



Ingredient Solutions.
Formulation Experts.
Manufacturing Support.

PHGG

THE NEXT GENERATION PREBIOTIC FIBER

Gentle on digestion. Powerful for gut health. Easy to formulate



Partially Hydrolyzed Guar Gum (PHGG) is a clinically studied, water soluble prebiotic fiber derived from guar beans. It delivers meaningful digestive health benefits with excellent tolerance, low viscosity and superior formulation flexibility - ideal for today's innovative products.



Supports Gut
Microbiome
Health



Excellent
Digestive
Tolerance



Helps Improve
Regularity



Low Viscosity &
Clear in
Solution



Stable in Heat
and Across
pH Range



Clean Label
Friendly

WHAT IS PHGG?

PHGG is produced through controlled enzymatic hydrolysis of guar gum, creating a low-viscosity soluble fiber that dissolves clearly and smoothly in a wide range of food and beverage applications.

- ✓ Soluble prebiotic fiber
- ✓ Excellent pH stability (pH 2-7)
- ✓ Low viscosity
- ✓ Acid stable
- ✓ Clear dissolving
- ✓ Low FODMAP friendly
- ✓ Natural taste & odor
- ✓ Clinically studied
- ✓ Heat stable
- ✓ Non-GMO

Designed for modern formulations
where digestive wellness and
formulation performance matter.



CLINICALLY SUPPORTED BENEFITS

Supports Gut Microbiome Health

Promotes beneficial bacteria such as Bifidobacteria and Akkermansia to support a healthy gut microbiome.*

Excellent Digestive Tolerance

Associated with lower gas, bloating and discomfort while delivering meaningful prebiotic activity.*

Helps Improve Regularity

Clinical studies show PHGG helps normalize bowel movements and improve stool consistency in both constipation- and diarrhea-predominant individuals.*

IBS-Friendly Fiber Solution

Research supports PHGG use in digestive comfort applications, including support for bloating and IBS-related symptoms.*

Supports Metabolic Health

Emerging evidence suggests PHGG may support healthy glycemic response, satiety, weight management, cholesterol management and short-chain fatty acid production.*

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



CLEAN-LABEL
FRIENDLY



NON-GMO
INGREDIENT



RELIABLE SUPPLY
YOU CAN TRUST



QUALITY YOU
CAN COUNT ON

EXCELLENT PROCESSING & pH STABILITY

PHGG maintains excellent functionality across a wide pH range, making it highly suitable for acidic to neutral beverage systems.

pH2
Acidic

pH7
Neutral

Stable Across Broad pH Conditions
Ideal for Modern Beverage Systems.

SUGGESTED EFFECTIVE DOSAGE

- 3–5 g/day Daily digestive wellness
- 5–6 g/day Prebiotic microbiome support
- 5–10 g/day Digestive regularity & metabolic support

Effective at relatively low doses with excellent tolerance

PHGG VS. COMMONLY USED PREBIOTIC FIBERS

Feature	PHGG	Inulin	Psyllium	Resistant Dextrin	Acacia Fiber
Low Viscosity	✓✓✓	✓✓	✗	✓✓✓	✓✓
Digestive Tolerance	✓✓✓	✓	✓	✓✓	✓✓
Gas / Bloating Potential	✓✓✓	○	○	✓✓	✓✓
Clear in Beverages	✓✓✓	✓✓	✗	✓✓✓	✓
Low pH Stability (pH 2–7)	✓✓✓	○	✗	✓✓✓	✓
Heat Stability	✓✓✓	○	○	✓✓✓	✓✓
Neutral Taste	✓✓✓	○	○	✓✓✓	✓✓
Prebiotic Effect	✓✓✓	✓✓✓	○	○	○
IBS-Friendly Potential	✓✓	○	○	✓	✓
Typical Effective Dose	3–6 g/day	5–10 g/day	5–10 g/day	5–10 g/day	5–10 g/day

✓✓✓ = Excellent ✓✓ = Good ✓ = Fair ○ = Moderate ✗ = Poor

Versatile Applications



Functional Beverages

- Oat / Plant Drinks
- Protein Beverages
- RTD Wellness
- Hydration
- Energy Drinks



Dietary Supplements

- Powder Sticks
- Gummies
- Capsules
- Tablets
- Sachets



Functional Foods

- Nutrition Bars
- Dairy Alternatives
- Baked Goods
- Meat Replacements
- Clinical Nutrition



Health & Wellness Solutions

- Digestive Wellness
- Gut Support Formulas
- Weight Management
- Detox / Fiber Formulations
- Active Nutrition
- Women's Health

WHY CHOOSE NUTRA FOOD INGREDIENTS PHGG

Reliable Ingredient Supply

Consistent quality, dependable sourcing and secure supply chain.

Technical & Formulation Support

Our experienced team helps you succeed with solutions, stability, texture and application development.

Flexible Commercial Support

Supporting projects from concept to commercialization with flexible solutions for your growth.

Application-Focused Partnership

Committed to your success in gut health, beverage, sports nutrition, healthy aging and metabolic wellness.

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