



Glowming FAQs

Benefits, Ingredients & How to Use

1. What are the main benefits of Glowming drinks?

Glowming drinks are designed to support:

- Weight management through metabolism-boosting L-carnitine and green tea extract, appetite suppressants like Garcinia Cambogia plus fat-binding chitosan
- Digestive health with natural fibres like psyllium husk and okra extract
- Skin radiance thanks to antioxidants like glutathione, marine collagen, and vitamin E
- Energy and focus with adaptogens like ashwagandha, plus natural caffeine from coffee, green tea and matcha
- Immunity and detox via moringa, grapeseed extract, aloe vera, and green tea extract

2. What ingredients make Glowming drinks unique?

Glowming blends over 10 functional ingredients in each drink variation, including:

- Superfoods: African mango, pomegranate, chia seeds, moringa
- Antioxidants: Glutathione, grapeseed extract, vitamin E, Sakura extract
- Metabolism boosters: L-carnitine, green tea extract, Garcinia Cambogia, matcha
- Gut-friendly fibres: Psyllium husk, okra extract
- Collagen sources: Marine collagen

3. How do I make Glowming drinks?

Instructions for preparation are on the back of each sachet. But quite simply, the contents of the Glowming sachet is mixed with 150–200 ml water. Flavours such as Choco, Caffe Latte and Milky Matcha can be mixed with hot water to make a delicious warm drink. Often best to add a little cold water to the dry powder first, make a paste and then add the rest of the hot or cold water.

4. Are Glowming drinks suitable for weight loss?

Very much so! Ingredients like L-carnitine, Garcinia Cambogia, African mango, psyllium husk, chia seeds and green tea extract are known to:

- Boost fat metabolism
- Suppress appetite
- Support blood sugar balance
- Improve gut health and waste elimination
- Promote a feeling of fullness





5. Can Glowming drinks help with skin health?

Absolutely. The glow is in the name! Glowming includes:

- Marine collagen for elasticity and hydration
- Glutathione and vitamin E for brightening and antioxidant protection
- Sakura extract for radiance and grapeseed extract to reduce signs of aging

6. Are Glowming drinks safe for daily use?

Yes. Glowming drinks are formulated with natural ingredients and are safe for daily consumption. However, due to the active ingredients, using more than two sachets per day is not recommended. If you have any medical conditions or are pregnant/nursing, consult your healthcare provider before use.

7. Do Glowming drinks contain sugar or artificial sweeteners?

Glowming contains no added sugar or artificial sweeteners. It contains only stevia, a natural zero-calorie sweetener derived from a plant that does not affect blood sugar levels. However, some of the ingredients in Glowming do contain limited levels of natural sugars.

8. Can Glowming help with detoxing microplastics?

Glowming contains psyllium husk and (soluble fibre), okra extract, and moringa, which help bind and flush out toxins—including microplastics—from the digestive system, thereby supporting natural detoxification.

9. Can Glowming drinks help reduce bloating?

Yes! Glowming contains psyllium husk, okra extract, and aloe vera, which support digestion and help reduce bloating by promoting regular bowel movements and soothing the gut lining.

10. Are Glowming drinks vegan-friendly?

Most Glowming drinks are not vegan since they contain marine collagen derived from fish bone and cartilage. Other than the collagen, all other ingredients are natural or plant-based. Check the packaging for specific ingredients.

11. Do Glowming drinks contain caffeine?

Yes, most Glowming blends include natural caffeine from ingredients like green tea extract, coffee, cocoa and matcha. Perfect for a clean energy boost without the jitters. People sensitive to stimulants should avoid these flavours.

12. Can I take Glowming drinks while doing intermittent fasting?

Glowming drinks are low in calories, contain very little sugar and are rich in functional ingredients, making them generally suitable for fasting windows—especially if you're looking to support metabolism and energy without breaking your fast.





13. How often should I drink Glowming?

You can enjoy a Glowming sachet once or twice daily, depending on your goals.

Many users take it:

- In the morning for energy and detox
- Before workouts for fat burning
- Midday to curb cravings and support focus

Due to the natural and stimulants, it is best not to drink Glowming too late in the day.

14. Is Glowming suitable for all genders?

Absolutely! Glowming is thoughtfully formulated to support adults of all genders. Whether your focus is weight management, detoxing, skin health, digestive support, or overall vitality, its ingredients work in harmony to benefit everyone. Having said that, always consult your doctor if you have a medical condition or are on medication, and remember that Glowming should generally not be used by pregnant women or children.

15. Can Glowming help with hormonal balance?

Glowming includes adaptogens like ashwagandha which may help regulate stress hormones like cortisol. Ingredients like moringa and African mango also support metabolic and hormonal health.

16. Does Glowming support mental clarity or focus?

Green tea extract is known to enhance cognitive function, reduce mental fatigue, and improve focus, especially good when taken in the morning. In addition, some of the ingredients such as green tea extract, coffee and matcha contain energy-boosting caffeine.

17. Can Glowming drinks be mixed with smoothies or other beverages?

Definitely! Glowming sachets can be added to smoothies, juices, or protein shakes for an extra boost of nutrients and flavour. Add Glowming to plain yoghurt (normal or dairy-free varieties) to make a delicious healthy snack while also getting in those probiotics essential for gut health. You can even mix Glowming into your bowl of morning oats for a super-charged meal.

18. Where can I get my Glowming products?

Glowming products can be ordered via the official website: www.glowming.co.za and through selected affiliates in South Africa. Glowming will be delivered directly to your door in most parts of South Africa that are covered by standard courier companies. Sign up for a subscription to get your monthly supply at a reduced cost

19. Where can I find full ingredient lists and nutritional info?

A list of the ingredient and the nutritional information is shown on each sachet and pouch and is also listed on the official Glowming website - www.glowming.co.za





20. Are Glowming drinks keto-friendly?

Yes! Most Glowming drinks are keto-friendly, meaning they contain low net carbs, no added sugars, and use only natural sweeteners like stevia. This makes them ideal for anyone following a ketogenic diet. Plus, ingredients like L-carnitine, green tea extract, matcha and coffee (if included) can support fat metabolism and energy—key benefits for keto followers. Always check the nutritional label on each Glowming product to confirm carb content and compatibility with your specific dietary goals.

21. Are Glowming drinks suitable for diabetics?

Glowming drinks are generally suitable for people managing diabetes. They are formulated with low natural sugar ingredients, and add stevia, a natural non-glycaemic sweetener that doesn't spike blood sugar levels. Additionally, ingredients like psyllium fibre, moringa, chia seeds, and African mango may help support blood sugar regulation and insulin sensitivity. As with any supplement, diabetics should consult their healthcare provider before adding Glowming to their routine, especially if they're on medication or insulin therapy.

22. Are Glowming drinks suitable for people with allergies?

The ingredients of each Glowming drink are clearly indicated on all packaging allowing individuals with potential allergies to make informed decisions on use. Individuals with fish or gluten allergies should avoid Glowming. If any adverse allergic reaction is caused by Glowming consumption, the consumer should immediately stop using the product.

23. Are there any side effects or people who should not use Glowming?

The vast majority of users tolerate Glowming well, but some may experience mild digestive effects (e.g., increased bowel movements, mild laxative effect, or temporary bloating) due to the fibre and detox ingredients. If you are sensitive to caffeine, check the blend before use. Glowming is not suitable for people under the age of 18, pregnant or nursing women, or individuals with fish or gluten allergies. Always consult your doctor if you have a medical condition or are on medication. Glowming users should always remember to stay hydrated and drink plenty of water.

24. What is the shelf-life of Glowming products?

When stored in a cool, dry place, powdered Glowming drink sachets have a best-before date of 24 months after the manufacture date. Both the manufacture date and expiry date is clearly indicated on each Glowming pouch.

25. Is Glowming approved and certified safe?

Yes! Glowming is manufactured in FDA-, HACCP-, and GMP-certified facilities. All ingredients are tested for quality and safety. Glowming is also Halal approved.

