



New Prebiotic Powder XOS features PreticX™, a prebiotic complex comprised of xylooligosaccharides (XOS). XOS are selective, bifidogenic prebiotics shown to increase the amount of healthful *Bifidobacteria* in the GI tract of healthy individuals, which is particularly beneficial with aging.\* When added to the diet, Prebiotic Powder XOS helps to maintain healthy flora balance, nourishes the intestinal lining, and promotes regularity without additional bloating or flatulence.\* Consider taking this prebiotic product with your regular probiotic supplements.

**Selective Bifidogenic Effect\***  
**Nourishes Intestinal Flora\***  
**Non-GMO/Vegetarian/Vegan**



## What makes Prebiotic Powder XOS so unique?

### 1. Its *Bifidobacteria* Selectivity\*

Laboratory and clinical studies have demonstrated that PreticX™ XOS specifically promotes the growth of beneficial *Bifidobacteria*.\* Furthermore, it does not support the growth of undesirable microorganisms that could normally be found in the GI tract such as *Clostridia* or *E.coli*.

### 2. Its Small Serving Size

With as little as one teaspoon a day (1.55 g XOS) Prebiotic Powder XOS can specifically increase *Bifidobacteria* count in feces as demonstrated in two randomized, prospective studies.\*

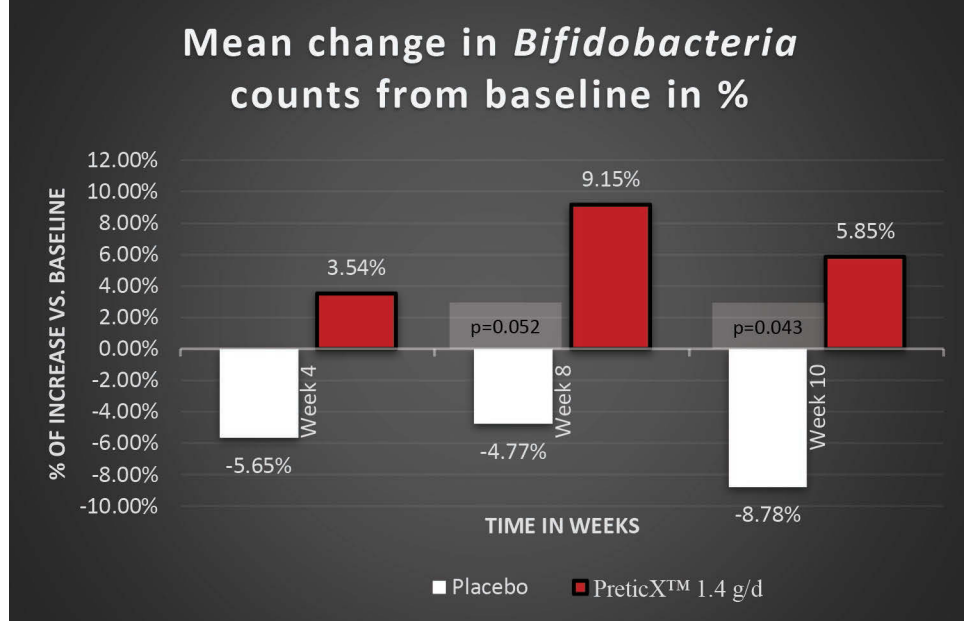


Figure 2: In a double-blind, randomized, placebo-controlled study carried out with 32 healthy volunteers, 1.4 g PreticX™ XOS per day for 8 weeks resulted in higher *Bifidobacterium* counts compared to the placebo group at 8 weeks (p=0.052) and 10 weeks (p=0.043; 2 weeks after the end of supplementation).\* This figure is adapted from original publication.

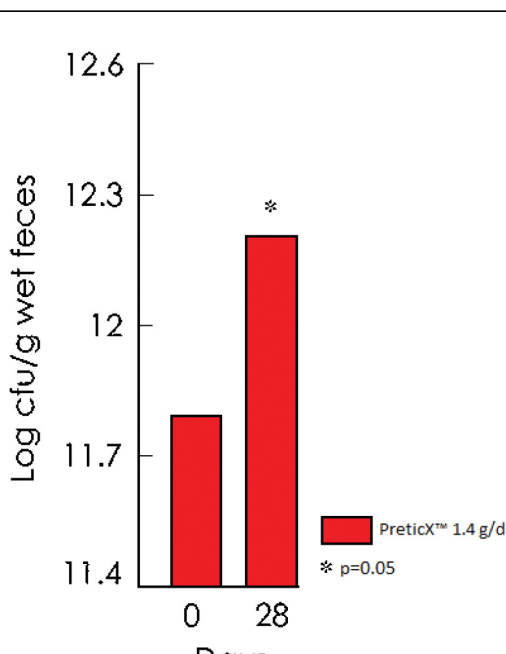


Figure 1: In a randomized, prospective study carried out with 14 healthy volunteers, 1.4 g PreticX™ XOS for 28 days resulted in significantly higher *Bifidobacterium* counts (p=0.05)\*. This figure is adapted from original publication.

### 3. Its Excellent GI Tolerance

In clinical studies, PreticX™ XOS is well tolerated at doses to up to 12 g/d.

In studies using 1.4 g/d and 2.8 g/d there was no difference compared to placebo in terms of excess gas, unpleasant intestinal noise, bloating, cramps, or number of stools, and no diarrhea was reported. More volunteers reported easy defecation after 28 days of supplementation with PreticX™ XOS.\*

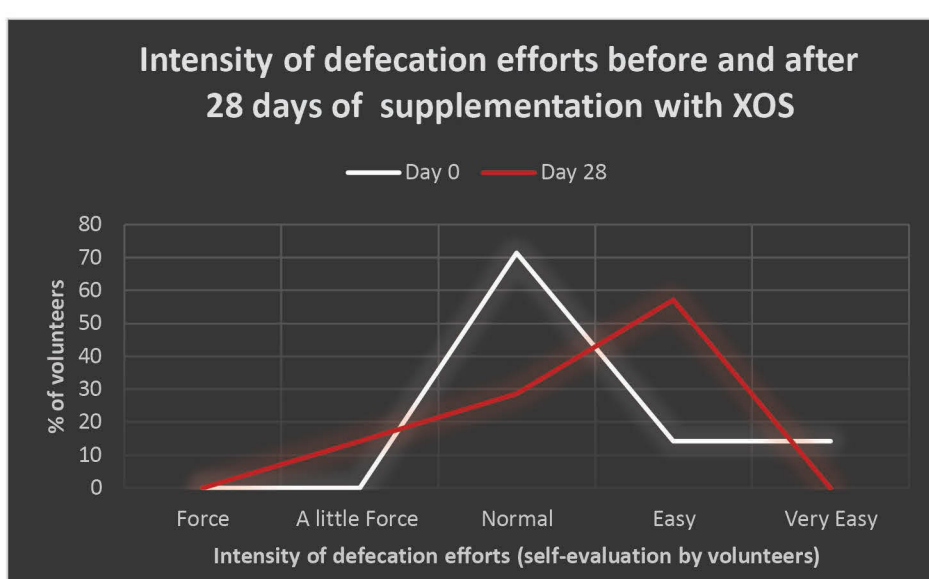


Figure 3: In a randomized, prospective study carried out with 14 healthy volunteers, 1.4 g PreticX™ XOS for 28 days resulted in more patients having easy defecation. This figure is adapted from original publication.

### 4. Its Xylose Units

XOS stands for xylooligosaccharides, which indicates that it is made of xylose units linked together by special bonds called  $\beta$ -(1→4)-links. Xylose is a simple sugar naturally present in food such as bamboo shoots, fruits, vegetables, milk, and honey.

PreticX™ XOS is made from the enzymatic breakdown of xylan from non-GMO corn cobs. Xylan is a complex sugar naturally found in straw, sorghum, sugar cane, corn stalks and cobs. The enzyme used to break down this complex sugar is an endoxylanase isolated from non-GMO *Streptomyces olivaceoviridis*. Enzymatic residues from the manufacturing process are not present in the final product.

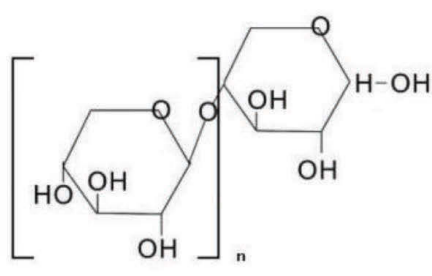


Figure 4: Xylooligosaccharide structure, this image shows 2 xylose units bond together with a  $\beta$ -(1→4)-link ; n=2 to 6

Learn More!

[protocolforlife.com/prebiotic-powder-xos](https://protocolforlife.com/prebiotic-powder-xos)

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