Fermented wheat germ extract

Fermented wheat germ extract is a nutritional supplement that is produced by the fermentation of wheat germ with various microorganisms. It is used to provide a source of essential nutrients, including vitamins, minerals, and enzymes, that are necessary for optimal health. Some of the potential benefits of fermented wheat germ extract include:

- Improved digestion
- Enhanced immune function
- Reduced risk of chronic diseases
- Increased energy levels

Ingredients

Fermented wheat germ extract typically contains wheat germ, which is the embryo of the wheat kernel, and other substances that are used to promote the growth of the desired microorganisms. These ingredients may include:

- Yeast extract
- Garlic powder
- Ginger powder
- Fenugreek seed extract

Mechanism of action

The mechanism of action of fermented wheat germ extract is not fully understood, but it is thought to involve a variety of factors. For example, the fermentation process may help to break down the wheat germ into more easily digestible components, which can enhance its nutritional value. Additionally, the microorganisms used in the fermentation process may produce a variety of substances that have beneficial effects on the body.

References


Legal terms

The information provided in this document is for educational purposes only and should not be used as a substitute for professional medical advice. Always consult a healthcare professional before using any dietary supplement.