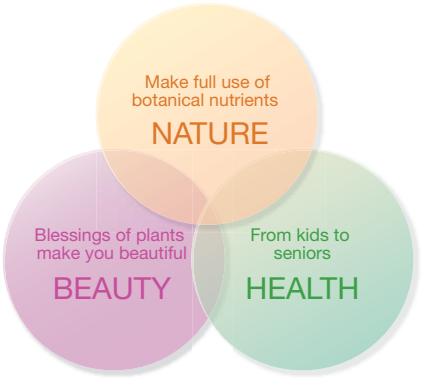
Manda®
fermentation

Start a Healthy Lifestyle
with the Power of Manda Koso

What Is Manda Koso?

Manda Koso is a fermented botanical food product suitable for everyone, from young children to the elderly.



Manda Koso is a health food that concentrates the intrinsic nutrients of botanical materials. It is made through fermentation techniques developed on Innoshima, an island located in Japan's Inland Sea and blessed with an ideal horticultural climate.

Manda Koso is made from 53 or more kinds of botanical raw materials that have all met our strict in-house safety standards.

In a time-consuming process that takes over three years and three months, Manda Koso is fermented spontaneously, without the use of additives and without the application of heat to the fermentation/maturation process.

Benefits of Manda Koso

Manda Koso was created with a view to promoting healthy lifestyles.
“How is it good for my health?” “Who is it suitable for?”
To answer these questions, let’s take a closer look at Manda Koso.

Made from 53 or more kinds of botanical ingredients

Root Vegetables

Burdock, carrot, garlic, lotus root, etc.

Cereals

Brown rice, glutinous rice, barley, white rice, etc.

Fruits, Citruses

Hassaku, mandarin, apple, persimmon, pineapple, akebia, etc.

Beans, Sesame Seeds

Soybean, black sesame seed, white sesame seed, black soybean, etc.

Edible Algae

Kelp, *hijiki*, laver, etc.

Packed with Botanical Nutrients— The Power of Fermentation Is Good for Your Body

Since ancient times, people have made use of fermentation as a means of improving the preservation of food and enhancing its flavor. Fermented food has long been an important part of the Japanese diet. In recent years, the myriad benefits of fermented food have been scientifically demonstrated and have been attracting a lot of attention. Manda Koso is a health food product of botanical origin, made by fermenting and maturing 53 or more kinds of botanical ingredients. It contains lactic acid, acetic acid, amino acids, and protein, all of which are produced during the fermentation process. Taking Manda Koso continuously on a daily basis can contribute to a healthier lifestyle.

Especially Recommended for People Who...

- ☐ Are concerned about lifestyle habits
- ☐ Tend to be constipated
- ☐ Want to age gracefully
- ☐ Tend toward nutritionally unbalanced diets
- ☐ Are pregnant
- ☐ Want to work with vigor
- ☐ Enjoy drinking alcohol

How to Eat Manda Koso

Jar type	Pack type	For both types
Take three to four servings a day, at any time of the day, using the spoon provided (approx. 1.2 grams per serving).	Take two packs a day (2.5 grams/pack x 2) at any time of the day.	You can mix Manda Koso in other beverages or food to make it easier to eat.

Note: Please avoid hot beverages or food over 70°C.

Efforts for Quality

To deliver products with confidence and pride, we are thoroughly committed to safety and hygiene. To this end, we carefully select the raw materials and conduct rigorous inspections of each production process.

Gaining Support from All Over the World

Manda Koso is made from raw materials that people have long been eating for their health benefits—for example, fruits, root vegetables, and edible algae. Manda Koso's value has been scientifically demonstrated and publicized at academic conferences and symposiums, not only in Japan but also overseas, in countries such as in Indonesia, South Korea, and Germany. We have received extensive feedback from our regular long-term customers, with the circle of satisfied customers spreading to more than 30 countries around the world. Our starting point and our goal is to make good use of botanical energy—derived from the blessings of the sun, the earth, and the sea—for the benefit of human health.

Raw Materials

We uphold safety standards for all raw materials, starting from the procurement stage. We rigorously check for residual agricultural chemicals and carefully examine cultivation management records. In making Manda Koso, we use only those materials that satisfy our quality standards at every stage of procurement, right back to their place of cultivation. No genetically modified raw materials are used. Only when these strict standards are met may the raw materials be used for Manda Koso.

Quality Control

All our products are inspected by our expert staff in a process of thoroughgoing quality control. By conducting physicochemical tests, which are pertinent to the fundamental quality of a product, and microbial inspections, we uphold a commitment to stable hygiene and quality control.

Sensory Tests

No matter how accurate measuring instruments may become, they are no match for human senses when it comes to testing for flavor and aroma. At our plants, we conduct human sensory tests to deliver consistently high-quality products every time: our staff taste the products directly at the final stage to judge their flavor, aroma, color, and other qualities.

Independent Third-Party Certification

Manda Koso and our plants have received third-party certification, providing assurance that people can choose Manda Koso with peace of mind.

GMP-Certified from the Japan Health and Nutrition Food Association

Recognized for efforts in quality and safety

GMP (Good Manufacturing Practices) refers to a set of guidelines issued by the Japan Health and Nutrition Food Association that pertain to production control and quality control for dietary supplements. GMP assures that products are handled safely throughout the manufacturing process—from the stocking of raw materials to production and shipment—and that a required level of quality is maintained.

HACCP-Certified from SGS Japan

Recognized for the safety of our manufacturing process

HACCP (Hazard Analysis and Critical Control Points) is a system for analyzing the type of hazards that may exist in production processes, from the shipment of raw materials to the shipment of finished products. By strictly controlling potential hazards, the HACCP system works to ensure product safety.

Research and Development

At Manda Fermentation, we aim to reveal the mechanisms of Manda Koso that are beneficial to our bodies and we seek also to make the most of these findings in developing even more useful products.

Scientifically Clarifying Manda Koso's Potential for Health Enhancement

We have empirically examined Manda Koso through various experiments. Through our research so far, we have been able to identify the functional constituents contained in Manda Koso and analyze their influence on human physiology. Our findings have revealed several notable facts. We will continue our daily efforts in R&D, using sound judgment within a scientific framework.

Manda Fermentation's Original Fermentation Techniques

Most traditional fermented food products are produced by fermenting a single material. But with Manda Koso, various materials are fermented through a multiplex fermentation process. Such fermented food products are very rare anywhere in the world. To make 53 or more kinds of raw materials go through multiplex fermentation requires extraordinary techniques and experience, as well as detailed data gathering and management. We take particular pride in our various original fermentation techniques.

- Techniques to control fermentation involving various raw materials
- Techniques to implement spontaneous fermentation at ambient temperatures
- Techniques to produce fermented food products using solid materials such as seeds and rind
- Techniques to implement spontaneous fermentation without applying heat or using additives or preservatives in the fermentation/maturation process

Using these original techniques developed through experience accumulated over the years, we can deliver Manda Koso without destroying the intrinsic nutrients of the botanical ingredients.

Articles Published in Academic Journals

Field	Title	Author	Year	Journal
Anti-oxidation	Effect of diet supplemented with a fermented vegetable product on lipid peroxidation in liver of Japanese flounder, *Paralichthys olivaceus*	Ashida, et al.	2002	*Suisanzoshoku*
Anti-oxidation	Effects of a fermented vegetable product on hemolysis and lipid peroxidation of Japanese flounder erythrocytes	Ashida, et al.	2002	*Fish. Sci.*
Immunity, anti-oxidation	*In vitro* antioxidant and anticancer activities of extracts from a fermented food	Kim, et al.	2003	*J.Food Biochem.*
Menopause, osteoporosis	Effects of a fermented vegetable product on fat deposition and bone metabolism in ovariectomized rats	Shimada, et al.	2004	*J. Nutri. Sci. Vitaminol.*
Immunity	Immunostimulatory effects of fermented vegetable product on the non-specific immunity of Japanese flounder, *Paralichthys olivaceus*	Ashida, et al.	2005	*Fish. Sci.*
Anti-oxidation	Dietary effects of a fermented vegetable product on glutathione peroxidase activity and lipid peroxidation of Japanese flounder, *Paralichthys olivaceus*	Ashida, et al.	2006	*Fish. Sci.*
Radiation exposure	Defensive effects of a fermented vegetable product on X-ray exposure—effects on the regeneration of intestinal crypts	Ashida, et al.	2006	*The Journal of Japanese Mibyou System Association*
Immunity	Inhibition of human breast cancer cell growth and enzymatic activity by a fermented nutraceutical: an *in vitro* and *in vivo* study	Marotta, et al.	2009	*Ann. NY Acad. Sci.*
Stress	Effect of a dietary fermented vegetable product on the heat shock response of Japanese flounder, *Paralichthys olivaceus*	Ashida, et al.	2009	*Fish. Sci.*
Stress	Effects of fermented plant product on growth performance, some blood variables, carcase characteristics, and intestinal histology in broilers	Lokaewmanee, et al.	2012	*British Poultry Science*

Note: There are also 21 other articles published in journals by 10 academic associations, including the Japan Society of Obstetrics and Gynecology.

Corporate Overview

Company name	Manda Fermentation Co., Ltd.		Foundation	June 3, 1987
Number of employees	260	Description of business	Manufacture and sales of health food products and others	
Headquarters	5800-95 Innoshima Shigei-cho, Onomichi City, Hiroshima Prefecture 722-2192, Japan Phone: +81-845-24-3555 Fax: +81-845-26-2034			Tokyo Office Osaka Office