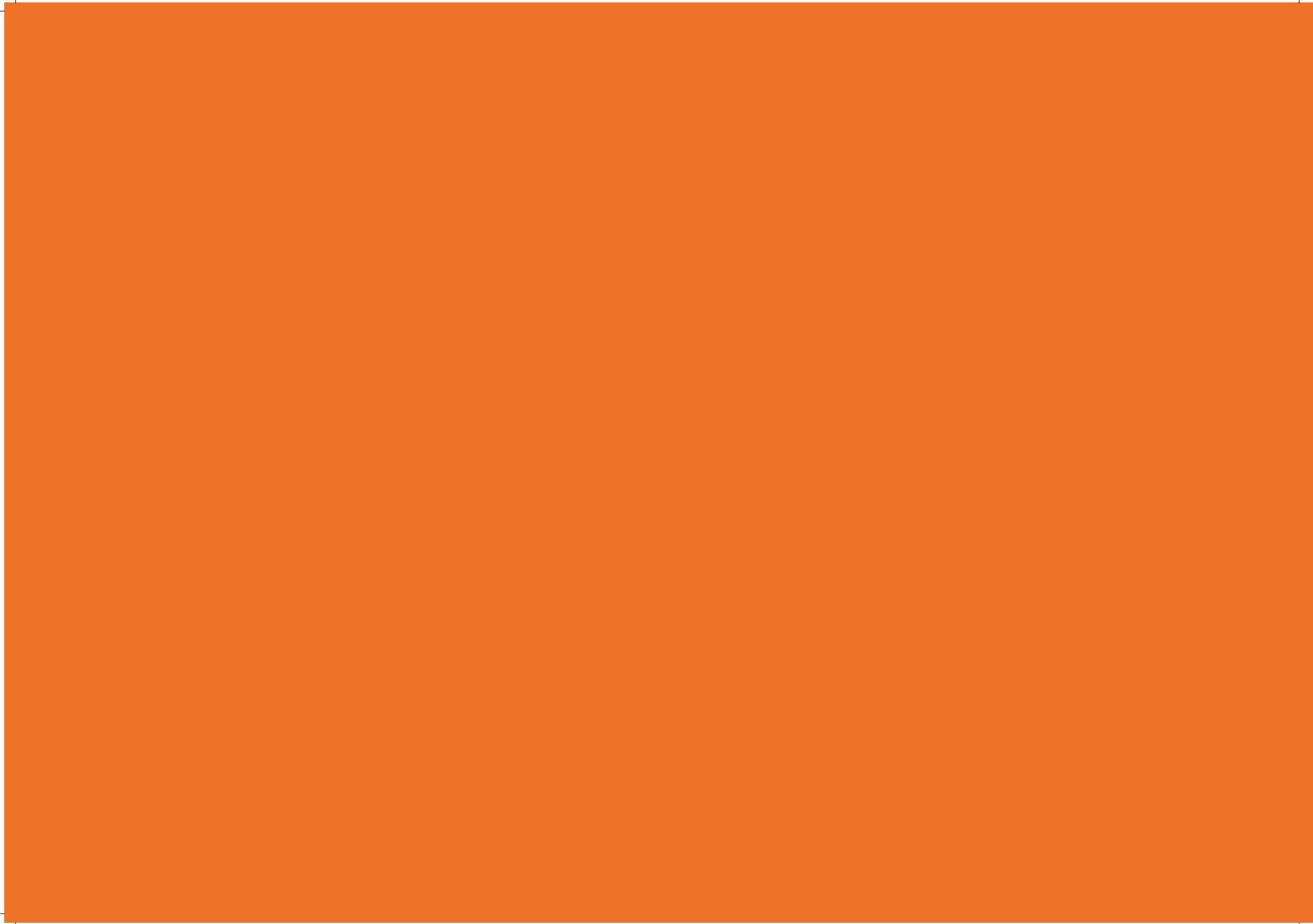


# **TAHINI- SUPERFOOD .GR**

All about tahini





## TAHINI

Sesame packs important and multiple health benefits.

It is a source of plant protein, amino acids, good Omega-3 and Omega-6 oils, fiber, iron and calcium.

A food with amazing properties gifted to us by nature itself.

## IT IS AN EXCELLENT CHOICE

- For children, as it provides them with the good calories and health benefits they need as they rapidly grow into adults.
- For athletes, who need all the energy and strength they can get.
- For those following a demanding schedule and need to give their body a boost.
- For those realising, as they grow older, that good nutrition is key to maintaining their wellbeing and their health.
- For those who decide to follow a vegan diet.

## THE BENEFITS OF TAHINI

### Plant protein

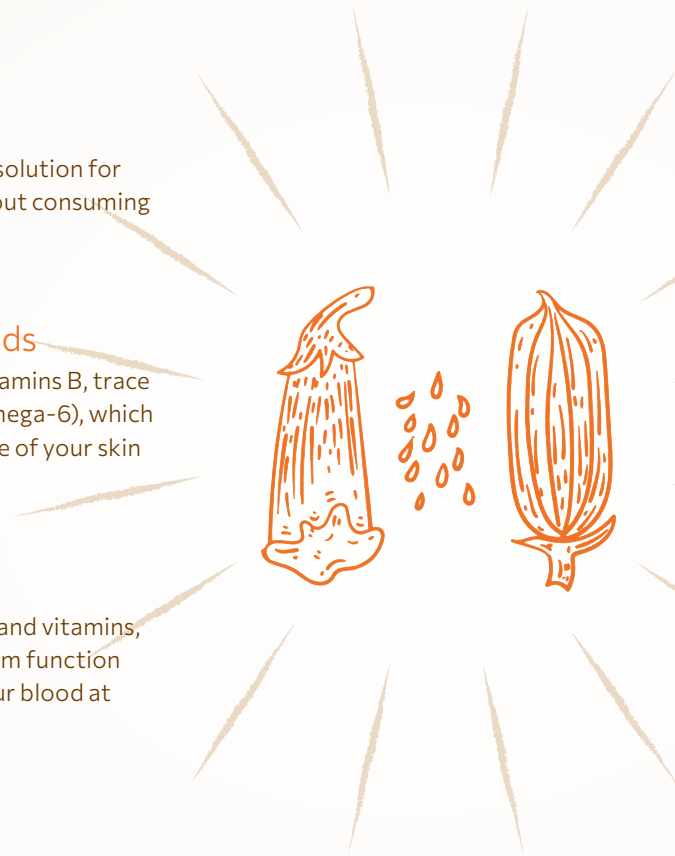
An excellent source of protein and an ideal solution for those wishing to increase their intake without consuming meat or other foods of animal origin.

### Omega-3 & Omega-6 fatty acids

A good source of amino acids, vitamin E, vitamins B, trace elements and fatty acids (Omega-3 and Omega-6), which can help rejuvenate and improve the texture of your skin and prevent the signs of aging.

### Fiber

Packed full of fiber, metals, trace elements and vitamins, all of which help your gastrointestinal system function at its best and keep the glucose levels in your blood at the desired level.



### Phytosterols

Contains more phytosterols than any other nut or seed but also lignans (sesamins and sesamols), a unique category of nutrients proven to help reduce cholesterol.

### Metals & trace elements

Contains zinc, iron, copper and selenium, which help fortify your immune system.

### Calcium & magnesium

Sesame is a good source of calcium and magnesium and can help you naturally reduce your blood pressure. Due to its high magnesium content, it also helps boost the health of your bones.

## FULL ENERGY RANGE

Full Energy tahini spreads range was created to help you cope with today's needs for high quality nutrition. It gives you the energy you need to make the most of your fast-paced and demanding schedule.

It does not contain palm oil, sunflower seed oil or cotton seed oil but only oil extracted from Shea Tree seeds.



AVAILABLE IN:



**TAHINI SPREADS  
WITH RICE CRISPIES**  
44gr in PET single-serve  
packaging.



**TAHINI SPREADS**  
230gr in pet jar (also available  
in glass jar if required).



**HALVA BARS**  
40gr flow-pack  
packaging.

## FULL ENERGY

Tahini spreads with rice crispies

SINGLE  
SERVE  
44gr

65%  
TAHINI

NO PALM OIL  
NO PALM OIL



### 5 FLAVOURS

- Cocoa
- Coconut
- Peanuts & Caramel
- Pistachio
- Strawberry



As part of a healthy breakfast.



As an energy boosting snack at work or at school.



Before physical exercise, as our body burns the nutrients from tahini very quickly, turning them into energy and minerals.



After exercising, as it is a good source of proteins which help with muscle rehabilitation and development.



## FULL ENERGY

Tahini spreads

PET  
230gr

65%  
TAHINI

NO PALM OIL  
NO PALM OIL



### 5 FLAVOURS

- Cocoa
- Coconut
- Caramel & Peanut
- Pistachio
- Strawberry



Great combined with fresh fruit.



Add to smoothies, fruit creams or porridge for an extra kick.



Enjoy as a quick and healthy snack, full of energy.



Combine with bread or rusks for a perfect breakfast. Can be used as filling for croissants, cakes or energy bars.

## FULL ENERGY Halva bars

BAR  
40gr

MULTIPACK  
4x40gr

AT LEAST  
50%  
TAHINI



### 4 FLAVOURS

- Hazelnut, Cocoa and Caramelized Hazelnut
- Almond and Caramelized Almond
- Espresso Arabica 100%
- Chocolate and Cranberries



As an energy boosting snack  
at work or at school.



To accompany your coffee.



As a healthy alternative  
to dessert.



As a quick snack while  
doing sports.



## SUPER KID TAHINI SPREADS RANGE

The Super Kid tahini spread packs all the health benefits associated with sesame.

It does not contain palm oil, sunflower seed oil or cotton seed oil but only oil extracted from Shea Tree seeds, while replaces white sugar with brown in reduced quantities.



AVAILABLE IN:



**TAHINI SPREADS WITH  
COCOA OR STRAWBERRY**  
230gr PET jar.

## SUPER KID

Cocoa or strawberry  
flavoured tahini spreads



Proteins



Good oils



Vitamins



Iron



Calcium



Great combined with  
fresh fruits.



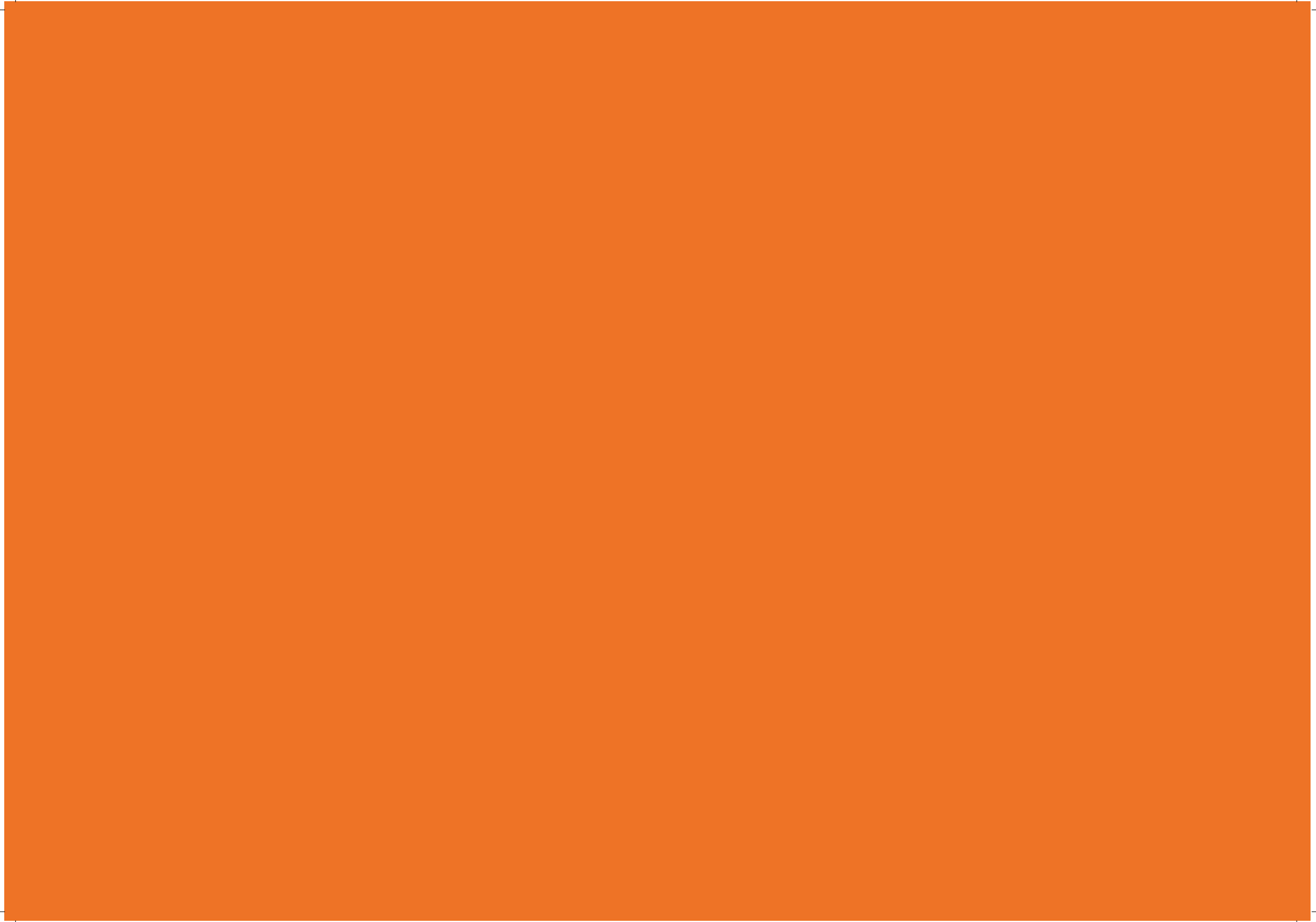
Add to Smoothies, fruit  
creams or porridge for  
an extra kick.



A healthy and easy snack  
for a quick energy boost.



Kick Start your day with **Super Kid**  
on bread or a **Super Kid**-filled  
croissant or energy bar.



# **TAHINI- SUPERFOOD .GR**

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