NUTRITIONAL PROPERTIES OF INULIN and OLIGOFRUCTOSE

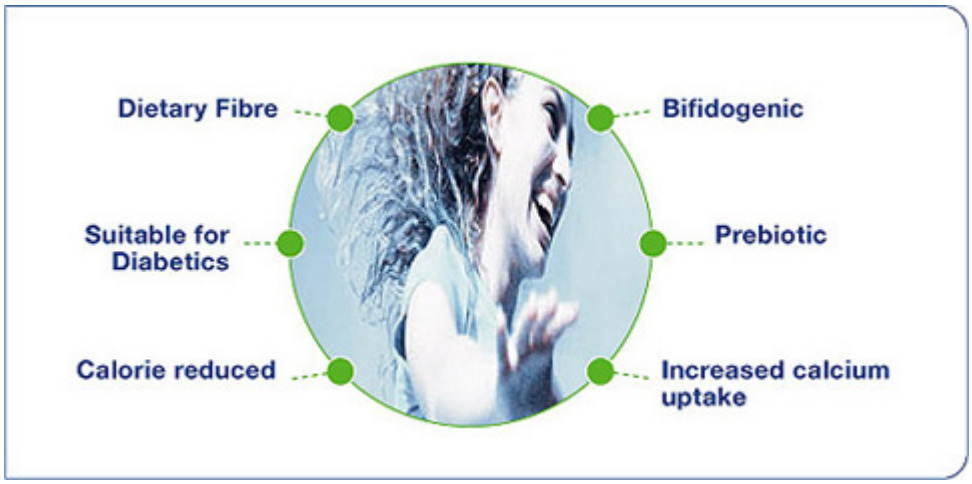
Inulin and oligofructose are dietary fibres. Like all dietary fibres, they are not digested in the stomach or small intestine. However, because they are completely fermented in the colon, they contribute to better gut function, improve regularity and reduce constipation.

Both inulin and oligofructose are selectively fermented by **Bifidobacteria** and boost the total number of these microorganisms present in the colon. Bifidobacteria are known to have a number of beneficial effects on our health.

Inulin's, specifically written by Orafti's RAFTILINE® and RAFTILOSE® products pass through the upper gastro-intestinal tract intact and are then selectively fermented in the intestine, they cause a positive change of the microfloral composition of the colon. When nutritionists discovered this, the **prebiotic** concept was born.

As the average age of the population increases, and as each one of us becomes older, we need to take a closer look at how we take care of our internal calcium balance. Inulin and oligofructose allow us to make the best use of the calcium present in our daily diet.

Because inulin and oligofructose are not digested in the stomach or in the small intestine, they have no effect on blood glucose levels. They are therefore **suitable for diabetics**.



The non-digestibility of inulin and oligofructose forms the basis of their reduced caloric contribution to the human system. The search for improvement and new nutritional applications is on going. New studies are finding data, which point to potential beneficial effects of inulin and oligofructose on lipid metabolism and cancer inhibition.