



Amazon Nuts  
for a healthy world

A selenium\*-rich superfood

Commercially known as Brazil nuts

## From the majestic rainforest in Peru

\*Recommended by the Canadian Association of Integrative Medicine to strengthen the immune system

### A nutritional powerhouse to boost the immune system

- Rich in healthy fats, vitamins, antioxidants, and minerals. In addition to selenium, this superfood contains zinc, magnesium, vitamin B (thiamine) and E, iron, fiber, and calcium
- Anti-inflammatory properties, supports thyroid function, and fights anxiety, fatigue, and depression
- Sourced from wild collection in primary rain forests with abundant biodiversity, and free from industrial pesticides
- Provides sustainable income opportunities, and the benefit of protecting trees that play a valuable role in the ecosystem

#### Harvest Cycle

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
X	X	X	X								X

A tree takes 12 to 15 years to produce. Product availability in Madre de Dios, Peru, runs mainly during the first semester.

Commercial name: Brazil nuts (*Bertholletia excelsa*)  
 HS Code: 080122 Brazil Nuts, Fresh Or Dried, Shelled  
 Size, Grade: Raw/ Shelled Mediums 110 to 130 per pound /Midgets (160 to 180 per pound)  
 Color: Light to dark brown skin, creamy white meat  
 Humidity: 3.5% (Max)  
 Shelf life: 12 months  
 Presentation: Vacuum Packing in Polypropylene bags, cartons.  
 Net weight 44 pounds or 20kg /cartons

### Nutrition Facts

Serving Size 1 oz (28g) about 6 pcs.

Amount Per Serving

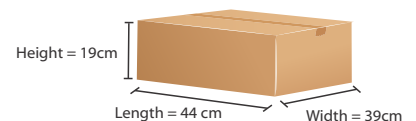
Calories 184

	% Daily Values*
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 4.6g	20%
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 1mg	<b>0%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 2g	8%
Sugars 1g	
<b>Protein</b> 4g	<b>1%</b>

Thiamin 12%	•	Phosphorus 20%
Magnesium 26%	•	Selenium 767%
Copper 24%	•	Manganese 17%

Daily Values may be higher or lower depending on calorie needs

SOURCE: The USDA Nutrient Database for Standard Reference



▶ 1 BOX = 44 pounds or 20 kilograms

## Amazon Nuts S.A.C.

- Over 20 years of experience collecting, processing, and exporting quality nuts  
Processing plant with FDA registration
- With each shipment: microbiological analysis (aflatoxins); phytosanitary and chemical analysis; certificate of physical and organoleptic test
- Serving discerning international customers in countries such as the US and South Korea



▶ 20 FT CONTAINERS = 800 BOXES  
= 35200 pounds or 16000 Kilograms

▶ 40 FT CONTAINERS = 1200 BOXES  
= 52800 pounds or 24000 Kilograms

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