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INDEX

01

INTRODUCTION

02

AMARANTH

(Amaranthus caudatus)

03

BRAZIL NUT

(Bertholletia excels)

04

CAMU CAMU

(Myrciaria dubia)

05

CHIA

(Salvia hispánica)

06

COCOA

(Theobroma cacao)

07

GINGER

(Zingiber officinale)

08

GOLDEN BERRY

(Physalis peruviana)

09

LUCUMA

(Pouteria lucuma)

10

MACA

(Lepidium peruvianum)

11

PURPLE CORN

(Zea mays)

12

QUINOA

(Cheno pódium quinoa)

13

SACHA INCHI

(Plukenetia volubilis)

14

YACON

(Smallanthus sonchifolius)

INTRODUCTION

We are a Peruvian company dedicated to the elaboration and commercialization of nutrient-rich foods, made of native ingredients. We also offer a wide range of bulk superfoods. We have extensive business experience acquired in Europe, the Americas and Asia, which allowed us to learn and appreciated the preferences of these markets for healthy and high quality foods.

Our social commitment with the country also encourages us to contribute to the development of the communities located in the Andes and the Amazon, guardians of Peruvian superfoods and our identity and heritage.



AMARANTH

(Amaranthus caudatus)



Amaranth is a native plant of Peru. It adapts easily to different environments, grows fast and does not require much care. Its nutritional and medicinal properties were known by the ancient Andean settlers, who incorporated amaranth into their daily diet. Amaranth has also been listed as "the best food of vegetable origin for human consumption."

BENEFITS:

- Helps balance blood sugar levels so it is favorable for diabetic and hypertensive people.
- Its thiamine content helps improve memory and concentration.
- Improves intestinal transit.
- It has twice as much calcium as cow's milk, five times more iron than other cereals, and about three times more lysine.
- Helps lower cholesterol levels.

Seasonal availability

JAN	FEB	MAR	APR	MAY	JUN
				✓	✓
JUL	AUG	SEP	OCT	NOV	DEC
✓	✓				

Mode of use



Yogurt



Salad



Oil



Granola



Confectionery



Snack



Flour

BRAZIL NUT

(*Bertholletia excels*)



Brazil nut, also known as chestnut, is native to the forests of the Brazilian, Bolivian and Peruvian Amazon. It is a seed that comes from a wild tree that can live about 1,000 years and reaches up to the 50 meters of height. Brazil nuts have a high nutritional value, very pleasant taste and they can be eaten raw or roasted.

BENEFITS:

- It is an important source of vitamins and minerals.
- Helps protect and keep heart healthy, preventing various cardiovascular diseases.
- Stimulates the efficient absorption of nutrients in the digestive system thanks to high fiber levels.
- It's very effective at fighting acne.
- Reduces the levels of fat in the blood.

Seasonal availability

JAN	FEB	MAR	APR	MAY	JUN
✓	✓	✓	✓		
JUL	AUG	SEP	OCT	NOV	DEC
					✓

Mode of use



Drinks



Oil



Beauty products



Salad



Confectionery



Snack



Nutritional supplement

CAMU CAMU

(Myrciaria dubia)



Camu Camu is a native fruit of the Peruvian Amazon. Its greatest concentration and diversity is found along the Ucayali and Amazon rivers. It has the highest vitamin C content in the world so its taste is slightly acidic. It offers a great amount of nutritional and health benefits.

BENEFITS:

- Revitalizes the nervous system.
- Protects the body against viral and bacterial infections.
- Promotes the absorption of nutrients in the digestive system.
- Prevents degenerative brain diseases.
- Helps improve body functions since it concentrates the higher degree of vitamin C than any other fruit.
- Helps keep heart and kidneys in good condition.

Seasonal availability

JAN	FEB	MAR	APR	MAY	JUN
✓	✓	✓			
JUL	AUG	SEP	OCT	NOV	DEC
	✓	✓	✓	✓	✓

Mode of use



Drinks



Yogurt



Jam



Liqueur



Confectionery



Beauty products



Flour



Capsules



CHIA

(Salvia hispánica)



Chia is a native plant of Mexico and Guatemala and was a very important food for the Aztecs who valued these seeds for their medicinal properties and nutritional value. Today, chia has become one of the most popular superfoods. Chia seeds are easy to use, soft on the palate and do not change the taste of foods.

BENEFITS:

- Its high content of antioxidants helps fight against free radicals in the body.
- Accelerates metabolism and burns fat.
- Eliminates liquids and toxins.
- Regulates the intestinal flora.
- Strengthens the immune system.
- Combats cellulite.

Seasonal availability

JAN	FEB	MAR	APR	MAY	JUN
✓	✓	✓	✓	✓	✓
JUL	AUG	SEP	OCT	NOV	DEC
✓	✓	✓	✓	✓	✓

Mode of use



Drinks



Yogurt



Jam



Salads



Confectionery



Snack



Flour

COCOA

(*Theobroma cacao*)



Peru is considered one of the main centers of origin of cocoa and in 2012 it was declared a Nation's Natural Heritage. Peruvian cocoa is of high diversity and genetic variability, which allows the country to own 60% of the world's cocoa varieties. Peruvian cocoa has become one of the most iconic Peruvian products and has been awarded several times as one of the best in the world.

BENEFITS:

- Contains anandamide that produces feelings of well-being.
- It is one of the main sources of magnesium, which nourishes the nervous system.
- Prevents cardiovascular diseases.
- Lowers bad cholesterol (LDL) and increases good cholesterol (HDL).
- Increases cognitive functions.

Seasonal availability

JAN	FEB	MAR	APR	MAY	JUN
✓	✓	✓	✓	✓	✓
JUL	AUG	SEP	OCT	NOV	DEC
✓	✓	✓	✓	✓	✓

Mode of use



Drinks



Yogurt



Salad



Liqueur



Confectionery



Snack



Jam

GINGER

(Zingiber officinale)








Ginger is a plant with an underground stem called a rhizome. It is native to the tropical zone of Asia, India and China, where it has been cultivated for more than 2,000 years. Its use is expanding more and more worldwide thanks to many health benefits.

BENEFITS:

- Facilitates the absorption of nutrients present in food.
- Relieves dizziness and nausea.
- Its anti-inflammatory properties relieve muscle and joint pain.
- Reduces the risk of having a heart attack.
- Lowers cholesterol and lipoprotein levels.
- Strengthens the immune system.
- Relieves the asthma crisis.

Seasonal availability

JAN 	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEP 	OCT 	NOV 	DEC 

Mode of use



Juice



Infusion



Stew



Salad



Confectionery



Snack



GOLDEN BERRY

(Physalis peruviana)



The golden berry is a shrub from the Peruvian Andes and grows in warm and dry areas. It was cultivated in the time of the Incas in the Sacred Valley and was one of the favorite plants of the Andean nobility. It is also known as "wild tomatillo" or "capuli". The golden berry has a delicious aroma and bittersweet taste.

BENEFITS:

- Contributes to the development of teeth and bones.
- Improves the urinary system.
- Reduces the levels of fat in the body.
- Helps fight asthma, sinusitis and other allergies.
- Due to its large amount of antioxidants, it slows cellular aging.
- Improves the performance of cardiovascular functions.

Seasonal availability

JAN	FEB	MAR	APR	MAY	JUN
		✓	✓	✓	✓
JUL	AUG	SEP	OCT	NOV	DEC

Mode of use



Drinks



Yogurt



Salad



Liqueur



Confectionery



Snack



Jam



LUCUMA

(Pouteria lucuma)



Lucuma is a native fruit of the Peruvian Andes, consumed since pre-Hispanic times. The first evidences of lucuma appeared 8,000 years A.C. in Áncash, Central Andes. Its pulp is soft, has yellow-orange colour, floury texture and unique flavor. Nowadays, lucuma is considered a superfood thanks to its nutritional and medicinal qualities.

BENEFITS:

- Provides carbohydrates, vitamins and minerals to the diet.
- Reduces cholesterol and triglycerides levels in the blood.
- Strengthens the immune system and prevents anemia.
- Helps to fight depression, maintaining normal functions of the central nervous system.
- Contains beta carotene, antioxidant that slows aging and protects the skin from solar radiation.

Seasonal availability

JAN	FEB	MAR	APR	MAY	JUN
✓	✓	✓			
JUL	AUG	SEP	OCT	NOV	DEC
	✓	✓	✓	✓	

Mode of use



Yogurt



Juice



Jam



Flour



Confectionery



Snack



MACA

(Lepidium peruvianum)



Maca is an herbaceous plant native to the Peruvian Andes. Maca is resistant to frost, hail and drought. In recent years its use has expanded to other countries thanks to its nutritional and therapeutic properties. Its flavor can be a bit strong so it is recommended to consume it adding into drinks or meals.

BENEFITS:

- Rich in vitamin B, C and E. It is also an important source of calcium, zinc, iron, magnesium, phosphorus and amino acids.
- Delays aging due to its antioxidant properties.
- Improves memory and concentration.
- Increases energy level and reduces fatigue.
- Helps to treat skin problems such as acne and blemishes.
- Improves blood circulation.

Seasonal availability

JAN	FEB	MAR	APR	MAY	JUN
					✓
JUL	AUG	SEP	OCT	NOV	DEC
✓	✓				

Mode of use



Juices



Yogurt



Jam



Nutritional supplement



Confectionery



Snack



Flour



PURPLE CORN

(*Zea mays*)



Purple corn is a cereal known since pre-Inca times. Different ceramics with purple corn motives from the Mochica civilization have been found in archaeological places, confirming that this cereal was used as food more than 2,500 years ago. It was also considered as a sacred food. Nowadays, purple corn is still used for the production of food and beverages, mainly as a natural colorant.

BENEFITS:

- Promotes collagen formation.
- Contains anthocyanins that have a powerful antioxidant effect delaying cell aging.
- Reduces bad cholesterol and improves blood circulation.
- Increases visual acuity and improves night vision.
- Strengthens the immune system.
- Reduces the risk of developing certain types of cancer.

Seasonal availability

JAN	FEB	MAR	APR	MAY	JUN
			✓		
JUL	AUG	SEP	OCT	NOV	DEC
				✓	✓

Mode of use



Drinks



Confectionery



Yogurt



Snack



Flour



Beauty products



QUINOA

(Cheno pódium quinua)



Quinoa is native to the Andes. It has been a very important food for 6,000 years and the Incas considered it a sacred food. Quinoa is considered a seed but is eaten as a cereal. Nowadays, thanks to its nutritional and dietary properties, quinoa is recovering its importance. Its flavor is delicate, similar to nuts, is light, easy to digest and combines well with several ingredients.

BENEFITS:

- Easy digestion, does not contain lactose or gluten.
- Ideal food to eliminate toxins thanks to its high fiber content.
- Improves constipation.
- Avoids accumulation of fat in the body.
- It is full of antioxidants that protect cells from free radicals that cause aging.

Seasonal availability

JAN	FEB	MAR	APR	MAY	JUN
			✓	✓	✓
JUL	AUG	SEP	OCT	NOV	DEC
✓					

Mode of use



Yogurt



Salad



Nutritional
Supplement



Granola



Confectionery



Snack



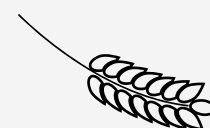
Flour



Juices



Roasted



Flakes



SACHA INCHI

(Plukenetia volubilis)



Sacha inchi, also known as "the Inca peanut", is a native plant of the Peruvian Amazon where it grows in the wild. Its presence is mainly in the departments of San Martin, Ucayali, Amazonas, Madre de Dios and Loreto. Sacha inchi is considered a superfood thanks to its excellent nutritional properties and multiple health benefits.

BENEFITS:

- It is a natural antioxidant.
- It has a high content of omega 3, omega 6 and omega 9.
- Prevents premature aging.
- Controls and reduces cholesterol.
- Its vitamin E content favors hair care (dry or mistreated).
- Helps reduce colon inflammation.
- Strengthens the immune system.

Seasonal availability

JAN	FEB	MAR	APR	MAY	JUN
✓	✓	✓	✓	✓	
JUL	AUG	SEP	OCT	NOV	DEC
				✓	✓

Mode of use



Oil



Beauty products



Salad



Nutritional supplement



Confectionery



Snack



YACON

(Smallanthus sonchifolius)

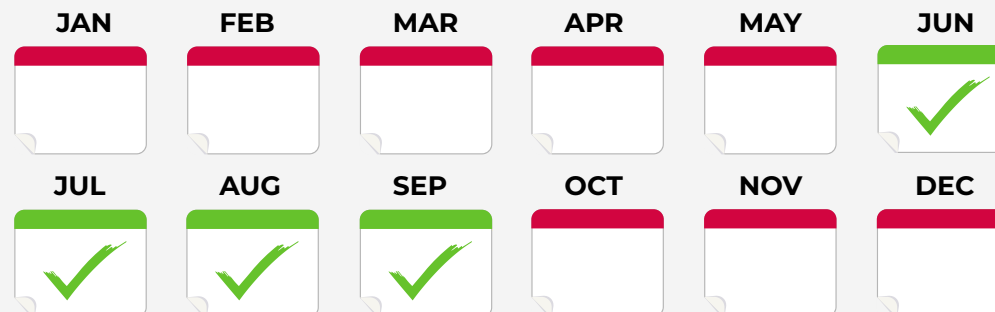


Yacon is a perennial plant that grows in the warm and temperate zones of the Andes Mountains. The plant has two edible parts: root that can be consumed liquefied or directly as fruit, and leaves that can be consumed as infusions. Yacon has a crunchy texture, is sweet in flavor, low in sugars and serves as a natural sweetener.

BENEFITS:

- It is an excellent source of antioxidants.
- Helps the body to metabolize glucose thanks to its inulin content.
- Helps weight loss due to its low calorie content.
- Reduces constipation.
- Improves the health of the intestinal flora.
- Strengthens the immune system.

Seasonal availability



Mode of use



Drinks



Honey



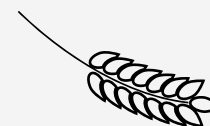
Jam



Capsules



Flour



Flakes





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