



FIVITA®

ORGANIC NOPAL/PRICKLY PEAR

(*Opuntia ficus-indica*)

FIVITA® is an ancient SUPERFOOD.

It was born from the love of people who work the land and from our founder, who always seeks to offer natural and innovative ingredients for the food, nutrition, health, and cosmetic industries.

FIVITA® comes from Nopal, often called prickly pear, with scientific name of: *Opuntia ficus-indica* which belongs to a group of plants named as Opuntias (family *Cactaceae*, subfamily *Opuntioideae*).

Since the arrival of humans in Mexico, about 20 000 years ago, Opuntias were consumed from the wild as important food sources, as well as for drink and health purposes. The cultivation of Opuntias was started by prehistoric indigenous group of the semi-arid basins and valleys of Mexico since 5 000 years BC. Opuntias, among other varieties of native plants, later became the basic foodstuffs for enabling the ancient middle-American civilizations settlement.



For the manufacturing of FIVITA® products, we made a selection and identity tests to confirm our plant source is from the unique variety of *Opuntia ficus-indica* because the main scientific data is referred to it.

We announce FIVITA® as an ancestral SUPERFOOD because of its nutritional and functional characteristics; as an important source of Dietary fiber(soluble and insoluble), minerals (as Calcium and Iron), electrolytes (as Potassium and Magnesium), and vitamins (as B3 and C) in high concentrations, as can be seen below:

FIVITA® Health Benefits are:

- Hypoglycemic (lowers blood sugar)
- Hypocholesterolemic and hypolipidemic (lowers cholesterol, improves heart health)
- Antioxidant
- Anti-inflammatory
- Weight management
- Anti-ulcerative (protects against ulcers)
- Diuretic



For more information about these benefits, please Contact us and ask for our Scientific Brochure.



FIVITA



1 Tablespoon (10 g)
of FIVITA® ORGANIC NOPAL



are equivalent to
the content of:

**Calcium from 3 glasses (750 ml)
of whole cow's milk**
74% of FDA DNR for adults



**Total dietary fiber
of a bowl (50 g) of oat flakes**
19% of FDA DNR for adults



**Vitamin C
of a medium tomato (85 g)**
18 % of FDA DNR for adults



**Iron of 1 bowl (50 g)
of cooked black beans**
9% of FDA DNR for adults



**Magnesium of 4 plates (400 g)
of cooked lentils**
44% of FDA DNR for adults



**Vitamin B3 (niacin)
of a bowl of wheat bran (50g)**
67% of FDA DNR for adults



**Potassium
of 3.6 bottles
of Hydration Drinks of 600 mL**
10% of FDA DNR for adults,
(with less than 0.5% of sodium)



As part of our Food Safety commitment to our customers, we ensure that our products are:

- Non-GMO
- Gluten-free
- Allergen-free
- Suitable for vegans and vegetarians
- Not irradiated
- Complying with the 5-log reduction performance standard of the FDA under our LOGus-5® guarantee without any impact on nutrients.
- 100% Organic, USDA Organic certified
- Kosher certified

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Our manufacturing partner www.salutary.com.mx is a company certified by the **FSSC 22000** food safety management system, which make possible to supply the most demanding markets in North America, Europe, and Japan since 2014.



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