

Recommended intake for ió fibrewater

Age	Bottle (ml)	Grams of fibre (g)	Time
2-4	170ml (1/3 bottle)	2g	2 weeks –after which gradually increase to tolerance as per required
5-14	250ml (1/2 bottle)	4g	2 weeks –after which gradually increase to tolerance as per required
15+	500ml (full bottle)	6g	2 weeks –after which gradually increase to tolerance as per required