

Baobab is a 100% natural and organic raw fruit. It is the only fruit in the world that dries on the branch, producing a natural powder that is exceptionally nutrient-dense and supports a wide range of health and beauty **benefits**. **Baobab** powder is a rich source of Vitamin C, which contributes to normal: Energy release.

They found that baobab fruit extract added to white bread significantly reduced the rate at which sugar was released into the blood supply post digestion and likewise when added to water. There was no effect on satiety.

The research provides evidence that there is potential for baobab to be added to the food and drinks of Type two diabetes patients to help them to control their symptoms.

“Further human studies on glycaemic response would be essential for determining the optimal dose of baobab fruit extract in reducing post-prandial glycaemia,” the researchers concluded.”

Grown in 32 African countries and in some parts of Australia, the baobab fruit is high in calcium, potassium, thiamin and vitamin B6 - all nutrients important for general health.

The flesh of the fruit is also high in protein and carbohydrates and in many poorer countries it is considered to be a valuable food source, whilst oil extracted from the fruit is noted for its moisturising and healing properties. It is also traditionally used to treat many ailments ranging from diarrhoea to fever.

It dries naturally on the branch before harvesting, the seeds are then removed and ground into a powder.

Health Benefits

Katya Igumentseva, founder of [Organic Burst](#) says that, for her, the main benefit of baobab is post-workout: "It's perfect when you're wilting after a hot and sweaty workout.

"I take two teaspoons of Organic Burst Baobab in a bottle of water to replenish my body's electrolytes, because it contains potassium, magnesium, and calcium. Add 1/4 teaspoon of Himalayan pink salt and you have yourself a really natural, sugar-free sports drink."

Baobab is also excellent at improving alertness and energy levels, supporting the immune system, maintaining a healthy nervous system and boosting your iron levels.

6 Health Benefits of Baobab Powder, The Superfruit of 2015!

by [David Goldman](#) | Feb 13, 2015 | [Topic](#), [Uncategorized](#) | [0 comments](#)

One of the hottest new trends in the health world is [Baobab](#). A tree native to tropical regions in Africa, Baobab is anything but new. This mineral and vitamin rich tree produces fruits that have been harvested by African tribes for centuries for medicinal purposes. Today the Baobab fruit is harvested and used in numerous health and wellness products for the extreme benefits the fruit provides.

#1 Nutrition From Whole Foods: As described by the famous [Mayo Clinic](#), most people are better off to get their nutrition by eating whole, healthy foods than to take concentrated dietary supplements, especially synthetic ones. Whole foods often have greater nutritional value as well are a great source of essential fiber. Fiber, Fiber, Fiber: Baobab is Packed with both soluble and insoluble fiber. Soluble fiber can help control blood sugar levels where as insoluble fiber can aid in digestion by creating roughage in the digestion track!

#2 Baobab is a PREbiotic superfruit: PREbiotics are not the same as PRObiotics. Dr. Frank W. Jackson explains what PREbiotic are and the benefits they have to offer:

- Prebiotics provide a wide range of health benefits to the otherwise healthy person. Most of these have been medically proven.
- Prebiotics nourish the good bacteria that everyone already has in their gut.
- *Prebiotics may be helpful for several chronic digestive disorders or inflammatory bowel disease.*

Source: <http://www.prebiotin.com/prebiotics/prebiotics-vs-probiotics/>

#3 High source of calcium and potassium: Baobab is one of the best plant sources of the minerals calcium and potassium!

The mineral calcium is well-known for its key role in bone health. Calcium can help maintain heart rhythm, muscle function, and more.

Dr. Susan E. Brown explains, *potassium maintains critical fluid balance within the body as well as protects the bodies bones.*

Source: <http://www.betterbones.com/bonenutrition/potassium/benefits.aspx>

#4 Vegan and Gluten-Free: A raw, vegan and gluten-free functional food Baobab is versatile in the kitchen. Add Baobab to your favorite dressings, bake mixes, and smoothies for extra nutrients and flavor.

Baobab also has natural thickening properties and can be used as a gluten free substitute to thicken sauces instead of using flour, corn starch or cream of tarter. Simply just add a few tablespoons of Baobab powder to any sauce, dressing, or roux to thicken.

#5 Baobab is rich in Antioxidants!

#6 Baobab is a rich source of Whole Food Vitamin C!