

1. Description



A. Guar Gum

Guar Gum

Overview Information

Guar gum is a fiber from the seed of the guar plant.

Guar gum is used for constipation, diarrhea, irritable bowel syndrome (IBS), high cholesterol, and high blood pressure. There is limited scientific research to support the use of guar gum for other conditions.

In foods and beverages, guar gum is used as a thickening, stabilizing, suspending, and binding agent.

In manufacturing, guar gum is used as a binding agent in tablets, and as a thickening agent in lotions and creams.

How does it work?

Guar gum is a fiber that normalizes the moisture content of the stool, absorbing excess liquid in diarrhea, and softening the stool in constipation. It also might help decrease the amount of cholesterol and glucose that is absorbed in the stomach and intestines.

There is some interest in using guar gum for weight loss because it expands in the intestine, causing a sense of fullness. This may decrease appetite.

Is Guar Gum Healthy or Unhealthy? The Surprising Truth

Guar gum is a food additive that's found throughout the food supply.

Though it has been linked to multiple health benefits, it has also been associated with negative side effects and even banned for use in some products.

This article looks at the pros and cons of guar gum to determine whether it's bad for you.

What is guar gum?

Also known as guaran, guar gum is made from legumes called guar beans (1Trusted Source).

It's a type of polysaccharide, or long chain of bonded carbohydrate molecules, and composed of two sugars called mannose and galactose.

Guar gum is frequently used as a food additive in many processed foods (1Trusted Source).

It's especially useful in food manufacturing because it's soluble and able to absorb water, forming a gel that can thicken and bind products.

The Food and Drug Administration (FDA) considers it to be generally recognized as safe for consumption in specified amounts in various food products.

The exact nutrient composition of guar gum differs between producers. Guar gum is generally low in calories and mainly composed of soluble fiber. Its protein content may range from 5–6% (3Trusted Source).

Products that contain guar gum

Guar gum is widely used throughout the food industry.

The following foods often contain it:

- ice cream
- yogurt
- salad dressing
- gluten-free baked goods
- gravies
- sauces
- kefir
- breakfast cereals
- vegetable juices
- pudding
- soup
- cheese

In addition to these food products, guar gum is found in cosmetics, medications, textiles, and paper products

It may have some benefits

Guar gum is well known for its ability to thicken and stabilize food products, but it may also provide some health benefits.

Studies indicate that it could be beneficial for a few specific areas of health, including digestion, blood sugar and cholesterol levels, and weight maintenance.

India's Top Guar Gum Export Destinations in the World

India exports guar gum to more than 100 countries around the world. It exports more than half of its guar gum shipments to the United States only. According to guar gum export data 2017, India shipped worth USD 248.53 million to USA and accounted for 52.3% of total exports. Guar gum export sales to the USA have been increased by 16% of value during 2016-17 which were declined by 45% of value between 2013 and 2017.

Norway is the second largest export destination for Indian guar gum. The exports worth USD 34.67 million in 2017 which covered 7.3% of the market. The demand for guar gum has been increased by 16% in Norway during 2016-17.

China, Russia and Germany are next in the list of guar gum purchasing countries from India. Together they accounted 16.4% value of the total guar gum exports. The demand for Indian guar gum has been declined in these three countries from 2013 to 2017. Refer the below to check India's guar gum export statistics 2017.

1) Food grade Guar Gum Powder: for used in industries like food, pharmaceutical, cosmetic etc

[There are various of applications of food grade guar gum powder](#)

Particle Size Viscosity Range (Cps)

100 MESH 3000-6000
-100 80% MIN

200 MESH 2000-9000
-200 90% MIN.

2)Industrial grade Guar Gum Powder: For used in industries like paper,mining, explosive, Oil-drilling etc

[There are various of applications of industrial grade guar gum powder](#)

Particle Size Viscosity Range (Cps)

100 MESH 3000-6000
-100 80% MIN

200 MESH 2000-9000
-200 90% MIN.

300 MESH 3500-5000
-200 99% MIN.



Duty Drawback

ITC-HS Code	Description	Duty Drawback Code	Drawback Description	Unit	Drawback Rate	Drawback cap per unit in Rs.
13023230	Vegetable saps and extracts; pectic substances, pectinates and pectates; agar-agar and other mucilages and thickeners, whether or not modified, derived from vegetable products: Mucilages and thickeners, whether or not modified, derived from vegetable products: Mucilages and thickeners, whether or not modified, derived from locust beans, locust bean seeds or guar seeds: Guargum treated and pulverised	130201	Vegetable saps and extracts; pectic substances, pectinates and pectates; Agar-agar and other mucilages and thickeners, whether or not modified, derived from vegetable products: Of Guar Gum	MT	0.10%	170.1

Merchandise Exports from India Scheme (MEIS)

ITC-HS Code	Description	MEIS Description	MEIS Rate
13023230	Vegetable saps and extracts; pectic substances, pectinates and pectates; agar-agar and other mucilages and thickeners, whether or not modified, derived from vegetable products: Mucilages and thickeners, whether or not modified, derived from vegetable products: Mucilages and thickeners, whether or not modified, derived from locust beans, locust bean seeds or guar seeds: Guargum treated and pulverised	Not Available	Not Available

D. Labelling

➤ Product Labelling

Labelling on product the following important information:

Shipper's mark

Country of origin

Weight marking (in pounds and in kilogram)

Number of packages and size of cases (in inches and centimetres)

Handing marks (international pictorial symbols)

Cautionary marking, such as "This Side Up"

Port of entry

Labels for hazardous material

E. Packaging

Price	INR 100 - 120 Per Kg
Packing	5,10,10,25,50 kg
Packing Type	Bag/Packet
Form	Powder

F. International Trade Fair:

Due to Covid-19, Trade fairs are postponing.

For more updates, you can also visit www.10times.com

G. List Of Compositing Countries: Export

Commodity: 13023230 GUARGUM TREATED AND PULVERISED Unit: KGS

S.No.	Country	Values in Rs. Lacs			Quantity in thousands		
		2019-2020	2020-2021(Apr-Sep(F))	%Growth	2019-2020	2020-2021(Apr-Sep(F))	%Growth
1	U S A	1,11,699.37	13,714.88		98,409.78	12,922.48	
2	GERMANY	22,350.78	12,885.13		21,030.92	13,820.80	
3	RUSSIA	31,327.40	12,197.58		28,538.52	12,580.49	
4	CHINA	20,691.79	7,756.80		20,311.80	8,016.96	
5	AUSTRALIA	4,292.70	2,310.83		3,937.50	2,402.00	
6	BRAZIL	4,522.21	2,297.48		3,559.11	1,734.30	
7	CANADA	8,867.86	2,098.30		7,899.19	2,130.33	
8	JAPAN	4,441.44	2,045.60		2,348.60	1,226.31	
9	U K	3,166.47	2,036.39		3,017.05	1,825.14	
10	ITALY	6,269.24	1,929.72		5,710.25	1,970.59	
11	NETHERLAND	3,214.41	1,496.58		2,757.34	1,299.05	
12	INDONESIA	2,742.05	1,468.68		2,536.86	1,641.52	
13	FRANCE	2,333.75	1,197.71		1,334.53	957.88	
14	THAILAND	1,868.96	1,004.75		1,864.12	1,138.15	
15	MEXICO	2,303.71	942.63		2,220.58	1,039.00	

A.Embassy Details

Sr. No	Country	Link
1	BELGIUM	https://www.indianembassybrussels.gov.in/pages.php?id
2	BENIN	https://mea.gov.in/other-offices.htm
3	BHUTAN	https://indembthimphu.gov.in/pages.php?id=12
4	BRAZIL	http://www.eoibrasilia.gov.in/page/officers/
5	BULGARIA	http://www.indembsofia.gov.in/page/contact-us/
6	CAMERON	https://mea.gov.in/officers-on-deputation.htm
7	CANADA	https://www.hciottawa.gov.in/pages?id=2&subid=8
8	CHILE	https://www.indianembassysantiago.gov.in/page/display
9	COLOMBA	https://www.eoibogota.gov.in/page/officials/
10	CONGO PREP	https://eoi.gov.in/kinshasa/?4665?000
11	CROATIA	http://www.indianembassyzagreb.gov.in/page/commerci
12	CZECH REPUBLIC	https://www.eoiprague.gov.in/page/commercial-andeconomical-relations/
13	DENMARK	http://www.indianembassycopenhagen.gov.in/
14	DOMINIC REPUBLIC	
15	ECUADOR	https://www.eoibogota.gov.in/page/contact-us/
16	EGYPT ARP	https://www.eoicairo.gov.in/eoi.php?id=Officials
17	EL SALVADOR	https://mea.gov.in/indian-mission.htm?202/El_Salvador
18	ESTONIA	https://www.indembhelsinki.gov.in/contact-us.php
19	FIJI IS	
20	FINLAND	https://www.indembhelsinki.gov.in/contact-us.php
21	FRANCE	https://www.eoiparis.gov.in/page/list-of-officers/

22	GEORGIA	https://eoiyerevan.gov.in/pages.php?id=9
23	GERMANY	https://indianembassyberlin.gov.in/
24	GHANA	http://www.hciaccra.gov.in/hci
25	GREECE	http://www.indianembassy.gr/eoi.php?id=Contact
26	GUATEMALA	http://www.indemguatemala.gov.in/officers.php
27	HONG KONG	http://www.cgihk.gov.in/page/contact-us/
28	HUNGARY	https://www.eoibudapest.gov.in/page/contact-us/
29	INDONESIA	https://www.indianembassyjakarta.gov.in/contact
30	IRAN	https://www.indianembassy-tehran.ir/pages.php?id=10
31	IRAQ	http://www.eoibaghdad.gov.in/page/embassy-officials/
32	ISRAEL	http://www.eoibaghdad.gov.in/page/embassy-officials/





10. Contact Us...
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