotics



19+ male  
15 mg/day



19+ female  
15 mg/day



Pregnancy  
15 mg/day



Lactation  
15 mg/day



Food	
<b>Chicory Root</b>	<ul style="list-style-type: none"> <li>47% of the fibre in chicory root is inulin</li> <li>Has been shown to nourish the gut bacteria, improve digestion and relieve constipation</li> </ul>
<b>Dandelion Greens</b>	<ul style="list-style-type: none"> <li>4g of fibre per 100g serving, a high proportion of which is inulin</li> </ul>
<b>Jerusalem Artichoke</b>	<ul style="list-style-type: none"> <li>2g of fibre per 100g serving, 76% of which is inulin</li> </ul>
<b>Garlic</b>	<ul style="list-style-type: none"> <li>11% of the fibre in garlic is inulin, and 6% is FOS</li> <li>Promoting the growth of Bifidobacteria in the gut and prevents disease-promoting bacteria from growing</li> </ul>
<b>Onions</b>	<ul style="list-style-type: none"> <li>10% of the fibre in onion is inulin, and 6% is FOS</li> <li>FOS strengthens gut flora, helps with fat breakdown and boosts the immune system by increasing nitric oxide production in cells</li> </ul>
<b>Leeks</b>	<ul style="list-style-type: none"> <li>Contain up to 16% inulin</li> <li>Promote healthy gut bacteria and help in the breakdown of fat</li> </ul>
<b>Asparagus</b>	<ul style="list-style-type: none"> <li>Contain 2–3g of inulin per 100g serving</li> <li>Has been shown to promote friendly bacteria in the gut</li> </ul>
<b>Bananas</b>	<ul style="list-style-type: none"> <li>Contain small amounts of inulin</li> <li>Unripe (green) bananas are high in resistant starch, which has prebiotic effects</li> <li>The prebiotic fibre in bananas has been shown to increase healthy gut bacteria and reduce bloating</li> </ul>
<b>Barley</b>	<ul style="list-style-type: none"> <li>Contains 3–8g of beta-glucans per 100g serving</li> <li>Beta-glucans are prebiotic fibres that promote the growth of friendly bacteria in the digestive tract</li> </ul>
<b>Oats</b>	<ul style="list-style-type: none"> <li>Contain large amounts of beta-glucan fibre, as well as some resistant starch</li> <li>Beta-glucan from oats has been linked to healthy gut bacteria</li> </ul>
<b>Apples</b>	<ul style="list-style-type: none"> <li>Approximately 50% of an apple's total fibre content is pectin which has prebiotic benefits</li> <li>Pectin increases butyrate which feeds the beneficial gut bacteria and decreases the population of harmful bacteria</li> </ul>
<b>Konjac root</b>	<ul style="list-style-type: none"> <li>A tuber, which contains 40% glucomannan fibre</li> <li>Konjac glucomannan promotes the growth of friendly bacteria in the colon, relieves constipation and boosts the immune system</li> </ul>
<b>Cocoa</b>	<ul style="list-style-type: none"> <li>Powerful prebiotic benefits associated with the growth of healthy gut bacteria</li> </ul>
<b>Burdock Root</b>	<ul style="list-style-type: none"> <li>4g of fibre per 100g serving, the majority of which is inulin and FOS</li> <li>Prebiotic properties can inhibit the growth of harmful bacteria in the intestines, promote bowel movements and improve immune function</li> </ul>
<b>Nuts</b>	<ul style="list-style-type: none"> <li>Contain health promoting polymerized polyphenols and polysaccharides</li> </ul>
<b>Seaweeds and microalgae</b>	<ul style="list-style-type: none"> <li>Contain polysaccharides</li> <li>An emerging source of prebiotics</li> </ul>