



Luo Han Guo

Alternate names: Luo Han Kuo, Momordica grosvenori

BOTANICAL NAME:

Siraitia grosvenorii

PARTS USED:

Fruit

Luo Han Guo Extracts allow formulators to produce good tasting, all natural food or beverage products without artificial sweeteners. Products with less sugar and fewer calories meet the needs of health conscious consumers looking for an alternative to stevia.

Botany:

Luo Han Guo is primarily grown in the mountains of Guilin of Guangxi Province in southern China. The steep mountains provide shade and are frequently surrounded by mists that further protect against excessive sun. Since the wild plant is rare, Luo Han Guo has been cultivated in the region for hundreds of years.

Guilin now has a 4,000-acre Luo Han Guo growing area that produces more than 100,000 MT of fruit annually.

Most of these fields are in Yongfu and Lingui Counties, which are recognized in China as sites having an unusually high number of residents living to an age 100 years or more. Some attribute this longevity to the consumption of Luo Han Guo in addition to their tranquil lifestyle, simple diet, and regular exercise.

History:

Luo Han Guo has been used for centuries in China for its sweet taste and medicinal properties. Historic writings record Song Dynasty monks brewing it as a medicinal beverage more than 800 years ago. The dried fruit has been used as an ingredient in soups and teas for various conditions.

Characteristics:

In Asia Luo Han Guo, known as the “longevity fruit”, has been used as a natural sweetener (without elevating blood sugar) for nearly a millennium. This exotic fruit is harvested in the form of a round, green fruit, which becomes tan to brown when dried. After slow drying in ovens, the fruit develops a nutty aroma and a sweet, caramel toffee-like flavor. Luo Han Guo has a clean taste that combines well with many other sweeteners, such as xylitol and other sugar alcohols.

Constituents:

The sweet taste of Luo Han Guo comes mainly from a mix of three compounds: Mogroside IV, mogroside V, and mogroside VI.



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Practical Applications:

Besides the obvious use as a sugar-substitute for coffee and tea, Luo Han Guo Extract can be blended with other herbal extracts to make teas and herbal drinks with possible health benefits.

Those include:

Anti-oxidant

Anti-inflammatory

Anti-cancer

Immune enhancement

Potential product development use in dairy industry.

- High sweet degree. Approximately 250-400 times of sucrose.
- Low caloric.
- Low-glycemic index.
- pH Stable .
- Excellent heat stability.
- No side effects found during thousands of years of use by people in China.
- All natural source.

Recommended Dosage:

15 to 30 grams, or 1 to 2 pieces of the entire fruit, in decoction. The fruit should be crushed to enhance the extraction of active ingredients.

Safety and Toxicity:

Luo Han Guo Extract is safe when used as directed. No human trials have been conducted to establish the appropriate dosage or use levels. No known adverse effects have been associated with its use.

Food & Drug Administration (USA) Status: GRAS (Generally Regarded as Safe) as a food ingredient, sweetener and flavor modifier. Admitted to US as a food with no restrictions.

The Whole Herb Company is a raw ingredient supplier to the Food, Tea, and Nutraceutical Industries. For over 30 years we have used our global reach, product expertise, and fierce commitment to product safety in bringing the highest quality ingredients to our customers.



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*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.*