



ISLANDS HARVEST
BY TRADESBARN LLC



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ABOUT US

FROM A PALM LINED ISLAND

In Sri Lanka, the mighty but humble coconut enjoys a position of prestige that is interwoven with the culture and traditions of its people. Known as the 'tree of life', coconut palms are found across the island, from the coasts to the hilly interiors. We are taught that every part of this sacred tree offers value, and nothing goes to waste, that it is 'kapruka' - all-giving. Our manufacturers, produces 100% natural, organic (JAS, USDA, NOP, EU) and non-GMO coconut products for over 35 years, and we at **Tradesbarn LLC** take this ethos of nourishment and sustainability to heart in everything we do.



A TREAT FOR BODY AND SOUL

The Sri Lankan coconut is the best in the world in terms of the meat's naturally occurring fat content and its bright-white coloring. In fact, it has been shown to promote weight loss, improve digestion, and help prevent heart disease, cancer, diabetes, arthritis, and Alzheimer's disease. It also prevents premature aging of the skin, leads to luscious locks, and has strong anti-microbial qualities. It fuels the body with digestible proteins, healthy fats, and filling fiber. Thus, it is an integral part of the island's fabric, a staple that is consumed in some form at every meal.



ALWAYS AT THE FOREFRONT

As pioneers and leaders in producing organic coconut products, our manufacturers combine traditional expertise with state-of-the-art equipment to produce a broad and diverse range of coconut products. Their modern production facilities, located in the heart of Sri Lanka's coconut triangle, are certified GMP, HACCP, BRC AA, ISO 22000, Kosher, and Halal. At Tradesbarn LLC, we empower our manufactures to support small-scale farmer partners to be sustainable and profitable while appreciating and developing their products.



ENRICHING COMMUNITIES

At **Tradesbarn LLC** we focused on social enrichment and community programs to support the underprivileged in the communities we function in. Therefore, our selected manufacturers are certified as being Fair Trade and SMETA compliant and employ over 500 employees directly while empowering over 5,000 people indirectly. Further, we have a long-established zero-tolerance policy on child labor and champion gender equality. When you invest in **Islands Harvest products**, not only are you investing in your consumers' health and your business, but also the humble Sri Lankan coconut farmer and their communities, thereby adding to the prosperity of an island and its people.

CREAMED COCONUT

Islands Harvest Creamed Coconut is a semi-solid viscous product made with dried coconut that is passed through the colloidal mill. It is 100% pure and contains no added food additives such as artificial favors, colors and preservatives.

USES

Islands Harvest Creamed Coconut can be used in all products which require cream such as gourmet dishes, confectionery products, dessert mixes and makes an excellent dairy substitute in ice cream making.

PRODUCT CHARACTERISTICS

Appearance	-	Creamy without foreign matter except paring particles
Texture	-	Semi-solid liquid
Taste	-	Sweet and pleasant with strong coconut flavor
Color	-	Cream
Odor	-	Pleasant odor, free from rancid odor
Fat	-	65% (minimum)
Moisture	-	2.5% (maximum)
Sulphate residue	-	Nil

NUTRITIONAL BENEFITS


VEGAN


GLUTEN FREE


GMO FREE


DAIRY FREE


NO ALLERGENS


NO PRESERVATIVES

HEALTH PROMOTING CHARACTERISTICS

- Lowers the risk of developing cancers
- Regularize blood sugar
- Improves cardiovascular health
- Supports digestive health

Nutrition Facts		(Per 100g)
13 serving per container		
Serving size		15 g
Amount per serving		
Calories		109
Energy		726.4 Kcal
Total Fat		66.8 g
Of which Saturated		62.5 g
Carbohydrate		25.7 g
Of which Reducing Sugar		8.3 g
Fiber		13.2 g
Protein		5.6 g
Sodium		13.59 mg
Calcium		10.8 mg
Iron		0.57 mg

PACKAGING

141 g packets, 150g packets, 170g packets, 200g packets
141 g x 40 per carton, 4600 (Reefer FCL 40 Ft)
150g x 40 per carton, 2600 (Dly FCL 20 Ft)
150g x 40 per carton, 2400 (Reefer FCL 20 Ft)
150g x 40 per carton, 4000 (Reefer FCL 40 Ft)
170g x 40 per carton, 2900 (Dry FCL 20 Ft)
170g x 40 per carton, 2400 (Reefer FCL 20 Ft)
200g x 40 per carton, 2600 (Dry FCL 20 Ft)
200g x 40 per carton, 2400 (Reefer FCL 20 Ft)
190 kg steel drums 70 /20 FCL
17 kg pail palletized 450 /20 FCL
20 kg carton, 925/20 FCL

STORAGE

Keep in a cool dry place away from direct sunlight.
Refrigerate after opening and consume within 3 days.

SHELF LIFE

24 months.

ORGANIC SWEETENED CONDENSED COCONUT MILK

Islands Harvest Organic Sweetened Condensed Coconut Milk is a sweet and viscous product obtained from coconut milk blended with organic sugar by concentration.

USE

Can be used as fruit salad dressing, in confectionery, mixed with fruit juices, for preparation of beverages, etc.

PRODUCT CHARACTERISTICS

Appearance	- Glassy appearance
Flavor	- Characteristic of pleasant coconut flavor
Taste	- Sweet
Color	- Whitish color to Ivory
pH	- 5.5 - 6.2
Brix	- 60° 65°

NUTRITIONAL BENEFITS



Nutrition Facts		(Per 100g)
7 servings per container		
Serving size		30 g
Amount per serving		
Calories		155
Energy		512 Kcal
Fat		32.2 g
Of which Saturated		30.3 g
Carbohydrate		52.5 g
Of which Reducing Sugar		36 g
Fiber		0.0 g
Protein		3.1 g
Sodium		10 mg
Calcium		4.5 mg
Potassium		200 mg

PACKAGING

Primary - 3-piece tin plated can with EOE lids
Secondary - 24 can pack in brown liner
3-ply corrugated cartons
Net weight/Volume - 210 g
No of ctns / 20 FCL - 1800 (palletized)
3060 (non-palletized)

STORAGE

Store in cool dry place away from direct sunlight.
Once opened keep under refrigerated condition.

SHELF LIFE

24 months

ORGANIC RED CURRY COCONUT MILK

Islands Harvest Organic Red Curry Coconut Milk is a 100% natural, dairy free milk produced from organic Sri Lankan coconut milk flavored with ground red chilies, ginger, pepper, and turmeric. This ruby colored, ready-to-eat blend bursts with all the authentic favor of the classic Sri Lankan red curry. Ideal for fish, poultry, meat, vegetables, and lentils.

USES

Only mildly spicy, it is guaranteed to make your tastebuds sing. Best paired with rice, noodles, or flatbreads. Coconut milk has a natural tendency for slight phase separation & solidification at temperatures below 20°C. Shake well prior to use.

PRODUCT CHARACTERISTICS

Appearance - Milky homogeneous liquid free of foreign matter
Color - Red
Texture - Free flowing liquid
Taste - Combination of coconut and spices
pH value - 5.2 – 6.0
Fat % - 6% to 12%

NUTRITIONAL BENEFITS



VEGAN



GLUTEN FREE



GMO FREE



DAIRY FREE



NO
ALLERGENS



NO
PRESERVATIVES

HEALTH PROMOTING CHARACTERISTICS

- Aids in weight loss
- Contains antioxidants
- Helps in balancing electrolytes
- Improves cardiovascular health
- Strengthens the immune system
- Healthy hair and skin
- Anti-inflammatory properties

Nutrition Facts

(Per 100g)

3 servings per container

Serving size

60 g

Amount per serving

Calories

73.2

Energy	85.0 Kcal
Carbohydrate	3.7 g
Protein	1.12 g
Total Fat	7.16 g
Saturated Fat	6.46 g
Dietary Fibre	0.5 g
Sodium	0.26 g
Iron	1.2 mg
Potassium	120 mg
Calcium (Ca)	7 mg

PACKAGING

Primary - 3-piece tin plated can with
EOE and Non-EOE lids

Secondary - 24 cans packed in brown liner 3-ply
corrugated cartons

Net weight / volume - 400 ml

No of ctns / 20 FCL - 400 ml X 24 cans X 1850

No of ctns / 20 FCL - 400 ml X 12 cans X 3700

No of ctns / 20 FCL - 3,000 ml X 6 cans X 924

STORAGE

Ambient Temperature. Once opened, transfer the contents to a closed non-metallic container, keep refrigerated and consume within 3 days.

SHELF LIFE

24 months

ORGANIC GREEN CURRY COCONUT MILK

Islands Harvest Organic Coconut Green Curry Milk is a 100% natural, dairy-free milk produced from organic Sri Lankan coconut milk and traditional mixes of Sri Lankan spices. The perfect balance of heat and aroma, this ready-to-eat blend is packed with spices and herbs.

USES

Its well-balanced profile of flavor is ideal for vegan curries such as green beans, broccoli, carrot, ladies finger, cashew and the Sri Lankan favorite – mixed vegetables. The authentic Sri Lankan mix also pairs well with seafood. If you like it extra fiery, feel free to add chopped or sliced green chilies or green chili paste. Coconut milk has a natural tendency for slight phase separation and solidification at temperatures below 20°C. Shake well prior to use.

PRODUCT CHARACTERISTICS

Appearance	-	Milky homogeneous liquid free of foreign matter
Color	-	Green
Texture	-	Free flowing liquid
Taste	-	Combination of coconut and spices
pH value	-	5.4 – 6.0
Fat %	-	6% or 12%

NUTRITIONAL BENEFITS



VEGAN



GLUTEN FREE



GMO FREE



DAIRY FREE



NO
ALLERGENS



NO
PRESERVATIVES

HEALTH PROMOTING CHARACTERISTICS

- Aids in weight loss
- Contains antioxidants
- Helps in balancing electrolytes
- Improves cardiovascular health
- Lowered risk of colon cancer

- Strengthens the immune system
- Healthy hair and skin
- Anti-inflammatory properties

Nutrition Facts		(Per 100g)
3 servings per container		
Serving size		60 g
Amount per serving		
Calories		45.6
Energy		76.0 Kcal
Carbohydrate		2.1 g
Protein		1.06 g
Total Fat		6.93 g
Of which Saturated		6.47 g
Dietary Fibre		0.5 g
Sodium		0.28 g
Iron		0.33 mg
Potassium		89 mg
Calcium (Ca)		8.4 mg

PACKAGING

- Primary - 3 piece tin plated can with EOE and Non-EOE lids
- Secondary - 24 cans packed in brown liner 3-ply corrugated cartons

Net weight / volume - 400 ml

No of ctns / 20 FCL - 400 ml X 24 cans X 1850

No of ctns / 20 FCL - 400 ml X 12 cans X 3700

No of ctns / 20 FCL - 3,000 ml X 6 cans X 924

STORAGE

Ambient Temperature. Once opened, transfer the contents to a closed non-metallic container, keep refrigerated and consume within 3 days.

SHELF LIFE

24 months

ORGANIC YELLOW CURRY COCONUT MILK

Islands Harvest Organic Coconut Yellow Curry Milk is a 100% natural, dairy-free milk produced from organic Sri Lankan coconut milk and traditional mixes of Sri Lankan herbs and spices. Creamy and sweet, this vegan tonic is prepared according to an ancient Ayurvedic recipe.

USES

It can be used in the preparation of curries, gravies or in any dish as a substitute for dairy milk. Delectable, nourishing and cooling on the stomach, it also makes a refreshing beverage on its own. Coconut milk has a natural tendency for slight phase separation and solidification at temperatures below 20°C . Shake well prior to use.

PRODUCT CHARACTERISTICS

Appearance	- Milky homogeneous liquid free of foreign matter
Color	- Yellow
Texture	- Free flowing liquid
Taste	- Combination of coconut and spices
pH value	- 5.4 – 6.0
Fat %	- 6% or 12%

NUTRITIONAL BENEFITS



VEGAN



GLUTEN FREE



GMO FREE



DAIRY FREE



NO
ALLERGENS



NO
PRESERVATIVES

HEALTH PROMOTING CHARACTERISTICS

- Aids in weight loss
- Contains antioxidants
- Helps in balancing electrolytes
- Improves cardiovascular health
- Strengthens the immune system
- Healthy hair and skin
- Anti-inflammatory properties
- Lowered risk of colon cancer

Nutrition Facts

(Per 100g)

3 serving per container	
Serving size	60 g
Amount per serving	
Calories	73.2
Energy	122.0 kcal
Carbohydrate	5.0 g
Protein	1.17 g
Total Fat	10.81 g
Saturated Fat	10.05 g
Dietary Fibre	0.2 g
Sodium	0.16 g
Iron	0.51 mg
Potassium	110 mg
Calcium (Ca)	3.4 mg

PACKAGING

- Primary - 3 piece tin plated can with EOE and Non-EOE lids
- Secondary - 24 cans packed in brown liner 3-ply corrugated cartons
- Net weight / volume - 400 ml
- No of ctns / 20 FCL - 400 ml X 24 cans X 1850
- No of ctns / 20 FCL - 400 ml X 12 cans X 3700
- No of ctns / 20 FCL - 3,000 ml X 6 cans X 924

STORAGE

Ambient Temperature. Once opened, transfer the contents to a closed non-metallic container, keep refrigerated and consume within 3 days.

SHELF LIFE

24 months

ORGANIC COCONUT MILK

Islands Harvest Organic Coconut Milk is produced from the emulsion extracted from the endosperm (kernel) of matured organic coconuts. It is extracted using mechanical pressing and is blended with stabilizers and emulsifiers to maintain proper consistency. Packed in hermetically sealed food grade metal cans to achieve commercial sterility, the milk is prepared from organically certified coconuts and processed under EU, NOP and JAS organic processing guidelines as well as ISO and BRC food safety guidelines.

Available in different fat contents: 6%, 8%, 10%, 12%, 17% and 22%. Conventional products are also available in the above fat levels.

USES

Mainly used for preparation of tropical cuisines. It is one of the most flavorful milks, a healthy and vegan alternative to cow's milk. Ideally suited as a culinary base, it is perfect for curries, soups, sauces, drinks, and desserts.

Coconut milk has a natural tendency for slight phase separation and solidification at temperatures below 20°C . Shake well prior to use.

NUTRITIONAL BENEFITS



VEGAN



GLUTEN FREE



GMO FREE



NO
ALLERGENS

HEALTH PROMOTING CHARACTERISTICS

- Aids in weight loss
- Contains antioxidants
- Helps in balancing electrolytes
- Improves cardiovascular health
- Strengthens the immune system
- Healthy hair and skin
- Anti-inflammatory properties
- Lowered risk of colon cancer

Nutrition Facts

(Per 100g)

about 7 servings per container

Serving size 60g

Amount per serving

Calories 100

Energy 167.4 Kcal

Carbohydrate 1.8 g

Of which reducing sugar 0.4 g

Total Fat 17 g

Saturated Fat 15.9 g

Protein 1.8 g

Fiber 1.3 g

Sodium 37.8 mg

PACKAGING

- Primary - 3 piece tin plated can with EOE and Non-EOE lids
- Secondary - 24 cans packed in brown liner 3-ply corrugated cartons

Net weight / volume - 400 ml, 3000 ml

No of ctns / 20 FCL - 400 ml X 24 cans X 1850

No of ctns / 20 FCL - 400 ml X 12 cans X 3700

No of ctns / 20 FCL - 3,000 ml X 6 cans X 924

STORAGE

Ambient Temperature.

SHELF LIFE

24 months

PRODUCT CHARACTERISTICS

- Appearance - Milky, homogeneous liquid free of foreign matter
- Flavor & Odor - Coconut favor and pleasant odor; free from rancid, soapy or other objectionable favors or odors
- pH value - 5.8 – 6.3
- Fat % - 6% to 22%

ORGANIC VIRGIN COCONUT OIL

Organic Virgin Coconut Oil is obtained from freshly harvested, matured coconuts via the cold press method, ensuring its rich nutritional content is preserved. It is free of preservatives, flavorings, colorings and has not undergone any chemical refining, bleaching, deodorizing or use of any other chemicals in the manufacturing process.

USES

Organic Virgin Coconut Oil is one of the healthiest oils in the world. It is fit for consumption without the need for further processing. Virgin coconut oil is a nutraceutical and functional food, making it perfect for all your cooking needs along with baking and making margarine. Further, it can be used for body care, haircare and cosmetics, as a substitute for body oil, moisturizing lotion and hair conditioner.

PRODUCT CHARACTERISTICS

Color - 25 mm cell on the
Lovibond color
scale
in Y + 5R, not deeper than

01 Relative density at 30°C - 0.920 g/ml

Moisture % (matter volatile at 105°C, max) -

<0.2% Insoluble impurities % by mass, max -

<0.05% Free fatty acids, calculated as lauric
acid

% by mass, max - <0.2%

Iodine value - 4.1 - 6.0

Saponification value - >255 -

265 Unsaponifiable matter % by
mass,
max - <0.2%

Nutrition Facts		(Per 100g)
16 servings per container		
Serving size		14g
Amount per serving		
Calories		130
Energy	3761 KJ/899 Kcal	
Total Fat	99.88 g	
Of which Saturated		
Caprylic-C8	8.7 g	
Capric-C10	5.9 g	
Lauric-C12	50.9 g	
Myristic-C14	19.8 g	
Palmitic-C16	7.2 g	
Stearic acid-C18	2.4 g	
Monounsaturated	4.2 g	
Polyunsaturated	0.6 g	
Cholesterol	0.0 mg	
Carbohydrate	0.0 g	
Of which Sugars	0.0 g	
Protein	0.0 g	
Sodium	0.0 g	

NUTRITIONAL BENEFITS



VEGAN



GLUTEN FREE



GMO FREE



NO
ALLERGENS

PACKAGING

Primary - 230 ml, 500 ml, 970 ml
glass bottles

Secondary - 5-ply brown liner
corrugated cartons 230

ml x 12 per carton - 3780 / 20 FCL

300 ml x 12 per carton - 3120 / 20 FCL

500 ml x 6 per carton - 4000 / 20 FCL

970 ml x 6 per carton - 2365 / 20 FCL

185 kg x 1 steel drums - 70 / 20 FCL

920 kg x 1 IBC Totes - 20 / 20 FCL

920 kg x 1 IBC Totes - 26 / 40 FCL

STORAGE

Store in a cool dry place away from direct sunlight.

SHELF LIFE

24 months.

ORGANIC COCONUT AMINO – SPICY

Made from organic coconut sap and infused with organic Sri Lankan spices such as nutmeg, black pepper, cinnamon, clove and ginger, Islands Harvest Organic Coconut Amino - Spicy is a dark, rich, aromatic, flavorful and slightly sweet sauce that is free of soy and gluten. Can be used as a substitute for soy sauce and it is allergen free.

USES

May be used as a dipping sauce for sushi, egg rolls, wantons, and more, as favoring for rice, noodles, or vegetable dishes, as marinade for fish, chicken or other meat, or as a cooking sauce.

NUTRITIONAL BENEFITS

Contains less salt than soy sauce.



VEGAN



GLUTEN FREE



GMO FREE



NO
ALLERGENS

HEALTH PROMOTING CHARACTERISTICS

- Aids in weight loss
- Contains antioxidants
- Helps in balancing electrolytes
- Improves cardiovascular health
- Strengthens the immune system
- Healthy hair and skin
- Anti-inflammatory properties
- Lowered risk of colon cancer

AMINO RANGE AGAINST SOY SAUCE

- Coconut amino acts as a soy-free and gluten-free alternative to soy sauce that provides a similar taste without the risk of allergic reactions.
- Using coconut amino as a lower salt alternative in place of soy sauce will be better for your cardiovascular health in the long run.
- Coconut amino is rich in 17 amino acids and minerals.
- Coconut amino has a low glycemic index

Nutrition Facts

- 2 Tbsp (30ml)

14 servings per container

Serving size 18g

Amount per serving

Calories 68

Energy 194 cal

Protein 0.1 g

Fat 0.1 g

Saturated fat 0.08 g

Carbohydrates 47.9 g

Sugar 46.8 g

Sodium 600 mg

Calcium 19 mg

PACKAGING

- Primary - 250 ml glass bottles with plastic caps
- Secondary - Brown liner 3-ply corrugated cartons
- 250 ml x 12 bottles per carton
- 1800 / 20 FCL - palletized
- 3000 / 20 FCL - non-palletized

STORAGE

Ambient Conditions (20–30°C). Keep away from direct sunlight.

Once opened, keep refrigerated.

SHELF LIFE

18 months.

ORGANIC COCONUT VINEGAR

Islands Harvest Organic Coconut Vinegar is prepared by alcoholic fermentation and acetous fermentation processes using organic coconut water.

USES

Use as a natural preservative for pickling of vegetables and fruits, for tenderizing hard meat in cooking or mix with salad. Also, can be used to prepare shrub drinks.

ORGANIC COCONUT CHILI VINEGAR

Organic Sri Lankan coconut vinegar is infused with organic chilies to produce Organic Coconut Chili Vinegar, a fragrant brew full of spicy heat.

USES

Organic coconut chili vinegar goes particularly well with fish and meats. It can be used in vinaigrettes, sauces and salad dressings, and as a condiment on its own, when you want an extra kick.

ORGANIC SPICED COCONUT VINEGAR

Sweetly aromatic, this organic Sri Lankan spice infused coconut vinegar is a unique brew that would add a unique flavor to your dishes.

USES

Organic Spiced Coconut Vinegar pairs well with meats and vegetables. It can be used in vinaigrettes, sauces and salad dressings, and as a condiment on its own, when you want an extra hint of spice.

HEALTH PROMOTING CHARACTERISTICS

- Contains probiotics, polyphenols, and is rich in micronutrients
- Lowers blood sugar and helps fight diabetes
- Reduces hunger and helps lose weight
- Improves cardiovascular health
- Improves digestion and immunity

Nutrition Facts		- 2 Tbsp (30ml)
13 servings per container		
Serving size		30 ml
Amount per serving		
Calories		0
Energy		0 g
Fat		0 g
Sodium		90 mg
Carbohydrate		0 g
Protein		0 g

NUTRITIONAL BENEFITS



VEGAN



GLUTEN FREE



NO ALLERGENS



NO PRESERVATIVES



NO ARTIFICIAL FLAVOURS

PACKAGING

Primary	- 400 ml, 250 ml glass bottles
Secondary packaging	- Brown liner 5-ply corrugated carton
400 ml x 12 per carton	- 2736 (20 FCL)
250 ml x 12 per carton	- 3000 (20 FCL)

STORAGE

Ambient Conditions (20–30°C). Keep away from direct sunlight.
Once opened, keep refrigerated.

SHELF LIFE

24 months.

PRODUCT CHARACTERISTICS

Total acidity	- 4% (min)
Total solid	- 1% (max)
Alkaline oxidation value	- 80 (min)
Iodine value	- 160 (min)
Residual ethyl alcohol	- 1% (max)
Permanganate oxidation value	- 750 (min)

ORGANIC COCONUT BUTTER

Islands Harvest Organic Coconut Butter is a rich, vegan, dairy-free butter made by passing desiccated organic coconut through a colloid mill. It is viscous and semi-solid in nature.

USES

for cooking, confectionary, and to prepare coconut milk

PRODUCT CHARACTERISTICS

Color	- Cream
Appearance	- Creamy, free of foreign matter except for paring particles
Odor	- Pleasant, free from rancid odor
Taste	- Sweet, strongly characteristic of coconut
Texture	- Semi-solid liquid
Fat	- 65.8% (min)
Moisture	- 2.5% (max)
Sulphate residue	- Nil

NUTRITIONAL BENEFITS



Nutrition Facts (Per 100g)	
15 servings per container	
Serving size	15g
Amount per serving	
Calories	110
Energy	726.4cal
Total Fat	66.8 g
of which Saturated	62.5 g
Carbohydrate	25.7 g
of which Reducing Sugar	8.3 g
Fibre	13.2 g
Protein	5.6 mg
Sodium (Na)	13.59 mg
Calcium (Ca)	10.8 mg
Iron (Fe)	0.57 mg

PACKAGING

Primary	- Glass bottles
Secondary	- Brown liner corrugated cartons, shrink-wrapped trays
Net weight /volume	- 230 g
	- 230 g x 12 per carton / 20 FCL – 3780

STORAGE

Ambient conditions. Refrigerate after opening and consume within 3 days

SHELF LIFE

24 months

ORGANIC COCONUT FLOUR

Coconut flour is produced by fine grinding of dried coconut meat after partial removal of coconut oil.

USES

It's a wholesome and healthy alternative to wheat and grain flours, great for preparing bakery and confectionery products such as baking bread, muffins, cakes, and cookies. It can also be added to soups, gravies, sauces, smoothies, and shakes and makes a delicious coating for frying.

PRODUCT CHARACTERISTICS

- Color - White, cream or light brown
- Appearance - Free from burnt particles and any foreign matter
- Odor - Typically nutty
- Taste - Mildly characteristic of coconut
- Moisture - 5% (max)
- Fat - >10% (min)

Free fatty acid as lauric acid - <0.2%

NUTRITIONAL BENEFITS


VEGAN


GLUTEN FREE


GMO FREE


NO ALLERGENS


NO PRESERVATIVES

HEALTH PROMOTING CHARACTERISTICS

- Aids in weight loss
- Contains antioxidants
- Helps in balancing electrolytes
- Improves cardiovascular health
- Strengthens the immune system
- Healthy hair and skin
- Anti-inflammatory properties
- Lowered risk of colon cancer

Nutrition Facts		(Per 100g)
16 servings per container		
Serving size		30 g
Calories		110
Energy		365 Kcal
Total Fat		16.8 g
Of which Saturated		16 g
Of which Trans Fat		0 g
Cholesterol		0 mg
Total Carbohydrate		37.1 g
Protein		16.4 g
Sodium		44.6 mg
Fibre		18.2 mg

PACKAGING

- Primary - LDPE liner (heat sealed), 500 g
- LDPE stand up pouch
- Secondary - 4-ply kraft paper bag
- Net weight - 500 g, 25 kg, 10 kg
- 500 g x 10 per ctns / 20 FCL - 1200 palletized
- 10 kg bags / 20 FCL - Non-palletized 2000 bags
- 25 kg / 20 FCL - Non-palletized 700 bags

STORAGE

Store in cool dry place away from direct sunlight.
After opening, keep refrigerated in an airtight container and consume within 2 weeks.

SHELF LIFE

12 months

CHOCOLATE FLAVORED COCONUT MUFFIN MIX

Islands Harvest Chocolate Flavored Coconut Muffin Mix is rich in protein and fiber which means moist, fluffy, chocolate muffins prepared in little time.

METHOD OF PREPARATION

Ingredients	Amount
IH Chocolate Flavored Coconut Flour Muffin Mix	250 g
Eggs	07
IH Virgin Coconut Oil	160 g
Water	100 ml

Method of preparation – Put all the ingredients into the mixing bowl and mix as shown below;

Slow speed – 01 minute
High speed – 05 minutes

Pour the mixture into the muffin cups and bake at 190°C for about 30 – 35 minutes.
(Baking time & temperature will depend on the size of the muffins)

NUTRITIONAL BENEFITS


VEGAN


GLUTEN FREE


GMO FREE


DAIRY FREE


NO ALLERGENS


NO PRESERVATIVES

HEALTH PROMOTING CHARACTERISTICS

- Aids in weight loss
- Contains antioxidants
- Helps in balancing electrolytes
- Improves cardiovascular health
- Strengthens the immune system
- Healthy hair and skin
- Anti-inflammatory properties
- Lowered risk of colon cancer

Nutrition Facts (Per 100g)	
13 servings per container	
Serving size	15 g
Calories	58
Energy	387.7 KCal
Total Fat	4.9 g
Saturated fat	4.2 g
Carbohydrate	75.1 g
Of which Sugar	46.9 g
Fibre	6.6 g
Protein	10.8 g
Sodium	70 mg
Calcium	55.0 mg
Iron	4.3 mg

PACKAGING

Primary - 250 g LLDP pouch
Secondary - 300 GSM box board cartons in 3-ply corrugated cartons
No. of ctns - 250 g x 12 / 20 FCL - 2300 (non-palletized), 1700 (palletized)
250 g x 18 / 20 FCL - 1740 (non-palletized), 1200 (palletized)

STORAGE

Store in cool dry place away from direct sunlight.
After opening, keep refrigerated in an airtight container and consume within 2 weeks.

SHELF LIFE

12 months

VANILLA FLAVOURED COCONUT MUFFIN MIX

Islands Harvest Vanilla Flavored Coconut Muffin Mix is rich in protein and fiber which means moist, fluffy, chocolate muffins prepared in little time.

METHOD OF PREPARATION

Ingredients

	Amount
IH Vanilla Flavored	250g
Coconut Flour Muffin Mix	
Eggs	07
IH Virgin Coconut Oil	160 g
Water	100 ml

Method of preparation – Put all the ingredients into the mixing bowl and mix as shown below;

Slow speed – 01 minute

High speed – 05 minutes

Pour the mixture into the muffin cups and bake at 190°C for about 30 – 35 minutes.

(Baking time & temperature will depend on the size of the muffins)

NUTRITIONAL BENEFITS



VEGAN



GLUTEN FREE



GMO FREE



DAIRY FREE



NO
ALLERGENS



NO
PRESERVATIVES

HEALTH PROMOTING CHARACTERISTICS

- Aids in weight loss
- Contains antioxidants
- Helps in balancing electrolytes
- Improves cardiovascular health
- Strengthens the immune system
- Healthy hair and skin
- Anti-inflammatory properties
- Lowered risk of colon cancer

Nutrition Facts

(Per 100g)

Serving size	15 g
Calories	57
Energy	379.2 KCal
Total Fat	4.4 g
Saturated fat	3.8 g
Carbohydrate	74.8 g
Of which Sugar	46.9 g
Fibre	7.8 g
Protein	10.1 g
Sodium	650 mg
Calcium	50.5 mg
Iron	4.2 mg

PACKAGING

Primary - 250 g LLDP pouch

Secondary - 300 GSM box board cartons in 3-ply corrugated cartons

No. of ctns - 250 g x 12 / 20 FCL - 2300
(non-palletized), 1700 (palletized)
250 g x 18 / 20 FCL - 1740
(non-palletized), 1200 (palletized)

STORAGE

Store in cool dry place away from direct sunlight.

After opening, keep refrigerated in an airtight container and consume within 2 weeks.

SHELF LIFE

12 months

COCONUT FLOUR BROWNIE MIX

WICHY Coconut Flour Brownie Mix yields tender, moist and fudgy brownies that are rich in chocolate flavour.

METHOD OF PREPARATION

Ingredients	Amount
WICHY Coconut Flour	250g
Brownie Mix	
Eggs	03
Wichy Virgin Coconut Oil	150 g
Water	110 ml

Method of preparation – Put all the ingredients into the mixing bowl and mix as shown below;

Slow speed – 01 minute
High speed – 05 minutes

Pour the mixture into the muffin cups and bake at 1600C for about 30 – 35 minutes.
(Baking time & temperature will depend on the size of the muffins)

NUTRITIONAL BENEFITS


VEGAN


GLUTEN FREE


GMO FREE


DAIRY FREE


NO ALLERGENS


NO PRESERVATIVES

HEALTH PROMOTING CHARACTERISTICS

- Aids in weight loss
- Contains antioxidants
- Helps in balancing electrolytes
- Improves cardiovascular health
- Strengthens the immune system
- Healthy hair and skin
- Anti-inflammatory properties
- Lowered risk of colon cancer

Nutrition Facts (Per 100g)	
13 servings per container	
Serving size	15 g
Calories	56
Energy	376.5 KCal
Total Fat	3.3 g
Saturated fat	2.8 g
Carbohydrate	77.1 g
Of which Sugar	47.3 g
Fibre	4.9 g
Protein	9.6 g
Sodium	230 mg
Calcium	43.8 mg
Iron	4.01 mg

PACKAGING

- Primary - 250 g LLDP pouch
Secondary - 300 GSM box board cartons in 3-ply corrugated cartons
No. of ctns - 250 g x 12 / 20 FCL - 2300 (non-palletized), 1700 (palletized)
250 g x 18 / 20 FCL - 1740 (non-palletized), 1200 (palletized)

STORAGE

Store in cool dry place away from direct sunlight.
After opening, keep refrigerated in an airtight container and consume within 2 weeks.

SHELF LIFE

12 months

COCONUT FLOUR BREAD MIX

Islands Harvest Coconut Flour Bread Mix gives you delicious and beautiful bread that is low in carbohydrates, high in protein and fiber, and free of gluten or nuts, making it an incredible alternative to grain-based bread. It also takes minimal time to prepare.

METHOD OF PREPARATION

Ingredients

	Amount
IH Coconut flour Bread Mix	250g
Eggs	14
IH Virgin Coconut Oil	190 g
Water	95 ml

Method of preparation – Put all the ingredients into the mixing bowl and mix as shown below;

Slow speed – 01 minute
High speed – 05 minutes

Pour the mixture into the muffin cups and bake at 190°C for about 30 – 35 minutes.

NUTRITIONAL BENEFITS

**VEGAN**

**GLUTEN FREE**

**GMO FREE**

**DAIRY FREE**

**NO ALLERGENS**

**NO PRESERVATIVES**

HEALTH PROMOTING CHARACTERISTICS

- Aids in weight loss
- Contains antioxidants
- Helps in balancing electrolytes
- Improves cardiovascular health
- Strengthens the immune system
- Healthy hair and skin
- Anti-inflammatory properties
- Lowered risk of colon cancer

Nutrition Facts (Per 100g)	
Energy	340.4 KCal
Total Fat	15.6 g
Saturated fat	13.6 g
Carbohydrate	34.8 g
Of which Sugar	11.6 g
Fibre	17.5 g
Protein	15.2 g
Sodium	450 mg
Calcium	32 mg
Iron	5.34 mg

PACKAGING

- Primary - 250 g LLDP pouch
Secondary - 300 GSM box board cartons in 3-ply corrugated cartons
No. of ctns - 250 g x 12 / 20 FCL - 2300 (non-palletized), 1700 (palletized)
250 g x 18 / 20 FCL - 1740 (non-palletized), 1200 (palletized)

STORAGE

Store in cool dry place away from direct sunlight.
After opening, keep refrigerated in an airtight container and consume within 2 weeks.

SHELF LIFE

12 months

COCONUT FLOUR TORTILLA MIX

Islands Havest Coconut Flour Tortilla Mix yields soft, mouth-watering tortillas that are healthy, low in carbohydrates, high in protein, and free of gluten and dairy. They take little effort and time to prepare.

METHOD OF PREPARATION

Ingredients

IH Coconut Flour Tortilla Mix
Water

Amount

250 g
225 ml

Put IH Coconut Flour Tortilla Mix in a large mixing bowl and add water, mixing until the dough comes together.

Knead the dough for several minutes until it becomes smooth and elastic.

Divide the dough into small pieces and roll each piece into a small ball between the palms of your hands.

Roll each dough ball on a well-floured work surface or parchment paper using a well-floured rolling pin until a thin tortilla is achieved.

Preheat a large skillet over medium-high heat.

Place a tortilla in the skillet and cook until the bottom side is bubbly and golden brown. Flip and cook the other side until it's the same.

Put your tortillas in a tortilla warmer or cover with a clean towel.

NUTRITIONAL BENEFITS



VEGAN



GLUTEN FREE



GMO FREE



DAIRY FREE



NO
ALLERGENS



NO
PRESERVATIVES

HEALTH PROMOTING CHARACTERISTICS

- Aids in weight loss
- Contains antioxidants
- Helps in balancing electrolytes
- Improves cardiovascular health

- Strengthens the immune system
- Healthy hair and skin
- Anti-inflammatory properties
- Lowered risk of colon cancer

Nutrition Facts

(Per 100g)

Energy	308.4 KCal
Total Fat	15.6 g
Saturated fat	13.6 g
Carbohydrate	26.8 g
Of which Sugar	11.9 g
Fibre	4.9 g
Protein	15.2 g
Sodium	650 mg
Calcium	21.7 mg
Iron	3.6 mg

PACKAGING

- Primary - 250 g LLDP pouch
- Secondary - 300 GSM box board cartons in 3-ply corrugated cartons
- No. of ctns - 250 g x 12 / 20 FCL - 2300 (non-palletized), 1700 (palletized)
250 g x 18 / 20 FCL - 1740 (non-palletized), 1200 (palletized)

STORAGE

Store in cool dry place away from direct sunlight.

After opening, keep refrigerated in an airtight container and consume within 2 weeks.

SHELF LIFE

12 months

ORGANIC COCOTELLA

Cocotella is a natural and healthy spread made from coconut syrup and virgin coconut oil blended with cocoa and Hazelnut to enhance its taste. It has a great coconutty flavor, smooth texture and can be used as a topping or filling in a range of dishes such as confectionary, bread, pancakes, other baked goodies & candies. No added preservatives, flavors or colors.

USES

Can be used in a range of sweet dishes such as, topping and filling to confectioneries, breads, pancakes, other baked goodies and candies.

PRODUCT CHARACTERISTICS

Cocotella is a natural and healthy spread made from coconut syrup & virgin coconut oil blended with highest quality organic ingredients to enhance its taste. It has a great coconutty flavor bind with cocoa and hazelnut. It has a smooth texture.

NUTRITIONAL BENEFITS



VEGAN



GLUTEN FREE



GMO FREE

HEALTH PROMOTING CHARACTERISTICS

- Aids in weight loss, due to the Low glycemic value of sweetener/Coconut syrup
- Contains antioxidants
- Helps in balancing electrolytes
- Improves cardiovascular health
- Strengthens the immune system
- Prevention of Anemia
- Healthy hair and skin
- Anti-inflammatory properties

Nutrition Facts

(Per 100g)

6 servings per container

Serving size

37g (2tbsp)

Amount per serving

Calories

160

Energy	160cal
Total Carbohydrate	21 g
Total Sugar	18 g
Total Fat	8 g
Saturated Fat	7 g
Trans Fat	ND
Cholesterol	ND
Total Dietary Fiber	2 g
Protein	1 g
Sodium (Na)	3 mg
Dietary Fiber	2 g
Calcium (Ca)	4 mg
Iron (Fe)	0.75 mg
Potassium (K)	14 mg

PACKAGING

Primary - 230g Glass Jar

STORAGE

Store in a cool dry place away from strong odors, direct sunlight and other heat sources.

Keep refrigerated after opening.

SHELF LIFE

16 months (as per the ITI report)

ORGANIC COCONUT & MANGO JAM

Islands Harvest Organic Coconut and Mango Jam is a deliciously natural and nutritious spread crafted from the finest Organic ingredients, including premium-quality Organic Mango, Organic Coconut Syrup and Organic Coconut Milk. This delectable jam boasts a delightful blend of rich Mango and Coconut flavors, making it an ideal choice for those seeking a wholesome and satisfying taste experience.

USES

This versatile Organic Coconut and Mango Jam can enhance the flavor of a wide range of sweet dishes, including toppings and fillings for confectioneries, bread, pancakes, baked goods, and candies, making it an excellent addition to any culinary creation seeking a delectable tropical twist.

PRODUCT CHARACTERISTICS

- Appearance - Spreadable Jam
- Flavor - With pleasant Mango and Coconutty flavor
- Taste - Characteristics to the taste of Coconutty Mango jam
- Color - Yellow to light brown

NUTRITIONAL BENEFITS



VEGAN



NO
ALLERGENS



GLUTEN FREE



GMO FREE

Nutrition Facts

(Per 100g)

16 servings per container

Serving size

15g

Amount per serving

Calories

42

Energy	282.2 kcal / 1180 kJ
Total Fat	3.0 g
Saturated Fat	2.8 g
Trans Fat	0.0 g
Cholesterol	0.0 g
Total Carbohydrates	62.9 g
Dietary Fiber	1.6 g
Total Sugars	58.2 g
Protein	0.9 g
Sodium	25 mg
Potassium (K)	0.1 mg
Calcium (Ca)	12.8 mg
Iron (Fe)	0.36 mg

PACKAGING

- Primary - Glass jar with lid
- Secondary - 12 glass jars packed in brown liner 3 PLY corrugated carton
- Net weight - 250g

STORAGE

Ambient temperature.
Keep refrigerated after opening.

SHELF LIFE

18 Months

ORGANIC COCONUT & PINEAPPLE JAM

Islands Harvest Organic Coconut and Pineapple Jam is a deliciously natural and nutritious spread crafted from the finest Organic ingredients, including premium-quality Organic Pineapple, Organic Coconut Syrup and Organic Coconut Milk. This delectable jam boasts a delightful blend of rich Pineapple and Coconut flavors, making it an ideal choice for those seeking a wholesome and satisfying taste experience.

USES

This versatile Organic Coconut and Pineapple Jam can enhance the flavor of a wide range of sweet dishes, including toppings and fillings for confectioneries, bread, pancakes, baked goods, and candies, making it an excellent addition to any culinary creation seeking a delectable tropical twist.

PRODUCT CHARACTERISTICS

- Appearance - Spreadable Jam
- Flavor - With pleasant Pineapple and Coconutty flavor
- Taste - Characteristics to the taste of Coconutty Pineapple jam
- Color - Yellow to light brown

NUTRITIONAL BENEFITS



VEGAN



NO
ALLERGENS



GLUTEN FREE



GMO FREE

Nutrition Facts

(Per 100g)

16 servings per container

Serving size

15g

Amount per serving

Calories

42

Energy	289.5 kcal / 1211 kJ
Total Fat	3.1 g
Saturated Fat	2.8 g
Trans Fat	0.0 g
Cholesterol	0.0 g
Total Carbohydrates	64.8 g
Dietary Fiber	1.6 g
Total Sugars	56.2 g
Protein	0.6 g
Sodium	25.2 mg
Potassium (K)	0.09 mg
Calcium (Ca)	13.8 mg
Iron (Fe)	0.38 mg

PACKAGING

- Primary - Glass jar with lid
- Secondary - 12 glass jars packed in brown liner 3 PLY corrugated carton
- Net weight - 250g

STORAGE

Ambient temperature.
Keep refrigerated after opening.

SHELF LIFE

18 Months

ORGANIC COCONUTTY SPREAD

Islands Harvest Organic Coconutty Spread is a deliciously natural and nutritious spread crafted from the finest Organic ingredients, including premium-quality Organic Coconut Syrup and Organic Creamed Coconut. This delectable spread boasts a delightful blend of rich Coconut flavor, making it an ideal choice for those seeking a wholesome and satisfying taste experience.

USES

This versatile Organic Coconutty Spread can enhance the flavor of a wide range of sweet dishes, including toppings and fillings for confectioneries, bread, pancakes, baked goods, and candies, making it an excellent addition to any culinary creation seeking a delectable tropical twist.

PRODUCT CHARACTERISTICS

- Appearance - Semi solid spreadable paste
- Flavor - With pleasant Coconutty flavor
- Taste - Characteristics to the taste of Coconutty Spread
- Color - Light brown

NUTRITIONAL BENEFITS



VEGAN



NO
ALLERGENS



GLUTEN FREE



GMO FREE

Nutrition Facts

(Per 100g)

16 servings per container

Serving size 15g

Amount per serving

Calories 74

Energy	490 Kcal / 2050 KJ
Total Fat	31 g
Saturated Fat	30 g
Trans Fat	0.0 g
Cholesterol	0.0 g
Total Carbohydrates	50 g
Dietary Fiber	7 g
Total Sugars	43 g
Protein	3 g
Sodium	6 mg
Potassium (K)	10 mg
Calcium (Ca)	5.5 mg

PACKAGING

- Primary - Glass jar with lid
- Secondary - 12 glass jars packed in brown liner 3 PLY corrugated carton
- Net weight - 250g

STORAGE

Ambient temperature.
Keep refrigerated after opening.

SHELF LIFE

18 Months

ORGANIC KING COCONUT WATER

The King Coconut is a variety of coconut that is indigenous to Sri Lanka. Widely used in Ayurvedic medicine, it is known for its naturally sweet taste and rejuvenating properties. Islands Harvest Organic King Coconut Water is sourced from traditional farming estates where the palms are cultivated using sustainable and ethical farming practices and picked individually at the perfect time to ensure the tastiest and most nutrient rich coconut water. One-hundred percent natural and free of sweeteners, Islands Harvest Organic King Coconut Water is a drink of heaven in a bottle.

USES

With levels of electrolytes similar to our own blood plasma, Islands Harvest Organic King Coconut Water is the perfectly refreshing, hydrating, and energizing drink. Not only does it taste delectable, but it aids digestion and contains more magnesium and calcium than an orange and more potassium than a banana.

PRODUCT CHARACTERISTICS

pH Value	-	4.5 - 4.8
Brix Value	-	5 - 6
Appearance	-	Characteristic to King Coconut Water
Color	-	Characteristic to color of King Coconut Water
Odor	-	Characteristic to the odor of King Coconut Water
Taste	-	Characteristic to the taste of King Coconut Water

HEALTH PROMOTING CHARACTERISTICS

- Good source of several micronutrients
- Has antioxidant properties
- Helps lower blood sugar for those afflicted with diabetes
- Aids in preventing kidney stones
- Improves cardiovascular health
- Beneficial after prolonged exercise
- A delicious source of hydration

Nutrition Facts		(Per 100g)
about 1 servings per container		
Serving size		250ml
Amount per serving		
Calories		60
Energy		24 Kcal
Protein		0 g
Total Fat		0 g
Carbohydrate		6 g
Fibre		0 g
Calcium		24.9 mg
Sodium		19.0 mg

NUTRITIONAL BENEFITS



PACKAGING

- | | | |
|-----------|---|---|
| Primary | - | 250 ml, 3-piece tin-plated can with EOE SOT Lid, |
| Secondary | - | Brown liner 3 ply corrugated cartons. 250 ml x 24 cans per carton - 2600 (20 FCL) |

STORAGE

Ambient Temperature.

SHELF LIFE

18 months.

ORGANIC COCONUT WATER

Islands Harvest Organic Coconut Water from Sri Lanka is extracted from fresh organic Young coconuts harvested from traditionally grown coconut estates which are blessed with beautiful sunshine and rainfall throughout the year. The rich soil conditions in the tropical island make the Sri Lankan coconut water unique in taste. Our manufacturers in-house technical expertise coupled with modern coconut water processing technology makes the Islands Harvest Organic Coconut Water on par with international quality standards. Available in three pack sizes: 250 ml, 17 liter plastic pails and 200 liter steel drums.

USES

Islands Harvest Organic Coconut Water is fresh from the fruit and will quench your thirst. It is a mild tasting and invigorating drink. Known for medicinal properties, IH Organic Coconut Water is carefully prepared to maximize the retainment of these characteristics.

PRODUCT CHARACTERISTICS

pH Value	-	4.5 - 4.8
Brix Value	-	5 - 6
Appearance	-	Characteristic to King Coconut Water
Color	-	Characteristic to color of King Coconut Water
Odor	-	Characteristic to the odor of King Coconut Water
Taste	-	Characteristic to the taste of King Coconut Water

HEALTH PROMOTING CHARACTERISTICS

- Good source of several micronutrients
- Has antioxidant properties
- Helps lower blood sugar
- Aids in preventing kidney stones
- Improves cardiovascular health
- Beneficial after prolonged exercise
- A delicious source of hydration

Nutrition Facts		(Per 100g)
about 7 servings per container		
Serving size		250ml
Amount per serving		
Calories		140
Energy		20.47 Kcal
Carbohydrate		4.21 g
Of which Reducing sugar		4.1 g
Total Fat		0.3 g
Protein		0.2 g
Fiber		0 g
Calcium		145 g
Sodium		14.1 mg

NUTRITIONAL BENEFITS



PACKAGING

- | | | |
|-----------|---|---|
| Primary | - | 250 ml, 3-piece tin-plated can with EOE SOT Lid, |
| Secondary | - | Brown liner 3 ply corrugated cartons. 250 ml x 24 cans per carton - 2600 (20 FCL) |

STORAGE

Ambient Temperature.

SHELF LIFE

18 months.

ORGANIC COCO JUICE

Islands Harvest Organic Coco Juice is a delicious blend of low fat organic coconut milk and organic fruit juices such as pineapple and mango mixed with suitable stabilizers and sweeteners. It is also available in plain format.

Plain	–	100% pure organic coconut milk
Pinacolada	–	100% pure organic coconut milk and organic pineapple juice
Mango	–	100% pure organic coconut milk and organic mango juice

USES

Ready-to-drink beverage

PRODUCT CHARACTERISTICS

pH – 4.0 – 4.5

Brix – 12 - 13

NUTRITIONAL BENEFITS



HEALTH PROMOTING CHARACTERISTICS

- Good source of several micronutrients
- Has antioxidant properties
- Helps lower blood sugar for those afflicted with diabetes
- Aids in preventing kidney stones
- Improves cardiovascular health
- Beneficial after prolonged exercise
- A delicious source of hydration

(Organic coco juice & mango)

Nutrition Facts (Per 100g)	
1 servings per container	
Serving size	250ml
Amount per serving	
Calories	210
Energy	76 Kcal
Protein	0.9 g
Fat	4.4 g
Saturated Fat	4.2 g
Carbohydrate	8.2 g
Of which Saturated	4 g
Fibre	3.0 g
Sodium	32.1 mg
Calcium	66 mg

PACKAGING

- | | |
|-----------|---|
| Primary | - 250 ml 3 piece tin-plated cans with
EOE SOT lids |
| Secondary | - Brown liner 3-ply corrugated cartons
250 ml x 24 cans per carton
2600 / 20FCL |

STORAGE

Ambient Temperature.

SHELF LIFE

18 months.

ORGANIC COCONUT WATER WITH NATURAL EXTRACTS AND FRUIT JUICES

Islands Harvest Organic Coconut Water with Natural Extracts and Fruit Juices range is composed of refreshing blends of fresh, organic coconut water infused with organic fruit, spices and flowers including pineapple, passion fruit, soursop, lime, Ceylon cinnamon and hibiscus.

USES

Rich in antioxidants, flavonoids, vitamins, and minerals, Islands Harvest range of Organic Coconut Water with Natural Extracts and Fruit Juices are hydrating beverages perfect for beating the heat and nourishing the body.

A fantastic beverage when consumed on its own. It can also be served in cocktails and other drinks.

PHYSICAL & CHEMICAL CHARACTERISTICS

pH Value - 4.0 - 5.0

Brix Value - 4.5 - 5.0

NUTRITIONAL BENEFITS



VEGAN



GLUTEN FREE



GMO FREE



NO
PRESERVATIVES



NO ARTIFICIAL
COLOURS

HEALTH PROMOTING CHARACTERISTICS

- Good source of several micronutrients
- Has antioxidant properties
- Helps lower blood sugar for those afflicted with diabetes
- Aids in preventing kidney stones
- Improves cardiovascular health
- Beneficial after prolonged exercise
- A delicious source of hydration

(Coconut water with pineapple)

Nutrition Facts		(Per 100g)
1 serving per container		
Serving size		250ml
Amount per serving		
Calories		37
Energy		14.84 cal
Total Fat		0 g
Total Carbohydrate		3.54 g
Of which Sugars		3.38 g
Protein		0.2 g
Sodium		14.61 mg
Dietary Fibre		0 g

PACKAGING

- Primary - 250 ml can
- Secondary - Brown liner 3-ply corrugated cartons
250 ml x 24 cans per carton
(2600 – 20FCL)

STORAGE

Ambient Temperature.

SHELF LIFE

18 months.



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