

SACHA INCHI

jungle nuts

Sacha Inchi dates from ancient cultures. It's main uses include cosmetics, food, nutritional supplement and it is also used in the pharmaceutical industries or field.

Due to it's slightly nutty flavor, it is ideal to be consumed directly as snacks or with saldas and cooked vegetables. It can also be used as an ingredient for different blends and dressings.

Contents

- ✓ **Omega 3** fatty acids (over 48%)
- ✓ **Omega 6** (36%)
- ✓ **Omega 9** (8%)
- ✓ Antioxidants
- ✓ Vitamin "A"
Alpha-Tocopherol
- ✓ Vitamin E



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Golden and Roasted Star Nuts
Salted / Unsalted

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SACHA INCHI jungle nuts

What is Sacha Inchi?

The seed of Sacha Inchi (*Plukenetia Volubilis* L.) also known as Peanut Mount, Peanuts Sacha or Jungle Nut is a seed that belongs to the native Amazon rainforest in Latin America.

Due to its medical properties and health benefits, its consumption has increased in recent years.

Sacha Inchi is an excellent antioxidant, emollient skin and hair smoothing properties. It prevents wrinkles and restores elasticity. PUFA and tocopherols contents help protect cell membrane.

Sacha Inchi contributes with reduction of blood pressure, cholesterol and triglyceride levels, contributes to enhancing immunological system and also has anti-inflammatory properties.

Presentation



Golden Sacha Inchi

AVAILABLE
Salted and Unsalted

NUTRITION FACTS		
Serving size	100g (3.5 oz.)	
Amount per serving		
Calories	643	
Calories from fat (545 KJ)	464	
Total Fat	49g	75% DV
Saturated Fat	10g	50% DV
Trans Fat	0g	0% DV
Cholesterol	0mg	0% DV
Sodium	0mg	0% DV
Total carbohydrate	18g	6% DV
Dietary Fiber	7g	28% DV
Sugars	0g	0% DV
Protein	30g	11% DV
Vitamin A		0% DV
Vitamin C		0% DV
		42% DV
		23% DV

NUTRITION FACTS		
Serving size	100g (3.5 oz.)	
Amount per serving		
Calories	643	
Calories from fat (545 KJ)	500	
Total Fat	54g	83% DV
Saturated Fat	11g	55% DV
Trans Fat	0g	0% DV
Cholesterol	0mg	0% DV
Sodium	10g	3% DV
Total carbohydrate	18g	78% DV
Dietary Fiber		
Sugars		
Protein		
Vitamin A		0% DV
Vitamin C		42% DV
Vitamin E		
Calcium		
Iron		

Roasted Sacha Inchi

AVAILABLE
Salted and Unsalted



Benefits

- ✓ Improves nervous system activity.
- ✓ Streamlines different brain functions.
- ✓ Strengthens bones.
- ✓ Improves digestive and fat metabolism.
- ✓ Helps losing weight.
- ✓ Improves the immune system.
- ✓ Strengthens the heart.
- ✓ Reduces the likelihood of vascular diseases.
- ✓ Improves circulation of blood.
- ✓ Improves intestinal metabolism.
- ✓ Reduces bad cholesterol or LDL.
- ✓ Reduces triglycerides.
- ✓ Has antitumor action.