



A superfood seed loaded with Protein and Omega-3s

Introduction to Sacha Inchi

Sacha Inchi (or *Plukenetia volubilis* to give it its scientific name,) also known as the Inca peanut, is a shrub plant that is organic and chemical-free. It is grown mostly in the Amazon region and is packed with proteins, nutrients, and omegas which can be roasted, milled or pressed into oil.

Sacha Inchi is also 100% vegetarian and is ideal for vegans, vegetarians, athletes, and health conscious people. It can also be used in the fight against diabetes, relieving symptoms of asthma, and applied on wounds for healing.

The Sacha Inchi can also be taken as a snack or as a daily health supplement.



Omega 3

Since our bodies do not produce Omega-3 oils naturally, we must get them from our diet. Sacha inchi seeds are the richest source of Omega 3 available. It contains 17 times more Omega-3 fatty acids than wild sockeye salmon, and it is an excellent plant based source of omega-3 fatty acids, without having to deal with unpleasant fishy flavours and aftertastes!



Protein & easily digestible

Sacha inchi is an exceptional source of plant-based protein. It has 8.5 grams of protein per serving of 1 ounce (28 grams). That's 20% more than the next highest, which are peanuts at 7 grams of protein per ounce – more than most nuts and seeds. They are a complete protein source which is rich in both essential and non-essential amino acids. This highly digestible (96%) protein is very useful in tissue regeneration and muscle development, and it's easily digestible.



Tryptophan

Sacha inchi seeds are high in a compound called tryptophan which is a precursor to serotonin – the hormone that helps us to feel good and promote good mood. Serotonin is a neurotransmitter which is believed to help calm the nerves, boost the mood and deal with anxiety, depression and stress.



Antioxidants and Vitamins A & E

Sacha inchi have a high concentration of natural antioxidants like Vitamin E, which helps to block free radical damage caused by exposure to UV rays. Vitamin E also boosts collagen production, helping to maintain skin elasticity and prevent wrinkle formation.



Gluten-free

All those with gluten intolerances and allergies can also enjoy this nutritious and yummy snack!



Fiber

Sacha Inchi seeds contain 5 grams (20% of our daily needs of fiber) of fiber per ounce. This helps to provide a good environment for the growth of probiotic bacteria in our gut which is great for boosting up our immune system. They contain twice the amount of fiber found in walnuts or almonds.

INCARICH

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IMPROVES HEART HEALTH



FIGHT DIABETES

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HEALTHY SKIN AND HAIR



HEALTHY EYES