Konjac flour

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

Verzehrempfehlung: For use as an appetite suppressant, mix lg of Shileo Roooaaar Koniak with about 200ml of water, stir well and drink 3 times a day about 30 minutes before each meal. Nutrition We recommend drinking another glass of water facts afterwards. Alternatively, you can puree konjac flour in-Energy smoothies (approx. 10 per 100ml of water), use it as a flour Fat substitute in a ratio of 1/10 or to thicken fruits or desserts. For more recipe ideas, check out shiled com/recipes of which saturates Ωa Carbohydrates **3**a of which sugar 2a Fiber 88a

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

2a

0.5a

Store in a cool, dry place

Shileo We Care

Protein

Salt



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