



Gut health

Digestive Shot Biotis™ GOS



A compact, refreshing and tasty shot, providing high levels of nutrition to people with reduced appetites or difficulties eating. Enriched with Biotis™ GOS, this is an ideal solution for seniors and elderly people seeking relief from constipation and digestive discomfort.

Customer benefits

- With Biotis™ GOS to reach 5g GOS per serving. Galacto-oligosaccharides (GOS) increase *Bifidobacteria* levels in the gut^{1,2} (through a prebiotic³ effect). Scientific studies show that 2 x 4.5g GOS per day helps to relieve constipation in the elderly⁴
- An appealing, easy-to-consume compact format, designed to support compliance
- Quick and convenient (60ml), easily incorporated into daily routines - alongside or between meals, to be consumed twice a day.

Market drivers

- Constipation affects 5-20% of adults worldwide, mainly in western countries⁵
- 50-70% of seniors are affected by constipation, with prevalence reaching 80% among long-term care residents⁶
- Aging, loss in mobility and changing diet are linked to increased constipation incidence amongst the elderly⁷

Features and benefits of Biotis™ GOS

- Rich in prebiotic³ non-digestible galacto-oligosaccharides (GOS)
- Available in both syrup and powder formats for ease of handling and use
- Versatile and stable in heat and acidity, so ideally suited to ready to drink (RTD) applications
- Clean sensory profile with slightly sweet flavour



FrieslandCampina
Ingredients

This information is intended for industrial customers only and not intended for consumers.

Digestive Shot

Biotis™ GOS

Method of preparation

- Add Biotis™ GOS to water
- Mix for 10 minutes, measure pH
- Acidify with citric acid to pH 3.0
- Add flavour and colour
- Mix for 10 minutes, measure pH
- UHT: 90°C for 30s

References

1. Walton et al., 2012
2. Silk et al., 2009
3. Gibson et al., 2017. Substrates that are selectively utilized by host microorganisms conferring a health benefit
4. Teuri & Korpela, 1998
5. Camirelli et al., 2017
6. Bosshard et al. 2014
7. Rao and Go, 2010

Ingredients	per serving 60 ml	%
Water	48.9ml	81.5%
Biotis™ GOS*	10.6ml	17.6%
Citric acid 25%	0.5ml	0.8%
Givaudan Ginger flavour	0.024ml	0.04%
Givaudan Lime flavour	0.018ml	0.03%
Colour Riboflavin	0.0009ml	0.0015%

* = FrieslandCampina Ingredient

Nutritional information	per serving 60 ml	per 100 g
Energy kCal	25kCal	42kCal
Protein	0g	0g
Fat	0g	0g
of which saturated	0g	0g
Carbohydrates	7.9g	13.2g
of which sugars	4.5g	7.5g
Dietary fibre	3.5g	5.8g



Health benefit
solutions
from



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