

KIWIFRUIT SEED

Raise your Omega-3 Intake!

Did you know that 3% of the weight of a kiwifruit is in its tiny seeds? And like those of many other berries, these seeds lock in the nutrients for the plant's cultivation, growth, survival and are nutrient dense. Unlike other tree fruit and berries, you can eat, rather than discard, kiwifruit seeds.

Kiwifruit seed contains more than 60% of what is commonly known as OMEGA, which is an important essential fatty acid (EFA). EFA is rich in vitamin A and helps to promote heart and brain health and regulate cholesterol. Kiwifruit seed is also high in fibre and dense in various phytochemicals that also provide a lot of support for human beings.

To raise omega-3 in your diet there is a need to ingest foods with high levels of omega-3 fatty acids and comparatively low levels of omega-6. One of the best plant foods for omega-3 is kiwifruit seed.



Our Green Kiwifruit Seed is produced from the Hayward variety, the globally recognised "best-selling" variety of kiwifruit, and we source only from accredited packhouses. This ensures the fruit we use adheres to world best practice growing programs.

We use quality modern processing equipment and innovative extraction techniques with strict quality and hygiene programs. Our processes are HACCP-certified and also carry both Kosher and Halal certifications.

We also supply Gold Kiwifruit Seed and this is processed to the same high standards as our Green Kiwifruit Seed.

All of this confirms we deliver to you a great kiwifruit seed for many applications.



APPLICATIONS

Kiwifruit seeds are small, dry and ready to consume. They provide a soft crunch to food and can be used for a variety of applications including:

- Yoghurt
- Smoothies
- Jams
- Salad toppings
- Providing the magic touch to baking
- Nutraceuticals and cosmetics



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