

Andean Grains - Super Foods



15 years providing the best nutrition www.avendacom.com

COMPANY

Our Company

superfoods, we are broadcasters around the world of

have a commitment to be punctual and responsible for

Mission



ANDEAN PRODUCTS

QUINOA

It has a subtle flavor, contains fewer calories, has a good amount of fiber, so it promotes the health of the digestive system, controls blood sugar levels and provides a feeling of satiety. Rich in protein, which makes it an excellent natural fat burning and strengthens muscles and tissues. It also has fewer carbohydrates and contains large amounts of vitamins and minerals





DERIVATIVES



ANDEAN PRODUCTS

CANIHUA GRAIN

Canihua also is known by the name of quinoa baby, is a seed with a high nutritional value. It has twice the protein of common foods such as wheat, rice or oats. Its origin is in the areas of the Peruvian highlands and produces mainly in the Puno region north of Lake Titicaca

GRAINS

CANIHUA GRAIN



DERIVATIVES



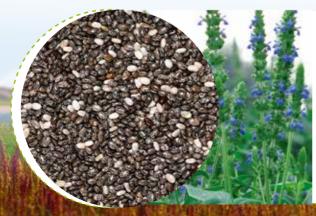






AMARANTH GRAIN

Amaranth also is known by the name of Kiwicha. It's a great source of lysine, an amino acid with protein content comparable to that of milk. It also contains primary proteins called albumin and globulins, which, when compared to prolamines in wheat, are more solubleand digestible.



CHIA SEEDS

Chia it contains an excellent source of fiber, antioxidants, calcium, proteins, fatty acids, omega 3, omega 6, manganese, magnesium, phosphorus, they also contain a good amount of zinc, vitamin B1, B2, B3 and potassium.



MACA

The root of the Maca is native to the Peruvian Andes, it contains nutritional components such as proteins, essential amino acids, carbohydrates, fibers, vitamins, and many minerals.



LUCUMA POWDER

Lucuma is a fruit with various properties and healing benefits. It's recommended for its high content of niacin or vitamin B3.





BROAD BEANS

They are rich in vegetable protein, they also have carbohydrates that give us energy, the fiber that helps us regulate intestinal transit, and their fat content is almost null, so it becomes an excellent and very healthy food.

AMAZON PRODUCTS

COCOA

Cocoa is considered one of the best antioxidants because of its high polyphenol content. Cocoa contains high levels of minerals, especially magnesium, iron, and chromium, which help reduce weight and regulate bodily humours, improve depression, pleasure and concentration.



OTHERS PRODUCTS



MUSHROOMS

Mushrooms have a particular flavor and aroma and are part of the most sophisticated menus, is of low-value caloric. They provide proteins, fibers, vitamins (B and C).



MESQUITE SYRUP

Mesquite Syrup is very rich in essential nutrients, also stands out for being very low in fat and for providing an interesting satiating effect very useful for diets.



PANELA

It is a natural ingredient that is obtained from the juice of sugarcane. The Panela stands out for being rich in minerals. In addition to having vitamin A, C, D, E and B complex, it improves the nervous system and heart rate, as well as the immune system.



BULK



25 Kg/55Lb



25 Kg/55Lb



20 Kg/44Lb



RETAIL AND PRIVATE LABEL







Certifications















Associated

Own Brand







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