

# iMedix: Your Personal Health Advisor.

## TAPIOCA

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Search for medical details concerning TAPIOCA on iMedix including its uses, side effects and precautions, overview, interactions and reviews.

- **ActiveIngredient:**
  - **DosageForm:**
  - **Dosage:**
  - **Indications:**
  - **Manufacturer:**
  - **Storage:**
  - **Market Price:**
  - **Drug Status:**
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### Description

**Uses & Effectiveness** We currently have no information for TAPIOCA overview. Overview Tapioca is a starch that comes from the cassava plant (*Manihot esculenta*). It is used to thicken foods such as puddings, noodles, bread, and others. Tapioca starch is prepared by cooking cassava, drying it, processing it, and then cooking it again. When eaten, tapioca takes longer for the body to break down into sugar when compared to other grains or carbohydrates. This might help lower blood sugar levels after eating. People use tapioca for prediabetes and other conditions, but there is no good scientific evidence to support these uses. Don't confuse tapioca with cassava. These are not the same. Tapioca is rich in thiamine, a vitamin essential for converting carbohydrates into energy, supporting healthy brain function, and improving memory and mood.

**Side Effects** When taken by mouth: Tapioca is commonly consumed in foods. It is possibly safe when used in larger amounts as medicine, short-term. Side effects might include stomach pain, bloating, gas, and vomiting.

**Interactions** We currently have no information for TAPIOCA overview. **Special Precautions and Warnings** When taken by mouth: Tapioca is commonly consumed in foods. It is possibly safe when used in larger amounts as medicine, short-term. Side effects might include stomach pain, bloating, gas, and vomiting.

**Pregnancy and breast-feeding:** Tapioca is commonly consumed in foods. There isn't enough reliable information to know if tapioca is safe to use in larger amounts as medicine when pregnant or breast-feeding. Stay on the safe side and stick to food amounts.

**Dosing** Tapioca is commonly consumed in foods. As medicine, there isn't enough reliable information to know what an appropriate dose of tapioca might be. Keep in mind that natural products are not always necessarily safe and dosages can be important. Be sure to follow relevant directions on product labels and consult a healthcare professional before using.

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### Side Effects

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### Uses

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**Interactions**

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**Other Details**

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