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Glucomannan

Revised: December 3, 2018.

CASRN: 76081-94-2

Drug Levels and Effects

Summary of Use during Lactation

Glucomannan is a soluble, highly viscous fiber commonly derived from Amorphophallus konjac root. Glucomannan has no specific lactation-related uses. It is most often used to lower cholesterol, to treat constipation and diabetes, and is contained in products to promote weight loss. No data exist on the safety and efficacy of glucomannan in nursing mothers or infants. However, because glucomannan is not absorbable, it will not reach the breastmilk and is very unlikely to affect the nursing infant.

Dietary supplements do not require extensive pre-marketing approval from the U.S. Food and Drug Administration. Manufacturers are responsible to ensure the safety, but do not need to *prove* the safety and effectiveness of dietary supplements before they are marketed. Dietary supplements may contain multiple ingredients, and differences are often found between labeled and actual ingredients or their amounts. A manufacturer may contract with an independent organization to verify the quality of a product or its ingredients, but that does *not* certify the safety or effectiveness of a product. Because of the above issues, clinical testing results on one product may not be applicable to other products. More detailed information about dietary supplements is available elsewhere on the LactMed Web site.

Drug Levels

Maternal Levels. Relevant published information was not found as of the revision date.

Infant Levels. Relevant published information was not found as of the revision date.

Effects in Breastfed Infants

Relevant published information was not found as of the revision date.

Effects on Lactation and Breastmilk

Relevant published information was not found as of the revision date.

Substance Identification

Substance Name

Glucomannan

Scientific Name

Amorphophallus konjac

CAS Registry Number

76081-94-2

Drug Class

Breast Feeding

Lactation

Complementary Therapies

Phytotherapy

Plants, Medicinal