

# PANATURA® GI | Product Information

PANATURA® GI is the world's first clean-label low GI white bread sourdough starter. It is suitable for all types of baked goods such as ciabatta, baguette, pizza & buns. The white bread was tested and proven by the Sydney University's Glycemic Index Service, GI Labs in Toronto and Oxford Brookes in the UK. All ingredients are 100% natural and the dough is produced without the use of E-numbers and GMOs. Please find out more about the ingredients below.



## **OKRA** | *Abelmoschus esculentus*

Okra is a common vegetable, which belongs to the same plant family as hibiscus and cotton. The term “okra” most commonly refers to the edible seedpods and has long been favored as a food for the health-conscious. It contains potassium, vitamin B, vitamin C, folic acid and calcium. It is low in calories and has a high dietary fiber content. Recently, a new benefit of okra is being considered: Okra has been suggested to help manage blood sugar levels in cases of type 1, type 2 and gestational diabetes.



## **FENUGREEK** | *Trigonella foenum-graecum*

Fenugreek is one of the oldest medicinal plants, originating in India and North Africa. The leaves and seeds, which mature in long pods, are used to prepare extracts or powders for medicinal use. Fenugreek seeds are helpful for people with diabetes, because they contain fiber and other chemicals that are thought to slow digestion and the body's absorption of carbohydrates and sugar. The seeds may also help to improve the way the body uses sugar and increase the amount of insulin released.



## **URAD DHAL** | *Vigna mungo*

Urad dhal black gram originates from India. It has been cultivated since ancient times and is a highly valued pulse in India. Lentils are rich in protein, high in fibre and packed with nutrients like B vitamins, folate and minerals. All colors and types of dried lentils have a similar low GI value, which make lentils a very smart carb choice.



## **BARLEY** | *Hordeum vulgare*

Barley is one of the oldest cultivated cereal grains in the grass family. Barley is an excellent food choice for those concerned about type 2 diabetes or pre-diabetes, because the grain contains essential vitamins and minerals and is an excellent source of dietary fiber, particularly beta-glucan soluble fiber. Research shows that barley beta-glucan soluble fiber promotes healthy blood sugar by slowing glucose absorption.

