

Recommended percentage of XOS in food and beverages

Industry	Product Type	Addition ratio
Foods	Jam	5%-10%
	Jelly	4%
	Solid yogurt	4%
	Solid beverages (prebiotics, probiotics, enzyme fruit and vegetable powder, etc.)	10%-30%
	Tablet	10%
	Milk powder	2%
	Baked food	3%
Beverages	Enzyme	3%
	Energy drinks/milk drinks/fruit and vegetable juice	1%
	Oral liquid	3%