

Organic Yam Powder



What is Organic yam powder?

Organic Yam Powder is stone-ground from sustainably cultivated wild yam roots (*Dioscorea villosa*, *D. opposita*). Preserving the full spectrum of phytonutrients including **diosgenin**, **prebiotic inulin**, and **antioxidant flavonoids**, it delivers traditional herbal benefits with modern scientific backing for hormonal and metabolic wellness.

Key Specifications

Parameter	Details
Source	Dioscorea villosa (wild yam) or Dioscorea opposita (Chinese yam)
Processing	Steam-pasteurized, low-temp dried, stone-milled
Diosgenin Content	1.5-3% (wild yam)
Prebiotic Fiber	15-20% (inulin, fructooligosaccharides)

Parameter	Details
Starch	60-70% (resistant starch: 10-15%)
Glycemic Index	Low (GI 35 – suitable for diabetics)
Moisture	≤7%
Particle Size	80-100 mesh (adjustable to 200 mesh for smoothies)
Flavor Profile	Mildly sweet, earthy
Solubility	Dispersible in liquids; thickens when heated
Color	Creamy beige to light tan

Nutritional Highlights

1. Hormonal Support:

1. **Diosgenin:** Precursor to progesterone and DHEA (50mg/serving).

2. Gut Health & Immunity:

1. **Prebiotic Fiber:** Feeds *Bifidobacteria* (increase by 2-5x vs. baseline).

3. Metabolic Wellness:

1. **Resistant Starch:** Promotes insulin sensitivity (studies show 30% reduction in glucose spikes).

4. Antioxidant Rich:

1. **Flavonoids & Allantoin:** Radical-scavenging activity (ORAC 3,500 µmol TE/100g).

Applications

Nutraceuticals

- **Women's Health:** Menopause support blends with black cohosh.
- **Hormone Balance Capsules:** Vegan progesterone precursors.
- **Gut-Health Powders:** With probiotics (enhances colonization).

Functional Foods

- **Baking:** Substitute 15-30% of flour in breads/muffins (adds moisture).
- **Smoothie Boosters:** Thickening base (3-5 tbsp/serving).
- **Infant Nutrition:** Gentle prebiotic for formula supplementation.

Cosmetics

- **Anti-Aging Creams:** Diosgenin stimulates collagen production.
- **Soothing Masks:** Allantoin calms irritated skin.

Certifications & Quality Assurance

- **Organic:** USDA, EU 834/2007, JAS
- **Non-GMO:** NSF Certified
- **Allergen-Free:** Gluten-free, soy/dairy/nut-free
- **Safety:**
 - Heavy metals (Pb <0.1ppm, As <0.05ppm)
 - Pesticides: Undetectable (500+ screened)
 - Microbial: TPC <10,000 CFU/g; no pathogens
- **Species Authentication:** DNA barcoding (HPLC confirmation of diosgenin)

Technical Advantages

- **Starch Gelatinization Control:** Maintains 85% resistant starch after baking.
- **Hormonal Activity Stability:** Retains >90% diosgenin at 150°C (302°F).
- **Water-Binding Capacity:** Absorbs 3x weight in water – reduces added fats in formulations.

Why Choose Us?

1. Sustainable Farming:

1. Rainforest Alliance-certified farms (Costa Rica & Fujian).

2. Nodal Propagation:

1. Non-GMO cultivation preserves genetic integrity & potency.

3. **Bioactivity Optimization:**

1. **Cryo-Milling®** technology protects heat-sensitive actives.

4. **Customization:**

1. Diastase enzyme treatment for reduced starch content (higher protein/fiber).

5. **Traceability:**

1. Blockchain-tracked from rhizome to powder.

FAQs

Q: Does it contain natural progesterone?

A: No – provides **diosgenin precursors** the body may convert into progesterone.

Q: Is it safe during pregnancy?

A: Consult healthcare provider – traditional use supports pregnancy, but no clinical trials.

Q: Wild yam vs. Chinese yam difference?

A: **Wild yam** (D. villosa): Higher diosgenin (hormonal focus). **Chinese yam** (D. opposita): Higher mucilage (gut/skin focus).

Q: MOQ for bulk orders?

A: 100kg (mixed species blends available); 1kg samples.

Q: Shelf life?

A: 24 months in UV-blocking packaging.

Packing

