LAVITOL® ARABINOGALACTAN

Prebiotic Fiber

FROM SIBERIAN DAHURIAN LARCH

Manufactured by Ametis



A natural prebiotic fiber that supports digestive and immune health.*

BENEFITS INCLUDE*

- Prebiotic Dietary Fiber*
- Feeds Beneficial Gut Bacteria*
- Supports SCFA Production*
- Supports Immune Health*
- Supports Digestive Health*
- Supports Bifidobacteria*
- Healthy Colon Environment*
- Gentle & Well Tolerated*

Bifidogenic

consistently increased *Bifidobacterium* in human gut microbiota research*[2]

More *Lactobacillus*

and lower fecal ammonia in a human study*[1]



The Lavitol® Difference

Lavitol® Arabinogalactan is a natural, water-soluble polysaccharide made by Ametis from the wood of Dahurian larch, the same Siberian larch behind Lavitol® DHQ. Built from galactose and arabinose, it passes undigested to the colon, where it serves as food for beneficial bacteria and supports the production of short-chain fatty acids.*

Easy to Formulate

- Dissolves in hot & cold water
- Stable in acidic formulas
- Heat & hydrolytically stable
- Natural thickener & stabilizer

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Nutralliance

(844) 410-1400
www.nutralliance.com
sales@nutralliance.com

LAVITOL®

The Arabinogalactan Advantage

A prebiotic fiber that feeds beneficial bacteria*

Arabinogalactan resists digestion in the upper gut and travels intact to the colon, where beneficial bacteria ferment it. In a study of healthy adults, larch arabinogalactan increased total beneficial anaerobes and *Lactobacillus*, lowered fecal ammonia and was well tolerated.[1]

↑ ***Lactobacillus*** **and beneficial anaerobes***

↓ **fecal ammonia***

Bifidogenic in human gut microbiota research*

A 2025 study using gut microbiota from healthy adults found arabinogalactan consistently increased *Bifidobacterium*.[2] *Bifidobacterium longum* broke the fiber down and, in turn, fed other beneficial strains, a cross-feeding effect that helps a diverse, balanced gut community.

Supports short-chain fatty acid production*

Fermentation of arabinogalactan in the colon produces short-chain fatty acids such as acetate, propionate and butyrate.[3] These compounds nourish the cells that line the colon and help maintain a healthy gut environment.

Supporting the gut–immune connection*

Much of the body's immune tissue lines the digestive tract, and short-chain fatty acids interact with immune cells there.[3] In a six-week study, 51 adults taking 4 g/day of larch arabinogalactan had higher CD8+ T-cell levels than controls,[4] and laboratory research shows it enhances natural killer (NK) cell activity.[5]

Well tolerated, with a long history of food use

Larch arabinogalactan has been used in foods for decades and is listed internationally as a thickener and stabilizer (E 409).[3] A dedicated tolerability study found it well tolerated.[6]

Research at a Glance

Gut Flora
Robinson 2001 · 20 adults · 15–30 g/day · 6 wks
More *Lactobacillus* and anaerobes; lower fecal ammonia

Microbiome
Rasoulimehrabani 2025 · human gut samples
Consistently increased *Bifidobacterium*; *B. longum* cross-feeds other strains

Fermentation
Dion 2016 · scientific review
Fermented in the colon to acetate, propionate and butyrate

Immune Cells
Nantz 2001 · 51 adults · 4 g/day · 6 wks
Higher CD8+ T-cell levels vs. control

Laboratory
Hauer & Anderer 1993 · human immune cells
Enhanced natural killer (NK) cell activity

Tolerability
Grube 2012 · tolerability study
Well tolerated

REFERENCES

1. Robinson RR, et al. J Am Coll Nutr. 2001;20(4):279-85.
2. Rasoulimehrabani H, et al. Microbiome Res Rep. 2025;4:30.
3. Dion C, et al. Nutr Metab (Lond). 2016;13:28.
4. Nantz M, et al. FASEB J. 2001;15(4):633.
5. Hauer J, Anderer FA. Cancer Immunol Immunother. 1993;36(4):237-44.
6. Grube B, et al. Food Nutr Sci. 2012;3:1533-8.

Studies cited were conducted on larch (Larix spp.) arabinogalactan.

Product Profile

Source	Dahurian larch wood
Type	Water-soluble polysaccharide (galactose + arabinose)
Solubility	Hot and cold water
Stability	Acid, heat and hydrolytic

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