

My prebiotic label and change record

Keep the label, meal routine and observed response together.

Review date

Reason for considering a change

Product or food and exact ingredient

Serving unit and ingredient amount on label

Usual meals and existing fiber products

Actual change, timing and amount followed

Observed tolerance or question to discuss

Next review date or agreed professional step

This record does not diagnose a digestive condition or assess a microbiome.

Follow the current label and individual advice; no dose is calculated.

Seek advice for significant or persistent symptoms; do not keep escalating.