



BAF ORGANIC
Organic Superfoods for the World





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About Us

BAF LOGISTIC E.I.R.L., We started our commercial activities in 2011, We are a Peruvian company, specialized in picking, processing, cleaning, marketing and export Andean grains, vegetable, fruits and super foods of the highest quality, nationally and internationally.

Our main objective is the satisfaction of our customers, so we make sure that our products will be delivered in very good condition.

Our staff actively participates in all the tasks of collection, Packaging and distribution, always seeking to exceed the expectations of our customers by offering high quality products at internationally competitive prices.

Our Mission

We are one of the leading companies in the food sector locally and internationally, through product innovation in accordance with the new trends and demands of quality of the market.

Our Vision

To be a company recognized internationally as an organization dedicated to the commercialization of organic products of first quality accompanied by an excellent service.

Social Responsibility

At Baf Logistic it is important to contribute to the development of communities and farmers, for which we develop social innovative programs that allow agricultural communities to improve their quality of life and socio-economic level.

We work closely with communities and farmers to give them the technical support they need to grow organic produce from natural seeds. This is done with the upmost respect for the environment and social responsibility.

Our Values

Quality: Throughout the process.

Commitment, honesty and respect: With our customers, with our team of collaborators, with our suppliers (agricultural communities).

Innovation: Technological and human updating, through training that help us to find better resources in order to provide products of the highest quality to our customers.



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MACA (Lepidium Meyenii)

Maca has been cultivated for 2,000 years and now is one of the most famous Andean product known worldwide as a Superfood.

Origen: Peru

Type: Organic and Conventional

Products: Raw Powder and Gelatinized.

NUTRITIONAL BENEFITS

Contains these Minerals: Calcium, potassium, iron, sodium, copper, and manganese

Contains these Vitamins: Vitamin C, B6, and niacin

USES:

- Ideal to dilute in drinks as a nutritional.
- Use for baking and bakery supplement.



HEALTH BENEFITS

- The unique alkaloids found in maca, called Macainas, have been shown to nourish and support the endocrine system.
- Helps to have a healthy physical stamina, energy and strength levels.
- May help with having healthy blood sugar levels.
- Helps to the regeneration of cartilage and bones
- It contains aphrodisiac properties and stimulates fertility. Dietary supplement for women, men and elite athletes
- Stimulates the immune system
- It improves memory and cognitive capabilities.





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LUCUMA (Pouteria lúcuma)

Lucuma is an emblematic Peruvian product with unique aroma and flavour. It is also known as "the gold of the Incas", it is a popular flavouring.

Origen: Peru

Type: Organic and Conventional

Products: Lucuma powder.



NUTRITIONAL BENEFITS

- Contains these Minerals: Sodium, iron, potassium, zinc, magnesium, and calcium.
- Contains these Vitamins: Vitamin B, beta-carotene, and niacin.

USES:

- Pastries, cupcakes, muffins, ice creams, yogurt, smoothies and juices.

HEALTH BENEFITS

- It has super low Glycemic index meaning it's great (and oh-so healthy) sweetener.
- It can help stabilize blood sugar, while also curbing cravings and appetite - making it great for sprinkling on your porridge in the morning.
- This super fruit is full of fiber, which can help the digestive system work properly, reducing constipation and bloating.
- A study by Rutgers University also found that Lucuma extract had an anti-inflammatory effect on wound healing and skin ageing.
- Other wondrous health benefits of the fruit include its immune-boosting properties, as well as its natural antibiotic and antimicrobial properties.



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CAMU CAMU

(Myrciaria Dubia)

Camu Camu grows in the Amazon Rainforest and is a famous berry because of its nutritional and medicinal advantages that derive from its high vitamin C content.

Origen: Peru

Type: Organic and Conventional

Products: Camu camu powder.



NUTRITIONAL BENEFITS

- Contains these Minerals: Calcium, phosphorus, iron, and other minerals in less quantity
- Contains these Vitamins: Vitamin C, A, niacin, thiamine and carotene.

USES:

- Direct consumption (water, juices, yogurt, smoothies).
- Chocolate bars.
- For encapsuling.
- Dairy based products.

HEALTH BENEFITS

- Is highly effective in strengthening the immune system.
- Is great for the gums, eyes, and skin.
- May improve energy levels.
- Reduces risk of infertility in men.
- Helps to facilitate growth and protection of muscles.
- Helps balance mood swings and mental anxiety.
- Reduces risk of cancer and diabetes.
- Protects against viral and bacterial infections.
- May help prevent cognitive disorders (Alzheimer´s disease and Dementia)





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GOLDEN BERRIES

(Physalis Peruviana)

Golden Berries were already being consumed long before Inca Times, and currently are most popular because of their unique flavour and exceptional health benefits.

Origin: Peru

Type: Organic and Conventional

Products: Dried Golden berries



NUTRITIONAL BENEFITS

- Contains these Minerals: Phosphorus, calcium, potassium, iron, and magnesium.
- Contains these Vitamins: vitamin C, B, riboflavin, thiamin, niacin, and beta-carotene.

USES:

- Direct consumption.
- Muesli and granola.
- Salads.
- Fine chocolate industry.
- Energy bars.
- Fine pastry.

HEALTH BENEFITS

- Aids in weight loss and managing diabetes.
- Protects against chronic diseases.
- Boosts immune system and helps to detoxify body.
- Helps to maintain optimal liver, kidney, and heart health.
- Beneficial in maintaining lower levels of bad cholesterol.
- Reduces risk of atherosclerosis and coronary heart diseases.
- Prevents development of cataract and delays the onset of macular degeneration.



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YACON

(*Smallanthus sonchifolius*)

Yacon cultivation began in 1200 B.C. This tuber has been traditionally used by Andean people as a natural medicine and is currently recognized as a great source of prebiotics due to its high content of FOS.

Origen: Peru

Type: Organic and Conventional

Products: Raw yacon root powder and Yacon syrup



USES:

- Direct consumption (snack and salads or with yogurt, smoothies and tea).
- Mueslis and energy bars.
- Desserts and pastry.
- For encapsulating.
- Fine chocolate industry.
- Natural Sweetener.
- Energy bars.

HEALTH BENEFITS

- It improves the health of the liver and prevents certain types of diseases.
- Can provide an addition to a healthy balanced meal.
- Can be helpful in digestion and nutrient absorption.
- It regulates blood sugar levels and lower “bad” cholesterol.
- Stimulates the immune system.

NUTRITIONAL BENEFITS

- Contains these Minerals: calcium, potassium, magnesium, phosphorus, magnesium, phosphorus, and iron.
- Contains these Vitamins: Vitamin A, B1, C, carotene, riboflavin, and niacin.



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ACAI

(Euterpe Oleracea Martius)

Acai is the food that contains the highest anthocyanin content in mg per 100g. Anthocyanin is an antioxidant very rich nutritional properties.

Origen: Peru

Type: Organic and Conventional

Products: Powder

NUTRITIONAL BENEFITS

- Contains these Minerals: Iron, magnesium, potassium, calcium, and others in less quantity.
- Contains these Vitamins: Vitamin B1, B2, B3, C, and E.

USES:

- Pastries, cupcakes, muffins, ice creams,
- yogurt, smoothies and juices.



HEALTH BENEFITS

- Has powerful anti - aging food because of its high content of Antioxidants
- One of the highest ORAC ratings (the Antioxidant levels in food)
- May improve energy levels
- Can help reduce bad cholesterol and raise good cholesterol, by using free radicals
- May support healthy body weight
- Helps to support healthy hair, skin and nails.
- It improves the health of the liver and prevents certain types of cancer.





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SACHA INCHI

(Plukenetia volubilis)

Acai is the food that contains the highest anthocyanin content in mg per 100g. Anthocyanin is an antioxidant very rich nutritional properties.

Origen: Peru

Type: Organic and Conventional

Products: Snack, powder and oil.

NUTRITIONAL BENEFITS

- Contains Omega 3, 6 and 9. Fibers and high amounts of proteins.
- Contains these Vitamins: Vitamins A, and E.

USES:

- It can be consumed directly as a snack.
- It can be used in the preparation of desserts, cookies, breads and other baked goods.
- Recommended for personal care formulas
- focused on sensitive and irritated skin, dry hair
- and brittle nails.



HEALTH BENEFITS

- It may help to strengthen the heart and maintain a stable blood pressure.
- Promotes the reduction of the level of bad cholesterol in the blood.
- It's a functional food ideal for pregnant women because it favors the proper brain development of the fetus.
- It favors the increase of the speeding of the different brain functions that are linked to memory, intelligence and reasoning.
- Helps transport nutrients through the bloodstream and helps maintain metabolic balance.
- It is a natural antioxidant.



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QUINOA

(Chenopodium Quinoa)

Quinoa contains the perfect balance of Proteins, fat, oil and starch and a high degree of amino acids as well as rich in iron, calcium, phosphorus and vitamins.

Origen: Peru

Type: Organic and Conventional

Products: Grains and powder.

Aviable Colors: White, Red, Black and tricolor.



NUTRITIONAL BENEFITS

- Contains these Minerals: Potassium, magnesium, phosphorus, manganese, iron, zinc, calcium, and sodium.
- Contains these Vitamins: Vitamin A, E, B6, thiamin, niacin, and folate.

USES:

- This is a great source of protein which can be used for making quinoa pudding, quinoa risotto, quinoa burgers, quinoa porridge and many other recipes.

HEALTH BENEFITS

- Aids in weight loss and managing diabetes.
- Protects against chronic diseases and cancer.
- Boosts immune system and helps to detoxify body.
- Helps to maintain optimal liver, Kidney and heart health.
- Beneficial in maintaining lower levels of bad cholesterol.
- Reduces risk of atherosclerosis and corona heart diseases.
- Prevents development of cataract and delays the onset of macular degeneration



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CHIA SEEDS

(Chenopodium Quinoa)

Chia Seeds offer the highest combined plant source of Omega 3's, fiber and protein, as well as, a large range range of vitamins, minerals and antioxidants. Chia Seeds contain all nine essential amino acids and is a complete protein source.

Origen: Peru

Type: Organic and Conventional

Products: seeds and poder.

Aviable Colors: Black and White.

NUTRITIONAL BENEFITS

- Contains these Minerals: Calcium, potassium, phosphorus, sodium, zinc, and manganese.
- Contains these Vitamins: Vitamins A, B1, B2, B3, B6, B8, and E.

USES:

- Can be added to juices or salads. It is also used in making protein bars or added to oatmeal for breakfast.



HEALTH BENEFITS

- Blood sugar regulator.
- Can lower triglycerides and cholesterol levels while increasing HDL or "good" cholesterol.
- Helps with satiety, which is the feeling of being full and satisfied, which helps lower food craving between meals.
- Used often as an energetic, especially in sports.
- Helps to prevent hypertension.
- Helps to maintain a healthy weight, and are important for energy metabolism and a part of DNA synthesis.
- Gives Relief From Arthritis, Gout & Other Inflammation Related Issues.
- Helps in strengthening Follicles, and preventing male pattern baldness.



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BRAZILIAN NUTS

(Bertholletia excelsa)

The Brazil Nut is rich in protein and essential amino acids. Needless to mention, it is ideal for people with nutritional problems and is often used as an energy supplement in the diets of sportsmen or those who exercise.

Origen: Peru

Type: Organic and Conventional

NUTRITIONAL BENEFITS

- Contains these Minerals: Magnesium, potassium, selenium, zinc, and calcium.
- Contains these Vitamins: Vitamin A, B1, and B2..



HEALTH BENEFITS

- It may help to lower high cholesterol or lower triglycerides in the blood, thanks to its high amounts of Omega 6.
- The presence of selenium is a key mineral in caring for and protecting the heart.
- Its high amounts of protein allows the human body to have more energy.
- Its natural antioxidants helps reduce



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