

# Prebiotic Ingredient Label Checklist

Use this before you buy another product marketed as microbiome support.

## Ingredients to Notice

- inulin
- chicory root fiber
- fructooligosaccharides or FOS
- galactooligosaccharides or GOS
- resistant starch
- vague terms like "prebiotic blend" without detail

## Questions to Ask

- do I actually tolerate fermentable fibers well?
- is this a food-first step or a concentrated add-in?
- am I choosing this for constipation support, general microbiome support, or just because the label sounds smart?
- have I reacted badly to similar ingredients before?

## Product Caution Notes

- more microbiome language does not equal better evidence
- combo formulas may be harder to interpret if symptoms worsen
- a probiotic plus a prebiotic is not automatically a better fit
- if bloating already dominates, concentrated add-ins deserve more caution

## Stop and Reassess If

- gas, fullness, or distension clearly worsen
- pain escalates instead of settling
- the product is replacing broader troubleshooting or medical follow-up

## Quick Read

The ingredient panel usually tells the truth faster than the front label. If you already know inulin, FOS, or chicory root fiber make your gut louder, take that seriously.