

INULIN

Meaning: Inulin is a soluble dietary fiber and prebiotic found in various plants, commonly used to enhance digestive health and as a natural sweetener in food products.

1. Inulin is often used as a dietary fiber supplement to promote digestive health.
2. Many health food products now include inulin as a natural sweetener and prebiotic.
3. Research has shown that inulin can help improve insulin sensitivity and lower blood sugar levels.
4. People with certain digestive disorders may benefit from increasing their inulin intake.
5. Inulin can be found in various foods, including chicory root, onions, and garlic.

Source: sentences.whatistheurl.com

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