



THAI FREEZE DRY
COMPANY LIMITED

Sacha Inchi - *Plukenetia volubilis*



Sacha inchi has been cultivated and used as a food source for thousands of years in the Amazon rainforest. This superfood is rich in Omega 3, 6, and 9 polyunsaturated fatty acids. It is also high in antioxidants Vitamin A (carotenoids) and Vitamin E (alpha tocopherol). Sacha Inchi takes its rightful place among the world's top superfoods.

Thailand has listed Sacha Inchi on its list of its top agricultural products to be promoted. Large co-ops in Northern Thailand, where the perfect growing conditions exist for growing top quality Sacha Inchi, provide a sustainable income for dozens of Sacha Inchi farmers and

their families. Our Sacha Inchi farmers use natural fertilizers and pesticide-free cultivation practices, harvest by hand and deliver premium quality under the highest international standards.

Plant-based Protein: Sacha Inchi is also a very strong plant-based protein source with approximately 60% protein by weight. In addition Sacha Inchi contains a rich amino acid profile that promotes endogenous protein synthesis. This gives you a double dose of protein; first from the protein contained in the sacha inchi and secondly by the rich amino acid profile that promotes protein synthesis.

Omega 3: Omega 3 is essential for the development of the brain and nervous system, regulates our immune system, fights chronic inflammation and infections and helps to relieve blood-clotting disorders as well as supporting overall cardiovascular health.

Weight management: Sacha inchi seeds contain a substantial quality of tryptophan, a precursor for endogenous serotonin synthesis. Serotonin is a neurotransmitter (the “feel good hormone”) that helps us deal with stress and anxiety, helping to keep us calm and happy. This can have a huge positive effect on overall well-being. Serotonin helps to regulate appetite by helping us to overcome cravings that may cause excessive snacking and overeating.

Cognitive Function: The human brain largely consists of fat cells and we need a constant re-supply of healthy fats to fight inflammation in the brain that may cause depression, memory loss, fatigue, exaggerated pain response etc. Increased serotonin synthesis helps fight stress and anxiety and keep a positive attitude.

Cardiac Health: Sacha Inchi improves cardiac functions that improve blood circulation, lower blood pressure, and fight inflammation. At the same time Sacha Inchi lowers bad cholesterol (LDL) and raises good cholesterol (HDL). This supports your cardiovascular system.

Skin care : Sooth and balance dry, irritated, and acne-prone skin. Fine lines become less visible. Inca women traditionally used Sacha Inchi mixed with flour as a facial cream. Mix just a small quantity of Sacha Inchi powder with water, apply to your skin and look forward to the results.

Uses : The pleasant slightly nutty flavor is a great addition to salad dressings, smoothies, yogurt, cereals, soups, stir fry, protein drinks and whatever else you can conjure. Add to rice and spread on bread for a healthy twist that tastes delicious. We suggest that you do not cook the Sacha Inchi powder. Heat will decrease the levels of healthy ingredients.

Cellular Fraction-Line Technology (CFL): The highest quality Sacha Inchi powder is achieved by Thai Freeze Dry's unique process, "Cellular Fraction-Line Technology " which removes the water with minimum damage to the cellular and molecular structure of the plant as it grows in nature.

Don't accept cheap (ineffective) substitutes. Sacha inchi powder that has been air or sun dried, or dried with a variety of techniques that remove water using heat will denature the enzymes, reduce the value of thermosensitive vitamins, transmute oils and otherwise result in oxidative damage to healthy ingredients. Beware of Sacha Inchi powder that may not have undergone an antimicrobial treatment. TFD's Sacha Inchi powder has undergone an FDA approved aqueous ozone antimicrobial treatment that does not indiscriminately kill the healthy ingredients along with the microbes.

There is no better way to experience the optimum health benefits of sacha inchi.

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