Broth48 Bone Broth FAQ

1. What is bone broth?

Bone broth is a gelatinous and nutritious liquid made up of simmering bones in a pot along with some key ingredients for more than 6 hours. Our bone broth is simmered for no less than 48!

2. What is the difference between your broth and other broths?

Our broths are 100% made from whole foods, no powder or "quick process ingredient" is added to the product to make it more complete. 100% no preservatives, additives, flavour enhancer. Only organic bone marrows are used.

3. What is inside your broth?

Organic bone marrows, celery, a small amount of onions and carrots.

4. Is it keto friendly?

Our broths are 100% keto friendly. Every pouch contains less than 3g of sugar.

5. Are your broths halal?

Our broths are not officially certified halal yet.

6. What is the 21 day package and how does it work?

The 21 day package is a detox package. On this package, the customer sets aside 21 days with no breaks to reboot gut health and increase one's overall collagen production and health. This package is also used to supplement weight loss and is very effective at doing so.

To go on the 21 day, it is recommended that one will also adapt into the keto or low-carb diet. This will yield greater results.

21 day is broken down into 3 weeks. In each week, there will be 2 non-consecutive days of bone broth fasting (only consume bone broth). Pick either a Wednesday/Saturday or Tuesday/Friday. On these days, the customer will consume only 4 servings of bone broth (250ml/serving) throughout the day. On the other 5 days of the week, 2 servings of the bone broth will be consumed – we recommend the first right in the morning before breakfast and one right before dinner.

7. How to consume the broth and what can I do with it?

The bone broth is highly nutritious and versatile. Use it as a soup stock, porridge base or as a supplement to your cooking. Itself alone is delicious and good enough to be consumed on its own!

To consume the broth, drink it either after a meal or use it to replace a meal.

8. How do I know if the 21 day package is suitable for me?

Generally, the 21 day package is suitable for anyone and everyone from babies to elderly. You only need to follow the guidelines for the 21 days to ease your body into "recovery mode." We highly recommend for you to try it to see the benefits of it for yourself including stronger hair

and nails, healthier skin, weight loss and a good gut health. Many of our customers even experience lower levels of blood pressure!

9. What are the benefits of bone broth?

The benefits are plenty. We recommend for you to check out the testimonies about our broth from our customers!

10. How do I heat the broth up?

You can simply heat the broth up by making a small cut on the side of the pouch and put it into the microwave to warm it up. Only take it out once everything in the pouch has turned into liquid. Warm it in the microwave under medium heat for not more than 5 minutes.

Or you can simply heat it up over a boiling pot – low to medium heat only. Make sure that the pouch is standing, you don't want to waste any broths!.

*Make sure that you cut the pouch!

11. How long can I keep the broth? Freezer and fridge

The broths can last up to 4 days in the fridge once defrosted/opened and 3 months in the freezer.

12. When is it best to consume the broth?

The broth is best consumed within 3 hours of leaving it in room temperature. Once opened and cooled, put it back into the fridge to maintain its freshness.

13. How is the delivery like?

The delivery is anytime between Monday – Saturday (1pm – 6pm). Delivery charges are $12 regardless of location.

14. What is the 30 days package?

The 30 days package is not the 21 days. The 30 days package is designed for existing customers or customers who know what they want already to order from us. It is also cheaper to get the 30 days package as compared to 30 ala carte.

15. Can I collect the broths from your Café?

Of course you can! The address is 126 Bukit Merah Lane 1, #01-202, S (150126)

16. What are the macros of the broths?

The macros of the broths are listed on our product page.

17. If I order now, when can I receive it?

There is a 2-3 days notice for ordering our broths. If you intend to purchase the 21 or 30 days, we may not have the stock ready as every broth batch is freshly cooked.