

## "The most precious edible oil in the world"



- ✓ extracted from cold-pressed seeds
- ✓ tastes great and is easy to digest
- ✓ has a very harmonious relationship between the three omega fatty acids (3, 6 and 9; see graphic on back).
- ✓ For the daily requirement of these Omega fatty acids is sufficient 1 teaspoon
- ✓ for cold dishes. The heating of the oil is to be avoided

Due to its high content of vitamin E the oil is extremely stable to oxidation. The shelf life is 18 months (compared with linseed oil: 2 months). No wonder that Sacha Inchi oil is **often referred to as the most precious edible oil in the world!**

### The Sacha Inchi Social Project

- ✓ High local added value
- ✓ BERGOLIO team looks after 150 families in five cooperatives
- ✓ The role of women is fundamental
- ✓ Higher prices allow a regular life income in the growing area
- ✓ Displaces the illegal coca cultivation



# BERGOLIO

We trade fair!



Buying BERGOLIO Sacha Inchi products  
→ Protection of the Rain Forest!



gluten-free



Production and packaging with **Swiss quality**

Distribution:  
Buen Vivir GmbH, Weggis (Switzerland)

[www.bergolio.ch](http://www.bergolio.ch)

[hello@bergolio.ch](mailto:hello@bergolio.ch)

Your specialist shop with BERGOLIO products:

# BERGOLIO

## INKAGOLD SUPERFOOD



## Sacha Inchi

Sacha Inchi thrives best in the Peruvian rain forests of the Amazon region. Sacha Inchi is regarding the nutritional values one of the most valuable food source for humans.

- ✓ BERGOLIO guarantees **the highest quality** of raw materials used
- ✓ BERGOLIO used light-proof packaging. The products are **protected against UV rays**
- ✓  **Swiss-Made:** Production and packaging in Switzerland

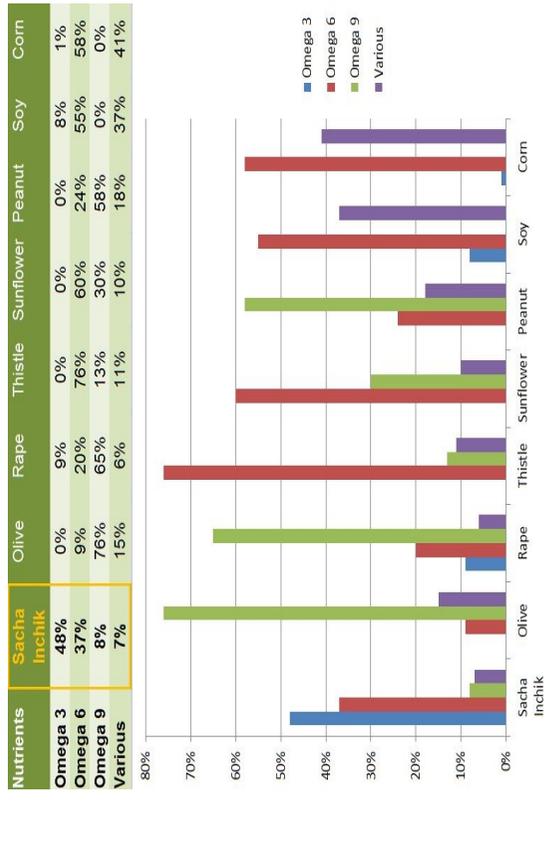
More information can be found at:

[www.sacha-inchi.org](http://www.sacha-inchi.org)



[bergolioglobal](https://www.instagram.com/bergolioglobal)

Book recommendation (in German):  
Dr. Josef Pies / Sacha Inchi – das Omega 3-Öl (VAK Verlags GmbH)



## BERGOLIO Sacha Inchi-Kapseln



- ♥ Omega 3 6 9
- ♥ Gluten-free
- ♥ Vegan
- ♥ Hyperactivity
- ♥ Diabetes
- ♥ Metabolism
- ♥ Power
- ♥ Stress
- ♥ Burnout
- ♥ Sports

## Tasty Sacha Inchi-nuts



Advantages of BERGOLIO snacks compared to similar products

- ✓ enjoyment
- ✓ Quality of packaging
- ✓ ready to consume
- ✓ Efficient radical scavengers (vitamin E)

Nutritional value per 100 g	Sacha Inchi	Chia Seeds	walnuts
Omega 3	20.0 g	18.0 g	9.1 g
Carbohydrates	14.5 g	37.5 g	3.7 g
Dietary fiber	8.8 g	33.7 g	6.1 g
Proteins	23.5 g	17.0 g	15.0 g
Calcium	800 mg	500 mg	87 mg
Magnesium	230 mg	290 mg	130 mg
Vitamin E	17.0 mg	2.9 mg	6.4 mg



## Massage- and anti-aging oil

- ✓ Protected from UV rays
- ✓ Practical dispenser
- ✓ care of inflammatory and dry skin
- ✓ cell-regenerating and cell-activating
- ✓ makes skin more elastic
- ✓ helps fight wrinkles and has a hydrating effect
- ✓ Pain and swelling are alleviated by omega 3

## Protein Power from Peru



- Protein powder for athletes (200g).
- ✓ Amino acids for muscle building: Leucine, isoleucine, valine, glutamine
  - ✓ Easily digestible



- Protein powder (30g for)
- ✓ Sleep, mood and power
  - ✓ Acid-base balance: glutamine, tryptophan, magnesium etc.



- Pasta for athletes and for stress-free slimming
- ✓ Rapid uptake of amino acids by the body
  - ✓ Slim through protein diet

The powder is an ideal basis for **delicious and healthy smoothies!**

## The importance of proteins

Proteins are composed of amino acids. The essential amino acids can not be synthesized by the organism itself and must therefore be supplied from external sources (by ingestion). All essential amino acids are found in plants.

Amino Acids	WHO-recommendation *	Sacha Inchi Powder**
	25 (together with Tyrosin)	2.4
Phenylalanin		2.4
Leucin	39	6.4
	15 (together with Cystein)	1.2
Methionin		1.2
Lysin	30	4.3
Isoleucin	20	5.0
Valin	26	4.0
Threonin	15	4.3
Tryptophan	4	2.9
Histidin	10	2.6
Cystin	4	2.5
Tyrosin		5.5
Cystein		2.5

\* in mg per kg of body weight per day

\*\* g/100 g Protein