

Organic Glucomannan



What is Organic Glucomannan?

Organic glucomannan is a type of dietary fiber that comes from the root of the konjac plant, which grows in Asia. Glucomannan is a soluble and fermentable fiber, which means it dissolves in water and forms a gel-like substance that can slow down digestion and feed the good bacteria in your gut. Organic glucomannan is different from regular glucomannan because it is processed and extracted from konjac flour using organic methods. This ensures that the product is free of pesticides, chemicals, and additives that may harm your health or the environment.

What are the benefits of organic glucomannan?

Organic glucomannan has many health benefits that make it a valuable addition to your diet. Some of these benefits include:

- **Weight loss:** Organic glucomannan can help you lose weight by making you feel full longer, reducing your appetite, and lowering your calorie intake. It can also prevent fat absorption and increase fat burning in your body.
- **Gut health:** Organic glucomannan can improve your gut health by acting as a prebiotic that feeds the beneficial bacteria in your colon. This can enhance your digestion, immunity, and mood. It can also prevent or relieve constipation, diarrhea, and irritable bowel syndrome.
- **Cholesterol and blood sugar:** Organic glucomannan can lower your cholesterol and blood sugar levels by reducing the absorption of these substances in your intestines. This can lower your risk of heart disease, diabetes, and metabolic syndrome.

How to use organic glucomannan?

One of the most common ways to use organic glucomannan is to consume it as a powder. You can mix it with water or other liquids and drink it before meals to curb your appetite and boost your fiber intake. You can also add it to smoothies, soups, sauces, or desserts to thicken them and increase their nutritional value. Another way to use organic glucomannan is to eat it as a noodle. You can find organic glucomannan noodles in various shapes and sizes, such as spaghetti, fettuccine, or rice. You can cook them like regular noodles and enjoy them with your favorite sauces and toppings. They are low in calories, carbs, and gluten, making them ideal for keto, paleo, or vegan diets. You can also find other organic glucomannan products such as capsules, snacks, or candies that you can take as supplements or treats. These products may have added flavors, sweeteners, or ingredients that enhance their taste and function.

Specification

Product name	Organic Glucomannan
Appearance	White Crystal Powder
Solubility	soluble in water
Specification	90% 95% 98%
Appearance	White crystalline powder
Odor	Odorless
Sulphated Ash	<0.5%

As	<10%
Pb	<1.0ppm
cd	<3.0ppm
Hg	<0.05ppm
Loss on drying	<0.1mg/kg
Total Plate Count	<0.5%
Yeast & Mold	<1000 cfu/g
E. Coli	<100 cfu/g
S. Aureus	Negative
Saimonella	Negative
Pesticides	Negative
Conclusion	Conform with specification
Storage	Store in 2-8°C, cool & dry place, Keep away from strong light and heat.
Shelf life	2years

Packing

