

# Konjac Gum

## – excellent opportunity to upgrade your hydrocolloid profile?

### History

Konjac powder (Konjac Flour) is a natural soluble fiber, which is made from the corm of the Konjac plant. It has been grown and used in food in Asia for hundreds of years. The gum has very strong thickening, gelling, bonding, stabilizing and emulsifying properties.

### Applications

Konjac Gum is a powerful stabilizer, thickener, emulsifier and gelling agent in ice cream, yogurt, processed cheese, custard, whipping cream, non-dairy creamers, butter substitutes, chocolate, confectionary, bakery sausage, canned meat etc. It is also an excellent emulsifier and texture improver in beverages, soups etc. and a gelling agent in weight loss products. The dietary fibers are popular in supplements.

### Did you know?

The addition of 0.02-0.03% of Konjac Gum to 1% of Carrageenan, will raise the viscosity by 2-3 times when heated.



### Benefits

Konjac Gum is the most viscous soluble fiber in nature. It can hold water up to 100 times its own weight and interacts synergistically with Carrageenan, Xanthan Gum, Locust Bean Gum and starch. It possesses superior pH and temperature properties and develops no ice crystals when used as stabilizer in ice cream and other dairy products. The soluble fiber helps promote gut health and lower cholesterol.

### Legislation

In the EU Konjac Gum (E425i) and Konjac Glucomannan (E425ii) are approved for a wide range of food products, with a usage level up to 1%. This will enable food and beverage manufacturers to optimize their hydrocolloid profile. Both additives were successfully re-evaluated by EFSA in June 2017.

### Contact

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