

Product Label Trigger Checklist

Look beyond the front label.

Common Triggers To Check

- Sorbitol
- Mannitol
- Xylitol
- Maltitol
- Isomalt
- Inulin
- Chicory root
- FOS or GOS
- Lactose
- Whey concentrate
- Dried fruit concentrates
- Large added-fiber doses

If the product is causing symptoms, test a simpler food-based version before assuming the main ingredient is forbidden.