



## Cultivation Area

### About Yacon

Yacon is a root tuber of brownish to purple colour which grows in the Andes Mountains. It may reach a weight of up to 1 kg and looks a little like our radish or sweet potato. The indigenous population has been consuming Yacon as valuable basic food for centuries.

The soft fruit pulp is prepared as salad or vegetable or eaten simply pure.

The Yacon root tuber consists mainly of water. Its taste reminds of freshening sweet honeydew melon or pears.



Yacon Root



Yacon packed

## AMAZONAS

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bio yacon



Lat.: „Smallanthus sonchifolius“

Natural blood sugar balance

Tender power for the intestine

## Specification

### AMAZONAS Yacon is unique

- For digestion – for the intestinal flora – for more vitality
- Our supplier is a small certified family farm in the Peruvian Andes Mountains, who practice cultivation according to the guidelines of organic cultivation. Everything fits: tradition, long-term experience and dedication to the product – that is our recipe for first-class quality.
- Containing a high percentage of dietary fibre – more than 12 g / 100 g – our Yacon may be declared as „source of fibre“.
- The high content of inulin – 37 g / 100 g – marks our Yacon powder a prebiotic food, given a daily consumption of 12 g (equal to 4,4 g inulin. The quantity of min. 4 g inulin is required per day.) A detailed chemical analysis is available – please contact us if You are interested in it.

### The content of inulin by comparison:

• Wheat	4 %	
• Onion	7,5 %	
• Chicoree	20 %	
• Yacon	37 %	

### Specification

Product name	organic Yacon powder – raw food quality
Botanic name	Smallanthus sonchifolius
Country of origin	Peru
Cultivation	Controlled organic cultivation
Made of	Yacon roots
Composition	100 % pure Yacon powder
Carriers	none
Vital agents	High content of inulin and oligofructose (FOS)
Ratio	12,5 kg root tubers : 1 kg powder
Consistency	Fine powder
Mesh	0,25 mm (60 mesh)
Free of	GMO, gluten
Colour	beige
Taste	Fresh and sweet
Suitable for	Vegetarians, diabetics, celiac disease, vegans, raw fooders
Best before	24 months
Original trading unit	1 kg bags
Recommended storage	Dry, originally packaged
Category	Food supplement, organic product, diabetic, ingredient for smoothies, prebiotic

### Packaging options

- Bulk: 10 x 1 kg bags per carton
- packed in: 240 g cans (labelled or unlabelled)

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## Production

### Cultivation and harvest

The roots are ripe as soon as their outer skin is getting wrinkled. They are handpicked and sorted out next to the fields. Only the best of them are gathered in baskets and carried to the production area.

### Cleaning

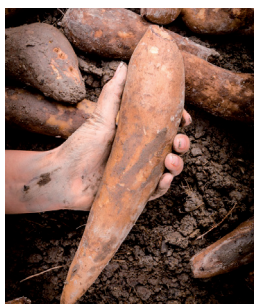
First the roots are scrubbed by special brushes in big wooden basins to remove the dirt and then cleaned in a special „disinfection-bath“. During this process they are handpicked and sorted by colour and smell a second time by skilled staff members.

### Drying and grinding

The cleaned roots are spread out for „airing“ in a dry room (the so called „airing-room“) before they get their final drying. For this they are sliced and spread out upon special grid sheets and dried gently in a drying chamber by 40-42°C. This is a natural curing method which requires no additives and is considered the most gentle drying method of all. As soon as the moisture is below 6% the dried slices are grinded and sifted finally to remove any bigger particles.

### Chemical analysis and shipment

Having passed the chemical analysis the powder is packaged in 1 kg PP-bags, which are stored in a cool storage room ready for shipment.



## Benefits

- Yacon contains a high percentage of inulin and oligofructose, which belong to the „fructooligosaccharides“ (FOS)- one of the most natural sugar substitutes. Their sweetness is 30-50% higher than common sugar while their calory amount is marginal.
- Inulin and oligofructose are valuable prebiotics. Since they contain a high amount of indigestible fibre they are transported down to our large intestine where they serve as good food for healthy intestinal bacteria. These „good“ bacteria are responsible for a healthy intestinal flora, which has a big impact on our immune system and digestion.
- Prebiotics are soluble fibres, which bind water in our stomach and intestine, swell up and give us the feeling of being not hungry over a longer time.
- Yacon is considered an ideal sugar substitute for diabetics, that is why they call it „the diabetic potatoe“. The fructooligosaccharides reduce the glucose production in the liver – what means, they reduce the fasting glucose value. Some studies also show that the Yacon root may increase the insulin sensitivity thereby reducing the danger of an insulin resistency.

## Fields of application

### Daily use:





- As required 1 level spoonful (ca. 12 g) Yacon powder to sweeten yoghurt, musli or smoothies

### Industrial use:

- Our Yacon powder is perfectly suitable as ingredient for smoothies, to sweeten and soften bitter-tasting powder mixes.
- Yacon is permitted to be used as sugar substitute, and products containing Yacon are allowed to be declared as „sugarfree“.
- In the meat and sausage production Yacon is appreciated because of its slightly sweetish flavour and by the fact that Yacon raises the amount of dietary fibre in animal products.
- Yacon is also a very popular fat substitute, it makes food more creamy: even a lowfat curd cheese turns into a delicacy with the help of Yacon.

## Nutrition facts

per 100 g

Calorific value	1151,8 kJ / 276,9 kcal	   
Fat	0,3 g	
Thereof saturated fatty acids	0,2 g	
Carbohydrates	41,5 g	
Thereof sugar	41,3 g	
Dietary fibre	49,3 g	
Protein	2,4 g	
Salt	0,19 g	
Inulin	37,0 g	

## Documents

- Chemical analysis for each charge
- Analysis of heavy metal and pesticides
- Specification including all regulations and confirmations, such as GMO free
- Certification of organic cultivation