FermentActive Ginger

Code FE2279 – 150 gramms

Ginger fermentation transforms 6-shogaol into the bioactive form 6-paradol, mimicking natural fermentation in the intestine. Add it to your smoothies, herbal teas, soups, stews or baked goods to enhance both their flavour and nutritional benefits.

HEALTH CLAIMS (EU Regulation 432/2012): Ginger aids digestion and contributes to normal bowel function. It helps the body's natural defences and supports the immune system. It boasts stimulating and tonic properties that contribute to resistance to fatigue.

Ingredients: Fermented ginger rhizome (*Zingiber officinale*).

Nutritional information:	Per serving 3 g	Per 100 g
Energy (kJ/kcal)	46/11 g	1.548/370 g
Fat	0,1 g	1,5 g
Saturates	0,0 g	0,5 g
Carbohydrate	2,4 g	80,0 g
Sugars	0,0 g	1,0 g
Fibre	0,0 g	0,0 g
Protein	0,2 g	8,0 g
Salt	0,0 g	0,1 g

Size and format:

150 g.

Recommended daily dose:

1 teaspoon (3 g) per day

Do not exceed the stated recommended daily dose.

Indications and uses:

- It offers neuroprotective, antioxidant and anti-inflammatory properties.
- It also has anti-diabetic properties.
- It improves intestinal villi by improving nutrient absorption.
- It helps with gastrointestinal problems.

Fermented Ginger is a highly bioavailable and versatile form of this nutrient, which is admired worldwide for its health benefits and culinary use.

Its intense flavour reflects the many health benefits you will discover in the Zingiber officinale rhizomes. Like its botanical cousin turmeric, ginger is among the key therapeutic nutrients in both traditional Ayurvedic and Chinese medicine.

Add it to your smoothies, herbal teas, soups, stews or baked goods to enhance both their flavour and nutritional benefits.

The main benefits that are offered by fermented foods are indicated below:

- Water-soluble forms are produced, which result in improved digestion and, likewise, the acidification process results in improved mineral absorption.
- A rebalanced nutritional profile due to the reduction of sugar content and the increase in proteins and polyunsaturated fatty acids.
- Bioactive forms are created that do not require metabolisation.
- A probiotic effect is produced, which improves intestinal flora and digestibility, supplies vitamins and supports the immune system.
- Pathogenic organisms are eliminated through bacteriocins or the lactic acid that is generated in the process, and anti-nutritional or potentially harmful substances are inhibited.
- Fermented foods are not only preserved for long periods of time, but they also acquire unique and enhanced organoleptic and nutritional properties.

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FERMENTED GINGER:

Benefits of fermentation:
6-shogaol is transformed into the bioactive form 6-paradol, mimicking natural fermentation in the intestine.

Traditional use:
It is the basis of Ginger Ale, a drink of English origin that is used as a home remedy for preventing or relieving motion sickness, upset stomachs and even sore throats, some women use it to combat nausea during pregnancy[(1)].

Health applications:
Neuroprotective[(2-3),] antioxidant[(4)], anti-inflammatory[(4)], anti-diabetic[(5)] properties. It is also able to improve intestinal villi by improving nutrient absorption and gastrointestinal problems[(6-7)].

References:
1) Langner, E., S. Greifenberg, and J. Gruenwald. "Ginger: history and use." Advances in therapy 15.1 (1998): 25-44.
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4) Nile, Shivraj Hariram, and Se Won Park. "Chromatographic analysis, antioxidant, anti-inflammatory, and xanthine oxidase inhibitory activities of ginger extracts and its reference compounds." Industrial Crops and Products 70 (2015): 238-244.
5) Abdulrazak, A., et al. "Effects of clove and fermented ginger on blood glucose, leptin, insulin and insulin receptor levels in high fat diet-induced type 2 diabetic rabbits." Nigerian Journal of Physiological Sciences 33.1 (2018): 89-93.
6) Incharoen, T., and K. Yamauchi. "Production performance, egg quality and intestinal histology in laying hens fed dietary dried fermented ginger." International Journal of Poultry Science 8.11 (2009): 1078-1085.
7) Incharoen, T., K. Yamauchi, and N. Thongwi¬ttaya. "Intestinal villus histological alterations in broilers fed dietary dried fermented ginger." Journal of animal physiology and animal nutrition 94.5 (2010): e130-e137.