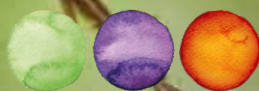


Coconut Water

Organic freeze-dried fruit

Coconut water is a natural juice that comes from the inside of the coconut. It is rich in electrolytes, mainly potassium, magnesium, phosphorus and calcium. Thus, it is a natural isotonic drink, highly hydrating and fat-free. It has a soft aroma and flavour, and it is a very popular natural refreshing drink in tropical countries.



HYPERFOOD

energy for the body

Coconut Water

Benefits

Experts recommend the inclusion of coconut water in diets due to its nutritional value and several health benefits. The high potassium levels favour proper muscular function, preventing spasms and cramps. In addition, potassium and magnesium consumption is associated with bone health, and osteoporosis prevention. It is rich in magnesium, which is an important mineral in the control of blood pressure, cardiovascular protection and prevention of metabolic syndromes (obesity, diabetes, etc). It is recommended to balance the circulatory system, since it regulates sodium and water levels in the body.

Clinically, coconut water can also be used in oral rehydration to replace liquid loss in the gastrointestinal system in patients with severe dehydration.



Applications



Supplements



Smoothies



Shakes



Isotonic Drinks



Teas

Format



Freeze-dried powder

Coconut Water

- Rich in Potassium
- Rich in Magnesium
- Source of Calcium and Phosphorus

Freeze-drying

To obtain a freeze dried powder, the pulp is frozen and placed in the freeze drier where the process takes place. The result is a light white powder. Freeze-drying is a low temperature dehydration process, as food is frozen and subjected to a low pressure environment, enabling water to be removed from

cells through sublimation. It preserves nutrients, shape, colour and taste of food; and it is considered to be the best drying technology available. Water removal allows a longer shelf life at room temperature without the need of preservatives and provides stability to a wide range of applications.

Nutritional Values

Calories (kcal)	367	Glicose (g)	8.5
Carbohydrates (g)	89	Maltose (g)	1.1
Dietary Fiber (g)	0.0	Sacarose (g)	13.4
Protein (g)	2.1	Potassium (mg)	3018
Total Fat (g)	0.0	Magnesium (mg)	107
Total Sugars (g)	33.8	Sodium (mg)	231
Fructose (g)	9.6	Calcium (mg)	224
Galactose (g)	1.2	Phosphorus (mg)	163

Composition

Component	%
Cocounut Water	65.0
Organic Maltodextrin*	33.0
Silicon Dioxide**	2.0

*Carrier: used in the drying process without impasting the final product

**Anti-caking agent: used to reduce the absorbance of humidity from the atmosphere

- ✓ Organic
- ✓ Gluten free
- ✓ Non-GMO
- ✓ No artificial colors
- ✓ No preservatives
- ✓ No added sugar

Certifications



- Reference values only - It does not consist in specification data
- Values per 100g of freeze-dried powder

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