



“

First meeting with GOOD BODAM

The best things for the most frank health are drawn like jewels.
Meet GOOD BODAM products now.

”

Gella



People who create delicious health

GOOD BODAM

We conduct research and development (R&D) on foods, beverages, and health functional foods using raw materials grown directly from farms.

We directly and thoroughly manage everything from farm selection to cultivation and harvesting. From product launches to marketing, health food experts come together to create healthy recipes.




Company



조은보담

GOOD BODAM



 <http://www.fd-farm.com/>
 http://www.instagram.com/fd_farm
 fd-farm@fd-farm.com

• <http://goodbodam.com/>

• +82-70-4800-1988

• <https://smartstore.naver.com/goodbodam>

Project Gallery

Introducing GOOD BODAM products.

Project



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(Extra virgin organic olive oil)



Project. 1

보담고(BODAMGO)

Top-quality Korean ginseng, poria obtained through contract cultivation, and high-quality rehmania.

The nutrients of domestic raw materials are intact without a drop of water. Maximize active ingredients, maximize absorption rate ultra-fine air pulverization technology has been added to increase the rate of digestion and absorption.





The main source of the product	Ginseng powder	Improves immunity, improves fatigue, improves memory, osteoporosis, and prostate enlargement
	Poria powder	Lowers body temperature, stabilizes mind and body, improves diabetes and diuresis, anti-cancer
	Rehmania	Blood replenishing, anti-acidification, detoxification, memory improvement, bone formation promotion, Stomach improvement
	Honey	Improves cold and cough, recovers from fatigue, improves immunity, relieves pain
	Apple juice	Diet effect, prevention of respiratory diseases, antioxidant and anti-aging
The effect of product	Strengthening immunity	Expected synergistic effect of ginseng and honey to strengthen immunity
	Fatigue recovery	Expect synergistic effects of ginseng, honey, poria to improve blood circulation and relieve fatigue.
	Aging prevention	Antioxidant and anti-aging synergistic effects of ginseng, ripe sulfur and apple are expected.

Project. 2

보담고 키즈(BODAMGO kids)

All without artificial additives

Contains flavor, aroma, and color using natural ingredients.





The main source
of the product

Plant Blend
concentrate

Prevents bad breath, relieves sore throat and cold symptoms, improves gastric glands and skin.

Honey

Improves weak constitution, stimulates appetite, improves blood and gastrointestinal function

Astragalus
powder

Growth, immune function improvement, pain relief, blood sugar control, cold sweat improvement, energy replenishment

Poria powder

Lowers body temperature, stabilizes mind and body, improves diabetes and diuresis, anti-cancer

Rehmania
concentrate

Helps with blood supplementation, antioxidant, detoxification, memory improvement, bone formation promotion, stress relief, and lung health.

Deer antlers
extract

Blood-strengthening, immunity improvement, growth promotion, acid resistance, concentration, and memory enhancement

Ginseng powder

Enhances immunity, improves fatigue, improves memory, and improves blood circulation.

Oat fiber

Suppressing postprandial blood sugar rise, regulating cholesterol, improving blood circulation

The effect
of product

Help with growth

Protective effects for children, such as promoting metabolism, promoting growth, and improving appetite.

Respirator,
oral cavity

Synergistic effect with rehmania, honey, and astragalus, such as preventing colds and suppressing phlegm and cough.

Improved
digestion

Synergistic effects of Sogeonjungtang and deer antlers and astragalusi, such as promoting digestion and relieving stomach ulcers.

Strengthening
immunity

Synergistic effect with Ginseng, deer antlers, and rehmania to boost immunity



Project. 3

수세미 잣두콩 (Luffa & Jack bean)

Luffa called the water that fell from the sky, it contains rich flavonoids.
Green nutritional pocket urease and histidine ingredient feed jack beans.
Probiotics, quince, and even grain syrup made with Korean rice

It really packs a lot of nutrition into one package.



조은보담 수세미 작두콩 overview

1. Combination of raw materials

Luffa : Prevention of asthma, relief of cough, prevention of allergic rhinitis and constipation, clean blood effect

Jack bean : Rhinitis(sinus infection), stuffy nose, sneezing, suppressing runny nose, strengthening immunity

Quince : Effective for muscle pain, scrapes walls, and stops phlegm

2. Lactic acid bacteria mixture

Luffa + Jack bean + Quince effectiveness live that can help strengthen immunity

Development of a new product manufactured by mixing lactic acid bacteria (L.Plantarum; PL) and heat treating it.

Project. 4

비더에스 펌킨 (Be the S Pumpkin)

The best concentration experts have discovered the optimal mixing know-how of pumpkin, red beans, and plums through years of research, conveniently packed into one stick.

We needed the efficacy of healthy pumpkin raw materials, we put the most effort into securing raw materials through contract farming.





비더에스 펌킨 overview

The main source of the product	Pumpkin concentrate	Enhances immunity, regulates blood sugar, relieves swelling, improves constipation and gastrointestinal disorders
	Red bean extract	Diuretic effect, blood circulation improvement, fatigue relief, detoxification effect
	Plum concentrate	Sterilizing effect, food poisoning prevention, fever reduction, hangover relief, digestion improvement
	Vitamins	Vitamins B1, B2, B6, C/Energy metabolism and production, fatigue recovery, pain relief, antioxidant
	Polydextrose	Improving bowel activity, including preventing constipation
The effect of product	Diuretic effect	Pumpkin, red beans, and plums are expected to have synergistic effects in alleviating edema, diuretics, and relieving hangovers.
	Detox effect	Expect synergistic effects of plum, vitamin C, and polydextrose on intestinal health, antioxidant, and toxin elimination.
	Energy charge	Expected energy-filling synergistic effect through energy metabolism and generation of vitamin B group



Project. 5

여주 & 돼지감자

(Bitter melon & Jerusalem artichoke)

Bitter melon from Jecheon, Chungbuk, Korea is rich in vitamins, beta-carotene, and minerals.

Jerusalem artichoke from Gyeongbuk Province, Korea is good for improving cholesterol, boosting immunity and relieving fatigue.

We stubbornly selected only 100% Korean raw materials grown under contract.





여주&돼지감자 overview

1. Raw materials

NO	Raw materials	Mixing ratio(%)	Origin
1	Dried bitter melon	98%	Korea
2	Fried Jerusalem artichoke	1.4%	Korea
3	Stevia leaves	0.6%	Korea
Manufactured by extracting raw materials and purified water			

2. Expected effect

Ingredient	Effect	Side effect
Bitter melon	Decrease in fasting blood sugar, improve metabolic syndrome, anti-glycation, Prevention of high blood pressure, cold prevention, sodium excretion from the body	Pregnant women and those with sensitive stomachs should take caution.
Jerusalem artichoke	Lowering blood sugar, improving cholesterol, constipation, suppressing postprandial blood sugar	Precautions for abdominal pain and diarrhea when overdosing
Stevia(leaves)	Sterilization and detoxification, strengthening immunity, Blood sugar control and diabetes improvement, antioxidant	Chrysanthemum allergy as a chrysanthemum plant consumers should be careful when consuming

도라지 & 곰보배추

(Bellflower root & Salvia plebeia)

Generously added healthy nutrients and supplementary ingredients that take into account the nutritional balance of your body.

To get even nutrition even if you eat just one stick.

Golden ratio for evenly consuming abundant nutrients.



Project. 6





The main source
of the product

Salvia plebeia

Improves rhinitis, asthma, swelling, constipation, joints, and promotes anti-cancer and immunity.

Jujube

Stabilizes the mind and body, anti-inflammatory analgesic and arthritis relief, diuresis and cold prevention

Bellflower roots

Improves cough, phlegm, tonsillitis, fever, and analgesia, and boosts immunity.

Plum

Improvement of cough, phlegm, joint pain, neuralgia, vomiting, diarrhea, and digestion

Pear

Improves cough, phlegm, digestion, and fever, and promotes anti-cancer and immunity.

The effect
of product

Lung, bronchial
health

Expected synergistic effects of salvia plebeia, bellflower roots and plum

Anti-cancer and
immune enhancement

Expected synergistic effects of salvia plebeia, bellflower roots and pear

Edema and joint
health

Expectations for the synergistic effect of salvia plebeia and jujube



NFC ORGANIC LEMON JUICE

유기농 레몬의 시선한 과즙을 통째로 담아
매일 아침 산뜻하게 채우는 하루 밸런스



한 포로 간편하게!

20g x 15포



Project. 7

유기농 레몬즙 (organic Lemon Juice)

A refreshing daily balance filled with the fresh juice of organic lemons every morning

Without adding water or applying heat,
only 100% fruit is squeezed and only a brief sterilization process is performed,
so the taste and aroma of the fruit, as well as vitamins and nutrients, remain intact

Lemons are
a representative fruit of vitamin C,
with a vitamin C content that is 37
times higher than that of apples.

Using only organic lemons grown in clean areas of Spain,
we have preserved the natural taste and health without using
chemical fertilizers or pesticides.

100% NFC fresh lemon juice without a drop of water
Organic fresh lemons are squeezed whole and contained as is.



Project. 8

수안작 플러스 (Luffa & Jack bean Plus)

Filling up our bodies with the healthy energy they need
Good Bodam Luffa & Jack bean Plus is born.





수안작 플러스 overview

1. Combination of raw materials

Vitamin B1 : Required for carbohydrate and energy metabolism

Vitamin B2 : Required for energy production in the body

Vitamin B6 : Required for protein and amino acid utilization

Required for maintaining normal homocysteine levels in the blood

Vitamin D : Necessary for absorption and utilization of calcium and phosphorus

Necessary for bone formation and maintenance

Zinc : Required for normal immune function and cell division

2. Lactic acid bacteria mixture

Luffa + Jack bean + Quince effectiveness live that can help strengthen immunity

Development of a new product manufactured by mixing lactic acid bacteria (L.Plantarum; PL) and heat treating it.

Luffa and Jack bean are from Korea.

Bodam Ssanghwacha

A pack made with patience and sincerity.

Precious materials found all over Korea.

A rich sip after waiting long enough.

A sip that leaves a lingering taste after drinking it deliciously.

This is Bodam Ssanghwacha.



Project. 9





The main source
of the product

Cnidium
officinale

Strengthens the liver and kidneys and relieves back and skeletal pain and bruises.

Jujube

Mental stability, anti-inflammatory pain relief and arthritis relief. Diuretic effect and cold prevention.

Ginger

Promotes digestion and intestinal movement. Antibacterial action.

Flavedo

Rich in vitamins. Improves cough and phlegm. Good for digestion and diet.

Peony

Promotes vascular health. Helps improve high blood pressure and cardiovascular disease.

The effect
of product

Fatigue recovery

Peony helps relieve muscle tension and fatigue and improves blood circulation.

Improve
osteoporosis

Increases bone density by promoting bone formation and inhibiting bone resorption.

Anti-
inflammatory

Helps with anti-inflammatory action and prevention of arthritis.

Project. 10

쾌변의 시작 가볍게 푸잉푸잉 (Pooing pooing)

One packet per day is delicately filled with carefully selected precious ingredients. A healthy consideration that is gentle on the body and gentle on the mind.

Start your effortless daily routine with Pooing pooing.





쾌변의 시작 가볍게 푸잉푸잉 Overview

The main source
of the product

Indigestible
maltodextrin

Soluble dietary fiber, improves intestinal environment, and facilitates bowel movements

Fructo
oligosaccharides

Prebiotic functional sweetener, promotes beneficial bacteria growth and gut health

Prune

Prune pulp concentrate, rich in dietary fiber, promotes bowel movement

D-sorbitol
solution

Naturally derived sugar alcohol, moisture retention, stool softening, eases bowel movements

Xylitol

Natural sweetener, partially helps ease bowel movements, and is beneficial for oral health

The effect
of product

Improved
gut health

Resistant maltodextrin and fructo oligosaccharides promote the growth of beneficial bacteria and improve intestinal flora

Facilitation
of defecation

Helps induce soft bowel movements and relieves constipation

Moisturizing
the skin

Maintains moisture balance in the body and helps keep skin moisturized



Project. 11

조은보담
엑스트라버진 100% 유기
농 올리브오일

(Extra virgin 100% organic olive oil)

Olives grown in the clean, natural environment of Spain.

They retain the deep flavor and nutrients created by the sunshine and wind.

Olive oil

A healthy oil that reduces bad fats and increases good fats.

Organic olives grown in clean areas of Spain are harvested and pressed at low temperature within 24 hours.

Olive oil is known as a central ingredient in the Mediterranean diet, as it helps improve heart health and blood cholesterol.

With its fragrant yet soft taste, add one spoonful every day to your healthy routine.





Expensive ingredients that are hard to find are good, but creating health that can be taken care of without burden.

It's not that I'm not greedy for expensive and hard-to-find ingredients.
Sometimes we make such products in small quantities.
However, the health that 'GOOD BODAM' wants to convey is a product
that can be easily accessed when you feel the need.



GOOD BODAM's contract farm is farmed by good people.

It's not a large farm, nor is it a farm full of the latest equipment.

We cultivate with care as much as we need.

Since it is a crop grown by installing facilities and removing weeds yourself, it is important to handle it with care.





GOOD BODAM

thanks