

## PRODUCT INFORMATION

See also [www.organic.nl](http://www.organic.nl)

<b>Product</b>	<b>Arame</b>
<b>Code</b>	<b>57000</b>
<b>Certificate</b>	<b>Product is not organic</b>
<b>Country of origin</b>	<b>Japan</b>
<b>Last update</b>	<b>2-8-2016</b>
<b>Date of issue</b>	<b>2-8-2016</b>
<b>This product is</b>	<b>Not genetically modified or irradiated</b>

<b>Production</b>	
<b>Ingredients</b>	<b>Arama (sea vegetable)</b>
<b>Additives</b>	<b>No additives</b>
<b>Process</b>	<p><b>Scientific name: Eisenia bicyclis</b></p> <p><b>Arame is hand harvested by fishermen and divers off the Isle peninsula of Japan. The sea vegetable is initially sun-dried and then taken for further processing to a plant.</b></p> <p><b>It is washed, cut, steamed, pressed and cut again before being sun-dried. A second drying stage ensures that the final product is fully dry. Metal detection is in place in addition to visual checks for quality control.</b></p>

<b>Sensorial properties</b>	
<b>Smell</b>	<b>Neutral</b>
<b>Colour</b>	<b>Black</b>
<b>Taste</b>	<b>Mildly sweet but otherwise neutral, typical of sea vegetable</b>
<b>Appearance</b>	<b>Dark, thin, thread-like strips approx. 5 cm long</b>

<b>Packing</b>			
<b>Net content</b>	<b>10 * 1 kg</b>		
<b>Kind of packing</b>	<b>Plastic bag in cardboard case</b>		
<b>Packing size (L x W x H)</b>	<b>70 * 41 * 51.5 cm</b>		
<b>Packing/layer</b>	<b>2</b>	<b>Layers/pallet</b>	<b>2</b>

<b>Shelflife</b>	
<b>Storage conditions</b>	<b>Cool and dry</b>
<b>Maximum shelflife</b>	<b>36 months</b>

<b>Nutritional values (per 100 gram dry weight) *</b>		<b>(from supplier)</b>
<b>Energy</b>	<b>660 KJ 160 Kcal</b>	
<b>Protein (g)</b>	<b>4</b>	
<b>Fat (g)</b>	<b>2</b>	<b>Saturated: &lt; 1 Mono-unsaturated: Poly-unsaturated:</b>
<b>Carbohydrates (g)</b>	<b>10</b>	<b>Sugars: &lt; 1</b>
<b>Dietary fibre (g)</b>	<b>45</b>	
<b>Moisture (g)</b>		
<b>Salt (g)</b>	<b>1.9</b>	
<b>Minerals (mg)</b>	<b>Calcium (Ca): 5650 Iron (Fe): 27 Potassium (K):</b>	<b>Sodium (Na): Phosphor (P): Magnesium (Mg): 2820</b>
<b>Iodine (mg)</b>	<b>489</b>	

\* Recommended maximum serving per day 1,2 gram dry weight.

<b>Analytical properties</b>	
<b>Ash (%)</b>	<b>10,3</b>
<b>pH</b>	<b>5,6</b>

<b>Microbiological Properties</b>			
<b>Salmonella (cfu/25g)</b>	<b>Absent</b>		
<b>Allergy list (+ = present, - = absent and ? = unknown * possible cross contamination)</b>			
<b>Cow's milk protein</b>	-	<b>Peanuts/groundnuts (-derivatives)</b>	-
<b>Lactose or milk sugar</b>	-	<b>Peanutoil</b>	-
<b>(Chicken) egg</b>	-	<b>Sesame</b>	-
<b>Soya protein (-derivatives)</b>	-	<b>Sesame-oil</b>	-
<b>Soya oil</b>	-	<b>Glutamate (added E620-E625)</b>	-
<b>Gluten</b>	-	<b>Sulfite (E220-E228)</b>	-
<b>Wheat</b>	-	<b>Benzoic acid/Parabens (E210-E213)</b>	-
<b>Rye</b>	-	<b>Azo-colours E102, E110, E122, E123, E124, E128, E129, E151, E154, E155</b>	-
<b>Beef (-derivatives)</b>	-	<b>Tartrazine (E102)</b>	-
<b>Pork (-derivatives)</b>	-	<b>Cinnamon</b>	-
<b>Chicken (-derivatives)</b>	-	<b>Vanillin</b>	-
<b>Fish</b>	*	<b>Coriander</b>	-
<b>Shell-fish</b>	*	<b>Celery</b>	-
<b>Corn /Maize (-derivatives)</b>	-	<b>Umbelliferae</b>	-
<b>Cocoa</b>	-	<b>Carrot</b>	-
<b>Yeast</b>	-	<b>Lupine</b>	-
<b>Pulses</b>	-	<b>Mustard</b>	-
<b>Nuts (-derivates)</b>	-	<b>Mollusc (- derivates )</b>	-
<b>Nut-oil</b>	-		

<b>Acceptable for:</b>	
<b>Vegetarians</b>	<b>Yes</b>
<b>Vegans</b>	<b>Yes</b>
<b>Lacto-vegetarians</b>	<b>Yes</b>
<b>Kosher-certified</b>	<b>No</b>
<b>Halal-certified</b>	<b>No</b>
<b>NOP-certified</b>	<b>No</b>

<b>Use</b>	<p><b>Arame's sweet, delicate flavour makes it an excellent choice for introducing sea vegetables into your daily diet. It is delicious sautéed with onions, carrots and tofu, or simply boiled after reconstituting for use in salads. To prepare, wash then soak the arame in cool water for 10-15 minutes. (Note: It will double in volume.) Drain well and rinse briefly.</b></p> <p><b>Health advice: Sea vegetable is naturally rich in iodine. People sensitive to the effects of iodine are advised to seek medical advice before consuming this product. Due to the nature of the product, this may contain a trace amount of fish/or shellfish particles. Product is high in fibre, calcium, magnesium, iodine and iron.</b></p>
------------	--