



# What is Kikuimo?

Kikuimo is a vegetable in the same family as chicory. It is neither a fruit nor a root, but a tuber. Kikuimo has a **high content of inulin, a soluble dietary fiber**, and it has recently become a **very popular food among sugar-conscious people in Japan**.

Made in JAPAN

**Inurin 860mg**

1Bag:Per2g (After Extraction)

Delicious in both iced and hot tea!

Inurin wraps up excess sugars

## Inhibits absorption

↓↓↓ As a result ↓↓↓

Less sugar is absorbed

## Slower rise in blood sugar levels!

Kikuimo Healthy tea



## Slower rise in blood sugar levels!

Food with a functional claim\*

notification No. T143

\*This food products is allowed to label the function of food which is that the specified health effects can be achieved (i.e., helpful for maintaining and promoting health).

**Inurin 860mg**

1Bag:Per2g (After Extraction)

Point 1

【Ingredients】

Japanese Kikuimo

100%

Point 2

growing season.

Pesticide-free

Cultivation

Point 3

Pursuit of deliciousness!

Direct roasting

Deep Aroma

Step1 Put the tea bag in a cup.



Step2 Pour 200 ml of boiling water.



How to brew a cup of Kikuimo Healthytea

Step3 Wait 5 minutes and enjoy!



Slower rise in blood sugar levels.

## Kikuimo HealthyTea

Per2g: Energy4kcal, Protein0.2g, Fat0g, Carbohydrate0.8g, saltequivalent0.16g/Inurin860mg

Drink 15 minutes before a meal.



30g (2g×15bags)



ワイドシステム ヘルシーフーズ  
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