



# SUPER FOOD FROM PERÚ

## Catalogue

Let's work together for a more sustainable and healthy world.

Since 2018 Inca Valley values the biodiversity of Peru, processes and exports products with optimal quality, this thanks to the qualified team that is passionate about their work and value creation.

We constantly innovate, to meet the demands and new trends of the most demanding markets. It is our commitment to you and the members of the Inca Valley family.

## CONTENT



Avocado



Mango



Blueberries



Banano



Mangoes



Jengibre



Grape



Coffee



Cocoa



Maca



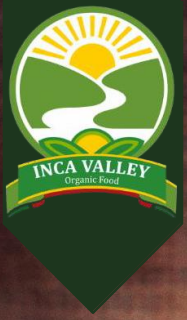
[Contact](#) us



# Producer and exporter







# AVOCADO HASS *(Persea americana)*

Origin: La Libertad, Cusco, Ayacucho

Presentation: Fresh fruit

J	F	M	A	M	J	JL	A	S	O	N	D
✓	✓	✓	✓	✓	✓	✓	✓	✓			✓

- ✓ Reduces blood pressure due to its high potassium content.
- ✓ Helps lower cholesterol
- ✓ Contains vitamins K, C, B5, B6 and E.











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## Tangerine

Origin: Huaral, Lima, Ica

Presentation: Fresh fruit.

J	F	M	A	M	J	JL	A	S	O	N	D
				✓	✓	✓	✓	✓			

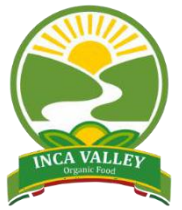
- ✓ Strengthens the immune system
- ✓ Anti-cancer properties
- ✓ Rich in fiber, low in sugar, reduced in fat.
- ✓ High concentration of vitamin C







# Mandarina W. Murcott











## MANGO (*Mangifera Indica*)

Origin: Piura, Lambayeque, Ancash.

Presentation: Fresh and powder.

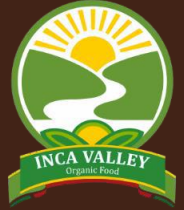
J	F	M	A	M	J	JL	A	S	O	N	D
✓	✓	✓	✓							✓	✓

- ✓ Help against diabetes
- ✓ Improve memory
- ✓ Contains iron, calcium, potassium, zinc, sodium
- ✓ Avoid anemia.



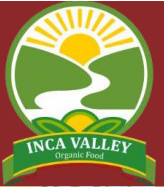


# Harvest from Mango Kent





# Mango Kent Perú











# GINGER *(Zingiber Officinale)*

Origin: San Martin, Amazonas, Ucayali

Presentation: Fresh and powder.

- ✓ Prevents cancer
- ✓ Prevents flu and colds
- ✓ Reduce the cholesterol
- ✓ Antioxidant, anti-inflammatory

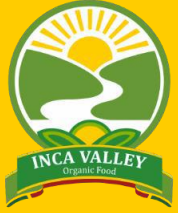
J	F	M	A	M	J	JL	A	S	O	N	D
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓







# Ginger Perú







## BLUEBERRIES (*Vaccinium Corymbosum*)

Origin: La Libertad, Lima, Ica.

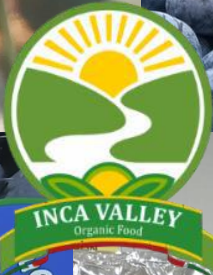
Presentation: fresh fruit

- ✓ Improve eyesight
- ✓ Strengthens the immune system
- ✓ Reduce the cholesterol
- ✓ High level of antioxidants

J	F	M	A	M	J	JL	A	S	O	N	D
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓











## TABLE GRAPES (*Vitis vinifera*)

Origin: Ica, Piura, Lima, La Libertad.

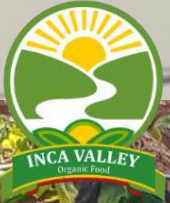
Presentation: Fresh fruit

J	F	M	A	M	J	JL	A	S	O	N	D
								✓	✓	✓	✓

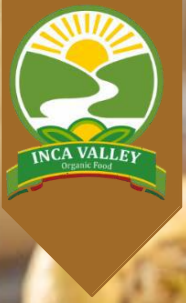
- ✓ Antioxidant, anti aging
- ✓ Natural laxative
- ✓ Anti carcinogenic properties
- ✓ Prevents hypertension











## MACA (*Lepidium meyenii*)

Origin: La Libertad, Lima, Ica.

Presentation: fresh, powder and capsules

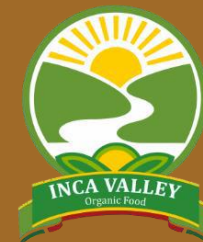
- ✓ Antioxidant and energetic.
- ✓ Improves fertility.
- ✓ Restores hormonal balance.
- ✓ Treat sexual dysfunction.

J	F	M	A	M	J	JL	A	S	O	N	D
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓





# MACA PERUVIAN







## Coffee (Coffea)

Origin: San Martin, Piura, Cajamarca.

Presentation: green grain,  
roasted.

J	F	M	A	M	J	JL	A	S	O	N	D
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

- ✓ Prevents diabetes
- ✓ Reduces risk of disease
- ✓ Improves memory
- ✓ Better digestion











# **COCOA** *(Theobromacacao)*

Origin: San Martin, Amazonas, Ucayali

Presentation: grain, pasta, shell, liquor

- ✓ Relieve the stress
- ✓ Fights disease
- ✓ Works as a diuretic
- ✓ High in antioxidants

J	F	M	A	M	J	JL	A	S	O	N	D
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓











[www.incavalley.com.pe](http://www.incavalley.com.pe)



[gerencia@incavalley.com.pe](mailto:gerencia@incavalley.com.pe)  
[liz.carrion@incavalley.com.pe](mailto:liz.carrion@incavalley.com.pe)



+51 902420155 / 940156467  
+1 744 2753



Urb. Miguel Grau Mz L Lote  
9 Lima / Lima / Chaclacayo

"Our reason for being is to highlight the biodiversity of Peru and grow with it. Success is the result of teamwork and commitment to all those involved in this virtuous circle".



GO EXPORT PERU S.A.C.