



SUPERFOODS

BY **MRM** NUTRITION

ORGANIC SACHA INCHI POWDER



INCA'S PERUVIAN "SUPER" SEED

NET WT. 8.5 OZ (240 G)



Directions: Add 1 serving to water, juices, smoothies, and other recipes.

Nutrition Facts

34 servings per container
Serving size 1 tbsp (7g)

Amount Per Serving
Calories 30

	%Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 1g	0%
Dietary Fiber 1g	3%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 4g	0%
Vitamin D 0mcg	3%
Calcium 33mg	3%
Iron 0.5mg	2%
Potassium 74mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic Sacha Inchi Seed Powder.

UNTOUCHED nature mesmerizes me how it lives in harmony within itself; plants, animals and microorganisms, all intertwined in a sometimes chaotic yet cyclical unity. This perspective shaped my childhood and evolved into a quest for knowledge of ethnobotany (study of the relationships between peoples and plants). I'm humbled that this exploration allowed me to build a line of natural health products.

At MRM, we are inspired by nature and utilize science as a tool to learn, incorporate, support and educate what the natural world has to offer.

Respectfully, these Superfoods are the foods our ancestors thrived on, not today's foods we survive on.

Many Thanks,

Mark Olson
Founder of MRM



WHAT IS SACHA INCHI?

NAME:	Sacha Inchi, <i>Plukenetia volubilis</i> , aka "Inca Peanut"
COUNTRY OF ORIGIN:	Peru
CLIMATE:	Amazon Rainforest, Tropics
PLANT PART USED:	Seed
NUTRIENTS:	Complete Protein, Beneficial Fats, Fiber
ETHNOBOTANY:	Nutrient dense whole food complex Indigenous people cultivated the plant and cooked/toasted its seeds.

RECOMMENDED USES

USE 1 SERVING PER DAY.



SMOOTHIES



YOGURT/CEREAL



BEVERAGES



BAKING

SMOOTHIE RECIPE

NUTS ABOUT SACHA!

Serves: 1

1 tbsp Sacha Inchi powder

1 cup almond milk

¼ cup chopped dates

DIRECTIONS:
Place ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

By Chris White
MRM Culinary Advisor

For more uses/recipes go to:
www.mrmnutrition.com/recipes

Contains NO added milk, egg, soy, peanut, tree nut, fish, shellfish, wheat, gluten or yeast ingredients.

Contains a non-toxic moisture absorber to maintain freshness. Do not eat. Store in a cool, dark, dry place.

This product is manufactured in a facility that processes other products that contain milk or egg.

This product is packaged by weight, not volume. Settling of contents occurs over time and cannot be avoided.

DOES NOT CONTAIN

- ⊗ Gluten.
- ⊗ Preservatives.
- ⊗ Refined Sugar.
- ⊗ Sugar Alcohols.
- ⊗ Animal Products.
- ⊗ Fillers or Additives.
- ⊗ Artificial Ingredients.

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Certified Organic by ECOCERT SA