Creative Enzymes®

Bitter grourd powder

Cat. No. EXTZ-562

Lot. No. (See product label)

Introduction

Description	Bitter gourd is a common vegetable, especially popular in Asian cuisine. Bitter gourd powder retains the main nutritional components of the gourd, including vitamin C, vitamin A, dietary fiber, and various minerals. The dietary fiber in bitter gourd powder aids in promoting intestinal health and improving digestive function. Bitter gourd also contains a bioactive component called "momordicin," which is believed to possess effects such as lowering blood sugar, regulating blood lipids, and assisting with weight loss. Bitter gourd powder can be conveniently added to a variety of foods and beverages, such as protein shakes, smoothies, and baked goods, to enhance nutrition and provide a distinctive flavor.

Product Information

Form	powder