

ió fibrewater reviews and success stories

The UK's first prebiotic
infused water that is really
making a splash!



'Excellent' rating on Trustpilot and 5* on Amazon



CW Carol wakeford
1 review GB



2 days ago

Ió fibrewater is my miracle water!!!

Day 5 of drinking my Ió fibrewater and I'm honestly shook! The flavour tastes amazing and it's so refreshing! The texture is fine, no different to normal bottled water. I drink my water around 3pm each day and I find that when I'm actually starting to think about it, I look at the clock and it's near 3pm, a good sign to me that my body is telling my mind it's time for the good stuff! 🤔 I'm finding my general overall mood is much better and I have found I'm definitely sleeping better. Usually I wake every few hours due to many reasons, but the past couple of days I'm not getting disturbed and I'm waking up feeling so well rested! This is huge for me as I suffer with complex regional pain syndrome and frequently disturbed sleep has a massive effect on my crps, which then has a knock on effect to the rest of my day and my pain levels! If this can happen in just 5 days, I'm so excited and intrigued to see how I'm feeling and doing after the month is finished! So grateful for this 🙏 Ió fibrewater ❤️

GS GMAIL Simone Hart Sibbald
2 reviews GB



2 Jul 2022

Supports me with my intermittent fasting :)

Not only is io fibrewater delicious and refreshing I found that drinking it in the morning really supports me in fasting. I can go longer without thinking about food. I love the fact that the prebiotics feed the probiotics I take too and can increase the potency - the gut health aspect is really appealing. Highly recommend this water 🤗

CU customer
3 reviews GB



11 Jul 2022

Loving this water

Loving this water. Tastes great! Plus, I really do feel it helps keep my digestive system in check. Started to feel a difference a week in. And an extra little bonus: I want to snack less.

Claire

★★★★★ Absolutely delicious!

Reviewed in the United Kingdom on 18 July 2022

Flavour Name: Strawberry | [Verified Purchase](#)

I have struggled to reach a healthy daily fibre intake but this has made all the difference. It's so easy, delicious and smooth with no after taste. I have a sensitive stomach and this drink has transformed it. As a bonus, it has curbed my appetite too and I find myself eating less. Couldn't recommend this drink enough!

Hez27

★★★★★ Love it!!

Reviewed in the United Kingdom on 8 August 2022

Flavour Name: Strawberry | [Verified Purchase](#)

I've been using the water for around 3 weeks although this is my first case purchased on Amazon. The water has definitely helped me and feel my energy is better, sleep is much better also. Taste is great, nice subtle flavour. Love having it as part of my daily routine.



Harold

★★★★★ **Great taste with notable prebiotic benefits**

Reviewed in the United Kingdom on 11 July 2022

Flavour Name: Strawberry | **Verified Purchase**

I tried this water as I wanted to incorporate more fibre into my diet and also struggle to get enough water intake during the day. The first thing to mention is it tastes great and is really refreshing when drunk cold. I noticed that within a few days of drinking it I was drifting off to sleep easier at night and was snacking less during the day. Would highly recommend for anyone wanting an alternative to sugary soft drinks. It has just as much flavour with the added health benefits of prebiotics so will definitely be ordering again!



Dorothy Henke

2 reviews GB



1 Jul 2022

A healthy drink, refreshing and delicious

When I was told about this I was a bit dubious as I have never had a flavoured water that I liked. They have all left an after taste. But not IO Fibrewater !! It is very refreshing and I have also felt quite energised over the last few days that I have been drinking it. My 30 year old daughter also loves it. So well done to the manufacturers. Looking forward to trying the strawberry version.



Amazon Customer

★★★★★ **I love this water!**

Reviewed in the United Kingdom on 24 June 2022

Flavour Name: Strawberry | **Verified Purchase**

My body actually asks for this water. And when I started drinking it regularly I noticed a difference in how much I wanted to eat too. It's definitely great for your gut, and it's also pure, clean and light in flavour and taste. Hats off to the creators of this innovative new health product, I've subscribed, it's such an easy way to get more water and more nutrients into your system.



Aly


3 reviews GB



30 Jun 2022

Working long hours at the NHS, I need energy

I work long hours at the NHS, I never find time to get enough fibre, or water. Rushed off my feet, and often feeling very bloated. I decided to try something new, the ió fibrewater. I love it. Amazing. I bloat a lot, I often have stomach cramps, seriously, in just over one week I feel so much lighter, less tired, energy is much better. I know that this is for keeps.



ió fibrewater blood glucose stabilisation success story

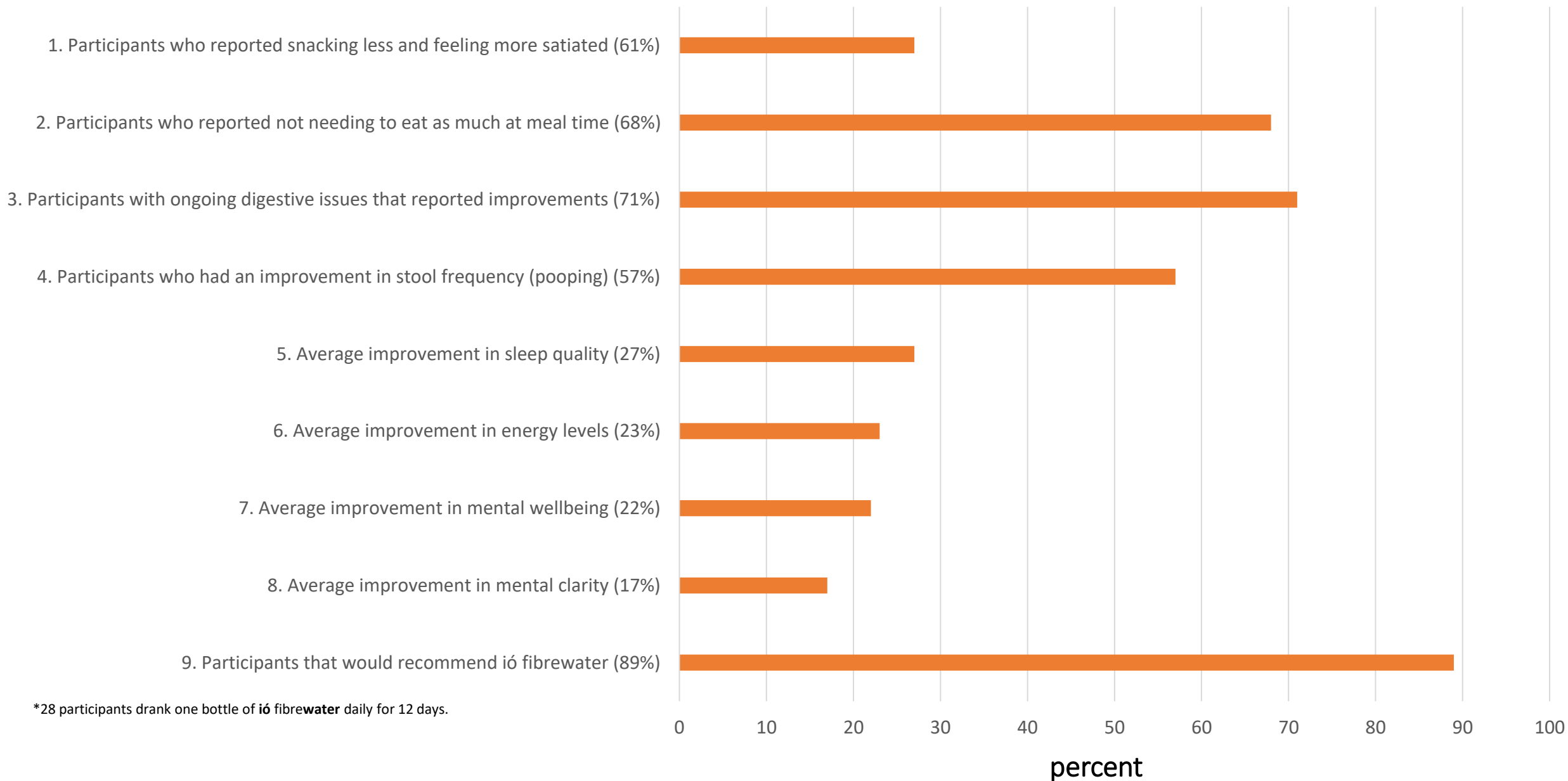
'Since I had severe Covid I have been struggling with stabilising my blood glucose levels and as a result have diabetic ketoacidosis - which can be life-threatening, and I am on several medications as a result. One of which has been causing me an upset stomach. I was given some samples of ió fibrewater which almost immediately brought my blood glucose levels to acceptable levels.'

'I now drink 1.5 bottles of ió fibrewater a day, which has proven to be highly beneficial in stabilising my blood glucose, and will be discussing with my diabetes consultant about discontinuing some of my medications, as the water is working! And it is an all-natural solution, which I love.'

'I just did a talk at the long covid group I attend about this amazing water, and people were really interested and loved the taste, too.'

Heather M., Falkirk, Scotland

Survey results for the **ió** fibrewater 12 day challenge*



*28 participants drank one bottle of **ió** fibrewater daily for 12 days.

ió fibrewater

Is a great, natural 'tool in the toolkit' for good gut health and overall wellbeing.

For more information please visit

www.iofibrewater.co.uk

Trade accounts are welcome. Please contact

hello@iofibrewater.co.uk

