The Nutrients in Agar Agar

Agar agar is a good source of calcium and iron, and is very high in fiber. It contains no sugar, no fat and no carbohydrates. It is known for its ability to aid in digestion and weight loss. It carries toxic waste out of the body. It is also used in some parts of the world to treat hemorrhoids.

Other benefits associated with agar are its ability to reduce inflammation, calm the liver, and bring relief to the lungs. Agar agar is also considered a mild laxative and not recommended for those with weak digestion or loose stools.

In pharmaceutical industry agar agar can be treated as one of raw material for capsules packing medicines, vitamins, laxatives mix and toothpaste. Agar agarr is also specified for laboratory solidifying agent for microbiological medium and plant tissue cultures. It could be developed into agarose for molecular analysis.

Health Benefits of agar agar

Agar agar has no calories, no carbs, no sugar, not fat and is loaded with fiber. It’s free from starch, soy, corn, gluten, yeast, wheat, milk, egg and preservatives.

Agar agar absorbs glucose in the stomach, passes through digestive system quickly and inhibits the body from retaining and storing excess fat. Its water absorbing properties also aids in waste elimination. Agar agar absorbs bile, and by doing so, causes the body to dissolve more cholesterol.

Agar agar is the perfect substitute to traditional gelatin. It’s made from a plant source rather than from an animal one. That makes it suitable for vegetarian and vegan diets, and other diet restrictions.

Agar agar has no taste, no odor and no color, which makes it pretty convenient to use. It sets more firmly than gelatin, and stays firm even when the temperature heats up.

Health and Beauty of  agar agar

Agar agar is a food ingredient of good source of soluble fiber diet for more healthy life. It serves as detoxifying agent. It can prevent blood vessel, coronary disorders, hypertension etc.. Agar agar is also acts as common therapeutic use such as a laxative, a potential treatment for hyperbilirubinemia and for glucose intolerance in type 2 diabetes mellitus.