

# ROYAL NATURAL FOODS

Product portfolio

## CHIA SEEDS

- Organic & Conventional Black Chia seed
- Organic & Conventional White Chia seed
- Organic & Conventional Defatted Chia Flour
- Organic & Conventional Milled Chia



*Black and white chia seeds are nutritionally identical, the only difference being the seed coat color. Chia can be eaten completely raw, and does not require any milling or processing. Sprinkle onto your muesli or cereals, into your salads or smoothies, or add to your baking. We are suppliers of the world's highest quality chia, and guarantee the nutritional quality of every seed we deliver.*

## QUINOA

- Organic & Conventional Royal White Quinoa
- Organic & Conventional Royal Red Quinoa
- Organic & Conventional Royal Black Quinoa
- Organic & Conventional Royal Tricolor Quinoa
- Organic & Conventional Quinoa Flakes
- Organic & Conventional Puffed Quinoa.



*Quinoa is a seed nutrient rich with amazing health benefits, especially for your skin and hair. At Royal Natural Foods, you can get both organic and natural Quinoa. Quinoa means "the mother grain" in the Inca language. It was a sacred food of the Incas, who believed that eating it would help them live a long and healthy life. It was also considered the "golden seed" for its high amount of protein and essential amino acids that are double the amounts found in other seeds and grains.*

## SESAME SEEDS

- Organic & Conventional Hulled Sesame Seeds
- Organic & Conventional Natural Sesame Seeds



*Not only are sesame seeds an excellent source of copper and a very good source of manganese, but they are also a good source of calcium, magnesium, iron, phosphorus, vitamin B1, zinc, molybdenum, selenium, and dietary fiber. Sesame has also been found to protect the liver from oxidative damage.*



# ROYAL NATURAL FOODS

Product portfolio

## CEREAL FLAKES

Organic Buckwheat flakes  
Organic Amaranth flakes  
Organic Wheat flakes  
Organic Millet flakes  
Organic Amaranth flakes  
Organic Barley flakes  
Organic Rye flakes



*The advantage of cereal flakes as opposed to whole grain is that the body absorbs the nutrients much easier. Rice, buckwheat, maize, millet, quinoa and amaranth are cereal types that do not contain any gluten. The flakes made from these gluten-free grains are an excellent alternative for people suffering from gluten intolerance.*

## VARIOUS

Organic & Conventional Maca Powder  
Organic & Conventional Camu powder  
Organic & Conventional Acai powder  
Organic & Conventional Popcorn  
Organic & Conventional Mung Beans and Black Beans



For further information, please contact:

Royal Natural Foods /Royal Ingredients Group  
Noorderstraat 1C  
1823 CS Alkmaar  
The Netherlands

Phone : +31-(0)72 5208080  
Website : [www.royalnaturalfoods.com](http://www.royalnaturalfoods.com) / [www.royal-ingredients.com](http://www.royal-ingredients.com)  
E-mail : [info@royalnaturalfoods.com](mailto:info@royalnaturalfoods.com) / [info@royal-ingredients.com](mailto:info@royal-ingredients.com)

