



### Contact

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# Mucame®

*Seeds and Cereals in a bar*

Mucame is an old muisca word translated as 'the ancestral memory of life'

# Mucamé® Seeds

INVIMA Certification RSAE10I12815

Net Weight per bar

30g

## Products

# Mucamé® Cereals

INVIMA Certification RSAE14I515



### Chia \* Yerbabuena

Mix of chia, sunflower, linseed and sesame seeds, with peanuts and dehydrated yerbabuena.

Chia seeds favor circulatory system (omega 3), help to regulate bowel function and contribute to tissue regeneration and muscle development.



### Sunflower \* Dates

Combination of sunflower and sesame seeds with nuts and chopped dates.

Sunflower seeds have a high concentration of calcium, help to improve immune system, lower cholesterol and have an anti-inflammatory effect.



### Soy \* Blueberries

Combination of soy and sesame seeds with chopped blueberries.

Soy is an important source of iron and protein; it also helps to prevent some kinds of cancer, osteoporosis and several cardiovascular diseases.



### Pumpkin \* Passion fruit

Mix of pumpkin, sesame and linseed seeds with peanuts and and passion fruit natural pulp.

Pumpkin seeds provide an immune support which also favors liver and heart health.



### Quinoa \* Mango

Oats mixed with quinoa and sesame seeds, peanuts and mango natural pulp.

Quinoa is a super food whose benefits include toxin elimination, blood pressure reduction and control of cholesterol levels.



### Chocolate

Oats with sesame seeds, expanded millet, peanuts and half-bitter chocolate

Cacao from chocolate is rich in minerals like phosphorus, magnesium, iron and calcium, as well as antioxidants and amino acids.



### Orange slices

Oats with sesame seeds, expanded millet, peanuts and orange slices.

In addition to be a source of C vitamin, oranges help to control cholesterol and regulate arterial pressure.



### Coconut

Oats with sesame seeds, expanded millet, peanuts and grated coconut.

Coconut is rich in minerals, has antioxidant effect and helps regulate blood pressure.



### Amaranto \* Coffee

Oats mixed with amaranto and sesame seeds, expanded millet, peanuts and coffee extract.

Amaranto is considered one of the best sources of protein among all cereals. It contains lysine and folic acid.