



Label Declaration: Fenugreek Gum

History: Fenugreek Gum is a hydrocolloid extracted from the seeds of the fenugreek plant, *Trigonella Foenum-Graecum*.

Functional Properties: Fenugreek Gum is a purified galactomannan and non gelling hydrocolloid, which is soluble in cold water. Fenugreek Gum solutions exhibit pseudoplastic behavior under high shear conditions. In comparison with other galactomannans, Fenugreek Gum hydrates and thickens faster and is more efficient at stabilizing oil in water emulsions. It is also tolerant to pH extremes. This all natural gum is used in baked goods to bind moisture, reduce staling, add texture, provide freeze/thaw stability and to increase fiber content.

Health & Wellness: Studies have shown that fenugreek fiber reduces LDL and increases HDL. Fenugreek Gum's bioactive plant component frees amino acids to stimulate insulin secretion, which can limit glucose elevation. Fenugreek gum contains 85% total dietary fiber (75% soluble fiber and 10% insoluble fiber).

Synergies: Fenugreek Gum reacts synergistically with Xanthan Gum to provide higher viscosity, suspension and emulsion stabilization, which makes it a great option for dressings.

Regulatory: Fenugreek seeds have been used for centuries as a food ingredient and in folk plant medicine. Self-Affirmed GRAS status as per expert panel for Fenugreek Galactomannan in 2007. Full GRAS FDA notification pending. All natural and Kosher certified.

Fenugreek Applications	Function	Usage Levels
Supplement capsules	Digestive aid	700 – 1000 mg
Nutritional bars	Retains moisture	0.05 – 0.25 %
Meal replacement systems	Adds texture	0.05 – 0.50 %
Nutritional beverages	Adds viscosity, suspension & mouthfeel	0.05 – 0.40 %
Baked goods & breads	Provides texture, retains moisture	0.15 – 0.45 %
Gravies & soups	Adds viscosity and suspension	0.20 – 0.50 %
Dressings, sauces & dips	Adds viscosity, suspension & stabilizes emulsions	0.20 – 0.50 %
Beverages	Adds viscosity and suspension	0.10 – 0.25 %
Frozen products	Increases freeze/thaw stability	0.05 – 0.45 %

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