Konjac flour

Zutatenverzeichnis: Konjac flour (100%) with 93% Konjac Glucomannan

Verzehrempfehlung: For use as an appetite suppressant, mix 1g of Shileo Roooaaar Konjak with about 200ml of water, stir well and drink 3 times a day about 30 minutes before each meal. We recommend drinking another glass of water afterwards. Alternatively, you can puree konjac flour in smoothies (approx. 1g per 100ml of water), use it as a flour substitute in a ratio 9g/10 or to thicken fruits or desserts. For more recipe ideas, check out shileo.com/recipes

Nutrition facts	**Per 100g (dry)**
Energy	820kJ/200kcal
Fat	0g
of which saturates	0g
Carbohydrates	3g
of which sugar	2g
Fiber	88g
Protein	2g
Salt	0.5g

Warnhinweis: Due to the enormous swelling property of glucomannan, this product is not suitable for children or consumers with swallowing difficulties as there is a risk of choking

Store in a cool, dry place

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mehr Info: shileo.de/green

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