



NATURE'S LUXUROIOUS  
FOOD RECIPES  
FOR SUPERFOOD ORGANIC

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WHAT IS  
SUPERFOOD?



## SUPERFOOD

Superfood is a term for food that is considered to provide health benefits derived from a dense and special nutritional content.



## SUPERFOOD

Superfood itself is more commonly found in vegetable form, but can also be found in animal form, such as salmon.



## SUPERFOOD

Superfood contains various nutrients, such as antioxidants, fiber, vitamins, minerals, healthy fats, essential fatty acids, folic acid, phytochemicals and other active substances.



## SUPERFOOD

Superfood's various nutrients is considered able to ward off various diseases such as cancer, heart diseases, diabetes and digestive problems.



## SUPERFOOD

Superfoods can also improve the taste of a food and are easy to intergrate into various menus.



## SUPERFOOD



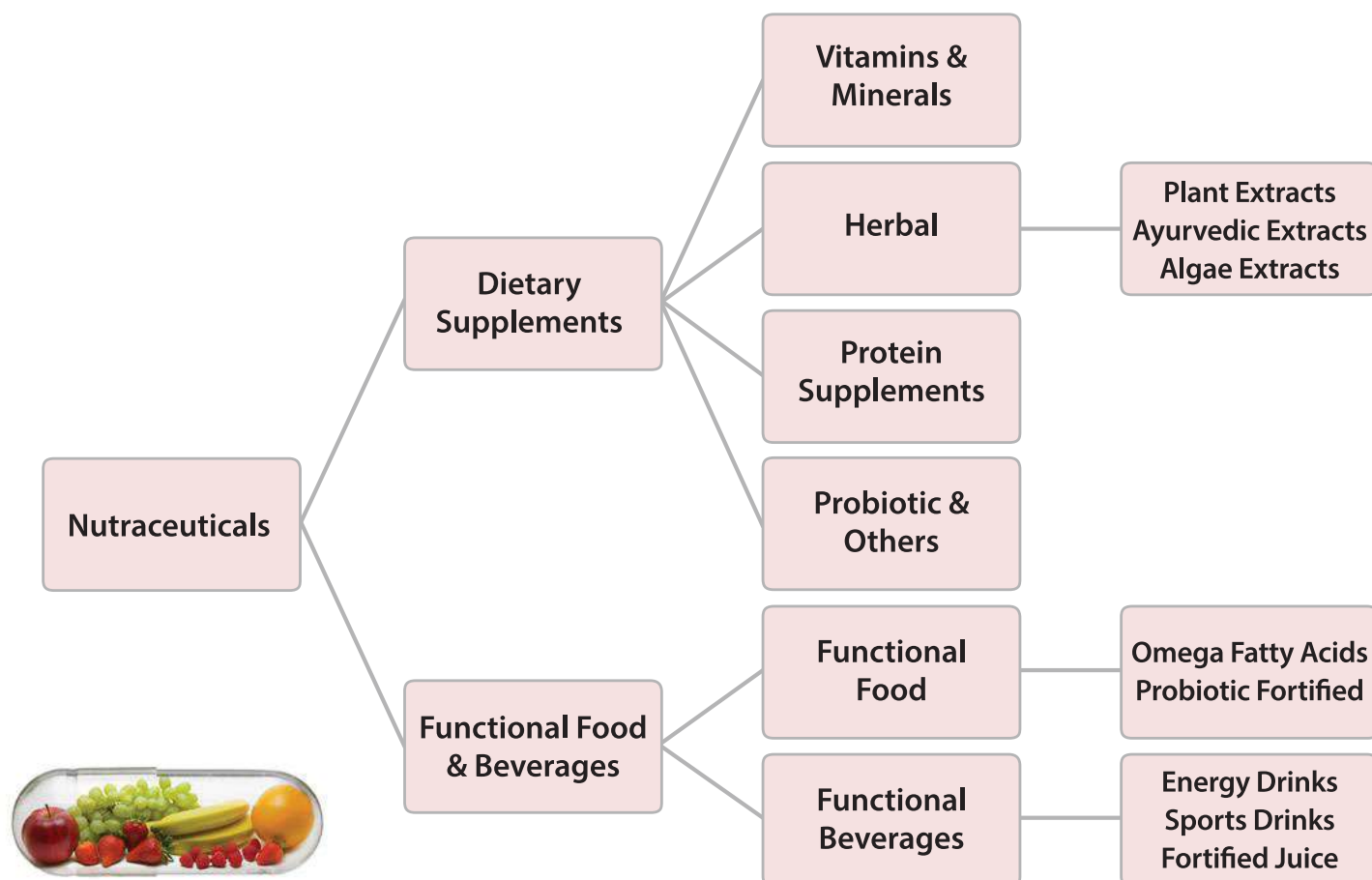
# Superfood Benefit Enhancing Nutraceuticals



**Nutraceuticals are a group of products that are more than food but less than pharmaceuticals.**

Over the years nutraceuticals have attracted considerable interest due to their potential nutritional, safety and therapeutic effects. They could have a role in a plethora of biological processes, including antioxidant defenses, cell proliferation, gene expression, and safeguarding of mitochondrial integrity.

## Categories of Nutraceuticals



# Superfood Aloe Vera

## MMF-SF001

Aloe Vera is known commercially for its topical use in the cosmetic industry in hair and skin products. But, it is also popular ingredient in a wide range of health food products and beverages due to its number of nutritional components.

Aloe Vera is a rich source of antioxidants and vitamins that may help protect your skin. It is an excellent top superfood, not only for the skin (even when used internally), but for many systems of the body.



### General Information Active Ingredient

Polysaccharides

Lignin

Vitamin A, B, C dan E

Amino Acid

### Benefits

- 1 Anti-inflammatory
- 2 Moisturizing, UV Protection, Anti-acne, Antioxidant, Anti-aging.
- 3 Reduce blood glucose in diabetes mellitus and blood lipid concentrations.
- 4 Treat arthritis, asthma, diabetes, pruritus, peptic ulcers, and constipation.
- 5 Boost the immune system.



# Superfood Butterfly Pea

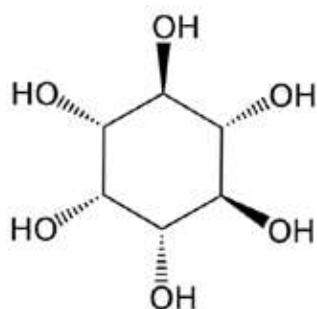
**MMF-SF012** (Purple Powder)

Syns. *citoris principissae*, blue pea vine, pigeon wings, teleng.

The butterfly pea flowers is recently gained popularity due to its many health benefits. It is packed with health boosting antioxidants, rich in flavonoids that boost the immune system and fight off diseases.

## General Information Active Ingredient

Myo Inositol



## Properties

Anti-oxidant, anti-inflammatory, anti-microbial, anticarcinogenic, anti-depressant, larcividal activities, anti-stress, analgesic, anti-parasitic, anti-cancer, anti-diabetic.

## Benefits

- **ANTIOXIDANTS**  
Manage oxidative stress. Protects skin cells from oxidative pressure which are induced by hydrogen peroxide and UV light.
- **ANTI-OBESITY**  
Inhibits adipogenesis (formation of fat cells). Lower triglyceride and total blood cholesterol, and also increase cholesterol-HDL levels.
- **ANTI-CANCER**  
Could delay spread of cancer cells.
- **ANTIMICROBIAL**  
Can fasten healing process of eye sickness, and can be used as eye drops for babies.



## Benefits

- **ANTI-ASTHMA**  
Butterfly pea extract which has been standardized has the potential to be an alternative therapy in dealing with asthma which is induced by allergies, an can be used as a cough reliver.
- **ANTI-INFLAMATION**  
Has an analgesic ability which influenced the nerve system to hinder the pain signal to the brain.
- **HEPATOPROTECTIVE**  
Can lower the levels of the four indicator compounds of liver damage, which is the aspartate aminotransferase enzyme, bilirubin, and glutation through hispatological analysis.

# Superfood Butterfly Pea

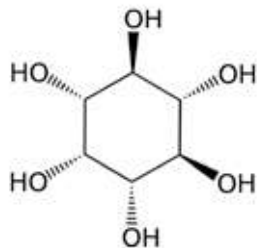
## MMF-SF013 (Blue Powder)

Syns. *citoris principissae*, blue pea vine, pigeon wings, teleng.

The butterfly pea flowers is recently gained popularity due to its many health benefits. It is packed with health boosting antioxidants, rich in flavonoids that boost the immune system and fight off diseases.

### General Information Active Ingredient

Myo Inositol



### Properties

Anti-oxidant, anti-inflammatory, anti-microbial, anticarcinogenic, anti-depressant, larvicidal activities, anti-stress, analgesic, anti-parasitic, anti-cancer, anti-diabetic.



### Benefits

- 1 ANTIOXIDANTS**  
Manage oxidative stress. Protects skin cells from oxidative pressure which are induced by hydrogen peroxide and UV light.
- 2 ANTI-OBESITY**  
Inhibits adipogenesis (formation of fat cells). Lower triglyceride and total blood cholesterol, and also increase cholesterol-HDL levels.
- 3 ANTI-CANCER**  
Could delay spread of cancer cells.
- 4 ANTIMICROBIAL**  
Can fasten healing process of eye sickness, and can be used as eye drops for babies.
- 5 ANTI-ASTHMA**  
Butterfly pea extract which has been standardized has the potential to be an alternative therapy in dealing with asthma which is induced by allergies, and can be used as a cough reliever.
- 6 ANTI-INFLAMMATION**  
Has an analgesic ability which influenced the nerve system to hinder the pain signal to the brain.
- 7 HEPATOPROTECTIVE**  
Can lower the levels of the four indicator compounds of liver damage, which is the aspartate aminotransferase enzyme, bilirubin, and glutathione through hispatological analysis.



## Application for Food

### Natural Food Coloring



### Combination with other Anthocyanin sources

Research shows that the butterfly pea application in a mixture with roselle, mulberry, and pomegranate can increase functional activities. The higher anthocyanin level might be needed to reach the effective concentration level which will show the functional activity.

### Advantages for Food Processing

1

Blue color which enhance sensorial power.

2

Taste and flavor of the butterfly pea which is relatively easy to mix with other ingredients such as lime, lemon, pineapple, etc.

3

The color of the butterfly pea which is relatively pH food stable and relatively stable with heat application during the sterilization process.



## **BUTTERFLY PEA**

### **MOST MYSTERIOUS HERB OF AYURVEDA**

- Anti-aging : Helps in Skin Repair
- Boosts Immune System
- Helps increase Collagen in Body & Keeps Skin Glowing
- Boosts Metabolism
- Reduces Disease-Causing from Fat
- Reduces Stress & Anxiety
- Lowers High Blood Pressure
  
- Extremely Rich in Anti-Oxidants
- Extremely Rich in Rare Flavonoids, Polyphenols & Pro-Anthocyanins
- Highly Rich in Minerals



# Superfood Curcuma Xanthorrhizae

## MMF-SF002

Syns. Temulawak

Family : Zingiberaceae

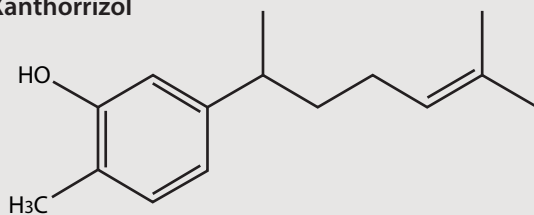
Species : *Curcuma xanthorrhizae* Roxb

*Curcuma xanthorrhizae* has been continuously used since the ancient times to treat various disease such as liver disorders, menstruation, jaundice, fatigue, constipation, fever, abdominal pain, itching, sores, malaria, etc.

### General Information

#### Active Ingredient

##### Xanthorrhizol



#### Properties

Antioxidant, anti-inflammatory, antibacteria, stomachic, antipyretic, antispasmodic, lactagogue, etc.

#### Application for Food

- Mainly used as flavor additive to pigments and foods.
- Used as a food coloring since it normally gives food (slightly yellowcolor).

#### Benefits

- Accelerate the regeneration of liver cells
- High antioxidant
- Increase antibody or immune system
- Assists in reducing cholesterol level
- Anti-inflammatory
- Natural antibacterial, anticancer and antifungal
- Inhibiting the growth of cancer cells



# Superfood Curcuma Domestica

## MMF-SF003

Syns. Curcuma longa, yu jin, turmeric, kunyit, kunir

Family : Zingiberaceae

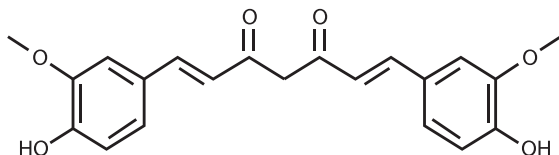
Species : Curcuma domestica

Turmeric is known as a food supplement that has a distinctive taste and color. Not only used as spice in the kitchen, people often use it to overcome various health conditions. In addition, turmeric has been tested in medical terms. In fact, Turmeric has a chemical compound called Curcumin. The yellow coloring agent is thought to be able to help the healing process in the body.

### General Information

#### Active Ingredient

Curcumin



Parts of plant used : Rhizome



### Benefits

- 1 Potent Antioxidant**  
Turmeric as a potent antioxidant has been shown to make meats and heated oils safer. Reduce stress hormone levels while causing an improvement in learning and memory, especially during times of high stress.
- 2 Antiinflammatory**  
Prevent and help manage chronic diseases including heart disease, irritable bowel disease, arthritis and inflammatory skin conditions including psoriasis and lupus comes down to its potent anti-inflammatory properties one of turmeric's most well known properties.
- 3 Can overcome menstrual problem**
- 4 Protection Against DNA Damage**  
Consumption of turmeric has been found to be protective against DNA damage in chronically arsenic-exposed populations.
- 5 Digestive Aid and Liver Support**  
These benefits can be attributed to turmeric's ability to improve gallbladder function, prevent gallstone formation and protection against liver damage caused by pharmaceutical agents.

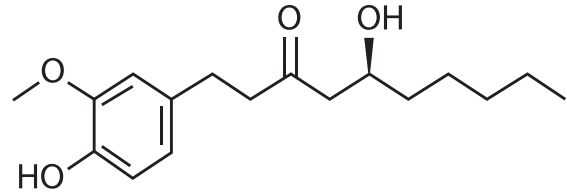
### Application for Food

- Can added to salad dressings, curry, rice and other vegetables.
- Can be combined with various kinds of meat.
- Mixed with various fruits to be used as a juice or smoothie.
- Use as a natural food colouring agent.



## General Information Active Ingredient

### Gingerol



### Properties

Appetizer, carminative, antioxidant, expectorant, anti-inflammatory, rubefacient, stimulant, antiseptic, sialagogue, diaphoretic, etc.

### Benefits

- Reduces muscle aches and pains in the body.
- Effectively used as an anti-inflammatory.
- Reduces pain from the effects of menstruation.

### Application for Food

- Can be used as a dressing for salads.
- Add a little to the juice to add a little spicy sensation.
- Can be made into tea.
- Combined with all types of meat to add flavor.

# Superfood Ginger

## MMF-SF014

Syns. Jahe

Family : Zingiberaceae

Species : Zingiber officinale

Ginger is one of the popular ingredients in cooking, especially Asian and Indian cuisine. Ginger has also been used for thousands of years for medicinal purpose, such as relieving nausea, increasing appetite, overcoming travel sickness and several other illnesses. Apart from being a cooking ingredient, ginger is also available in the form of ginger extract, ginger oil, capsules and lozenges.

# Superfood Red Ginger

## MMF-SF009

Syns. Pine cone ginger, jahe merah

Family : Zingiberaceae

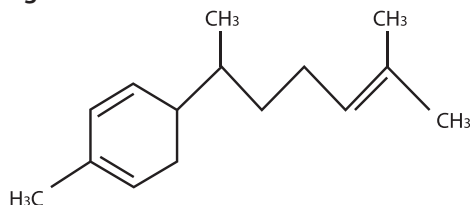
Species : Zingiber officinale

Red ginger is somewhat different from other types of ginger. In addition to reddish color, it is also more often used for medicines than as a cooking spice and has a spicier flavor compared with other ginger. It generally helps your body to get rid of toxins or to fight against invasive organisms.

### General Information

#### Active Ingredient

##### Zingiberene



##### Properties

Appetizer, carminative, anti-inflammatory, antioxidant, expectorant, rubefacient, stimulant, sialagogue, antiseptic, diaphoretic, etc.

##### Benefits

- Treat asthma.
- Enhance the vitality of men and strengthen the resilience of sperm.
- Curing rheumatism or gout.
- Relieve and heal coughs.
- Increase metabolism.
- Boost immune system.

##### Application for Food

- Can be used as a dressing for salads.
- Add a little to the juice to add a little spicy sensation.
- Can be made into tea.
- Combined with all types of meat to add flavor.

# Superfood Lemongrass

## MMF-SF017

Syns. Oil grass, serai

Family : Poaceae

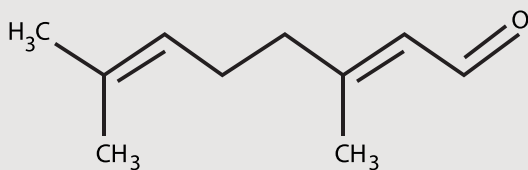
Species : *Cymbopogon schoenanthus*

Lemongrass is commonly taken orally, applied directly to the skin, or inhaled as aromatherapy for many different conditions. But there is limited scientific research to support any of its common uses. Lemongrass is also used as a flavoring and in making vitamin A and natural citral.

### General Information

#### Active Ingredient

#### Citral



#### Properties

Antidepressant, antioxidant, antibacterial, etc.

#### Benefits

- Good for digestion.
- Full of antioxidants that help in detoxing.
- Regulates high blood pressure.
- Boosts metabolism and burns fat.
- Heals cold and flu.
- Relieves menstrual pain.

#### Application for Food

- Can be used as a dressing for salads.
- Add a little to the juice to add a little spicy sensation.
- Can be made into tea.
- Combined with all types of meat to add flavor.

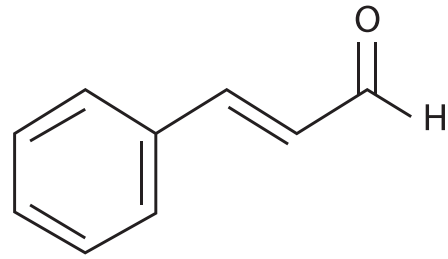




## General Information

### Active Ingredient

Cinnamaldehyde



### Properties

Antioxidant, prevent stomach ulcer, antifungal, antibacterial, anti parasitic.

### Benefits

- Lower blood sugar & blood pressure.
- Boost metabolism.
- Reduce Inflammation.
- Get rid of yeast infection.
- Regulate menstrual cycles.
- Protect brain.

### Application for Food

- Can be used as an ingredient for making dough, juices or smoothies.
- Mixed with oatmeal or yoghurt.
- Tasty addition to dried fruit, dessert, ice cream, and cakes.

# Superfood Cinnamomum Burmannii MMF-SF018

Syns. Indonesian Cassia vera, Kayu Manis

Family : Lauraceae

Species : Cinnamomum burmannii

Cinnamon, from the bark of the cinnamon tree has long been used as both a spice and a traditional medicine. As a supplement, you'll find it in capsules, teas and extracts.

# Superfood Almond Milk

## MMF-SF006

Syns. Almond / Badam

Family : Rosaceae

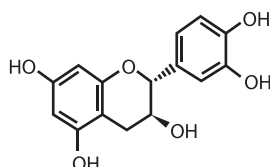
Species : Prunus amygdalus dulcis

Almond milk is a low calorie nutritious beverage that is very popular. Made by grinding almonds, mixing them with water and then filtering the mixture to make a product that is very milk like and has a nutty flavor.

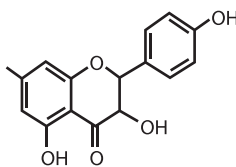
### General Information

#### Active Ingredient

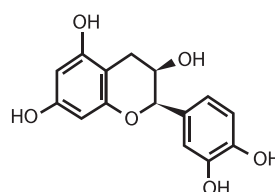
##### Catechin



##### Epicatechin



##### Kaempferol



#### Properties

Anti-aging, weight control, reduces blood pressure, maintains healthy heart, reduce cholesterol, antioxidant, anti-cancer.

#### Benefits

- Low in calories making it suitable for dieting.
- It has high Calcium, vitamin E, vitamin D for strong bones, muscle and skin.
- Doesn't contain lactose so it safe for consumption by everyone.
- Has a low amount of carbohydrates.

#### Application for Food

- Dissolve with water and can be drunk warm or cold.
- Mix with coffee or tea.
- Mix with smoothies or juice.
- Can be used as a substitute for milk in various dishes.

# Superfood Goat's Milk

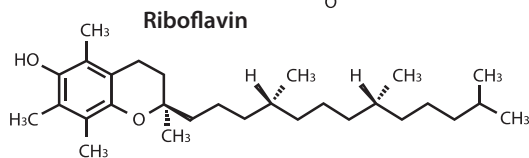
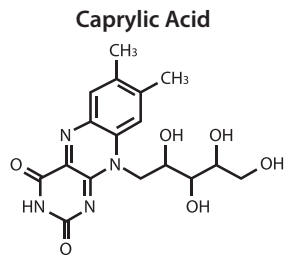
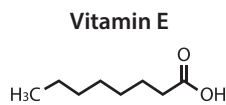
## MMF-SF015

Family : Capra hircus

Species : Susu kambing

An alternative to cow's milk because it has more health effects. As we continue to become more health conscious, many of us begin to turn away from cow's milk and look for alternatives. Goat's milk acts as a moisturizer and has a detoxifying and antioxidant effect. It has a creamy, sweet and soft taste.

### General Information Active Ingredient



### Benefits

- 1 Help protect colon cells from cancer causing chemicals.
- 2 Help prevent the bone loss that can occur as result of menopause or certain conditions such as rheumatoid arthritis.
- 3 Help prevent migraine headaches in those who suffer from them.
- 4 Reduce PMS Symptoms of the menstrual cycle.
- 5 Treating anemia, magnesium deficiency and acneate menstrual cycles.

### Application for Food

- 1 Dilute in water, serve either warm or cold.
- 2 Can be served with cereal or granola.
- 3 Can be processed into dessert such as pudding, yoghurt, ice cream.







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# Superfood Soya

## MMF-SF016

Syns. Soybean, Lecithin

Family : Fabaceae

Species : Glycine max (L) Merrill

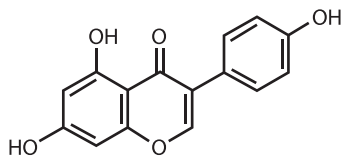
Soy comes from pods that produce edible seeds. Often found in green but also often found in yellow, brown or black. Its soft texture makes soya often processed into various foods. Soybean also known as edamame beans when eaten directly from the pods, can also be consumed as an alternative to meat. Soya is also a basic ingredient of soy milk, tofu, miso, etc.

### General Information

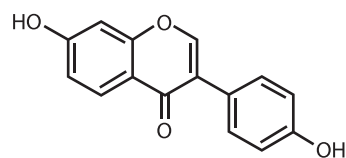
#### Active Ingredient

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Genistein



Daidzein



#### Properties

Antioxidant, estrogenic properties, anticancer, anti-inflammatory, soothe allergies.

#### Benefits

- Has a high amount of proteins.
- High fiber, lowcarbohydrates.
- Has a high amount of antioxidants.
- Relieve symptoms of menopause.

#### Application for Food

- Dissolve in water and can be served cold or warm.
- Mix it into coffee or tea.
- Can be used as a dessert dish for vegan and dairy free products.

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# Superfood Binahong

## MMF-SF011

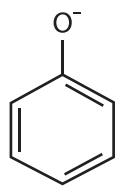
Binahong is a medical plant that grows in the lowlands and highlands and has many benefits in curing various types of mild or severe illness. This plant has long existed in Indonesia but only recently has become an alternative for some people to be used as a natural remedy to cure or reduce some minor or serious illnesses.

### General Information

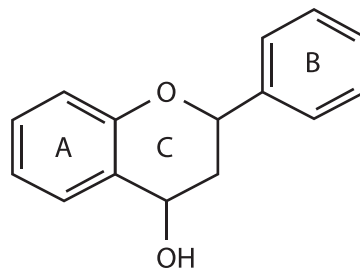
#### Active Ingredient

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#### Phenolate



#### Flavonoid



#### Properties

Antioxidant, antibacterial, antiaging.

#### Benefits

- Contains active ingredients flavonoids.
- Can act as an antibiotic and restore body cells.
- Lowers children's body temperature and is able to heal wounds.
- Prevents and overcomes cancer.
- Maintaining vitality and body fitness.
- Able to treat and cure toothache.

#### Application for Food

- Mix with warm water.
- Put binahong in a tea bag and dip it in warm water.
- Enter into the capsule and consumed.
- Mix with oatmeal and cake or bread dough.

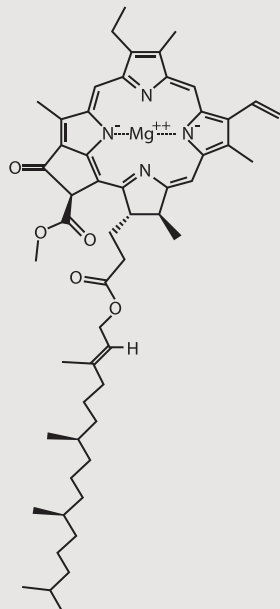
# Superfood Spirulina

## MMF-SF004

Spirulina is a type of blue-green algae that people can consume as a food supplement. Spirulina is a superfood because of its excellent nutritional content and health benefits. Spirulina has a high protein and vitamin content, which makes it an excellent food supplement for vegetarians.

### General Information Active Ingredient

#### Chlorophyll-a



#### Properties

Antibacterial, antiviral, hypocholesterolemic, antioxidant, antiallergic, hepatoprotective, immune modulatory activities.

#### Benefits

- Excellent Nutritional Profile.
- Improved Heart Health.
- Anti-inflammatory.
- Performance Enhancement.

#### Application for Food

- Natural food coloring agent (dark green).
- Can be added to salads, stocks, soups, stews, etc.
- Mix with smoothies or juice.
- Put it in tablet to be supplemented.



# ORGANIC SPIRULINA

- Detoxifies heavy metals
- Cleanses the liver
- Boosts immunity
- Anti-inflammatory
- High in chlorophyll
- High in Omega-3 fatty acids
- High Calcium content
- Spirulina is 60% protein and contains all essential amino acids
- 2300% more iron than spinach
- High source of vitamin B-12
- 4 times the antioxidants of blueberries



Spirulina

vs.

Steak

Nutrition per 100 grams according to USDA



Protein  
57 grams

Iron: 158%

Calcium: 12%

Fat: 8 grams



Protein  
25 grams

Iron: 13%

Calcium: 1%

Fat: 19 grams

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# Superfood Moringa Leaf

## MMF-SF010

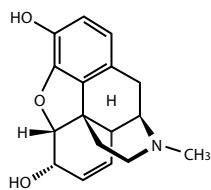
Moringa is a plant that has been praised for its health benefits for thousands of years. Moringa is very rich in healthy antioxidants and bioactive plant compounds. Moringa can be processed into various forms, such as food, drinks, or supplement powder. In western countries, Moring leaves are widely used as health supplements and diet drugs.

### General Information

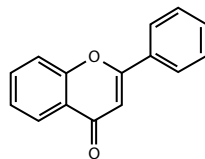
#### Active Ingredient

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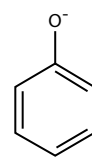
#### Alkaloid



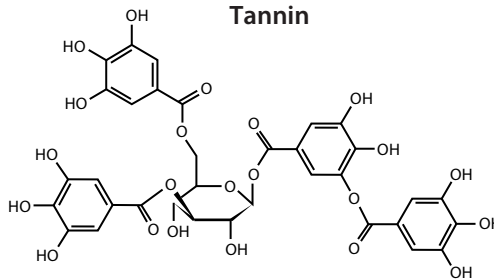
#### Flavonoid



#### Phenolate



#### Tannin



#### Properties

Antioxidant, reduce inflammation, antimicrobial, antibacterial, antiaging.

#### Benefits

- Improve the immune system.
- Can be used as a supplement to kill bacteria.
- Can reduce blood sugar and cholesterol.

#### Application for Food

- Mix with warm water and add honey or lemon.
- Mix with smoothies or soup.
- Mix with bread dough.

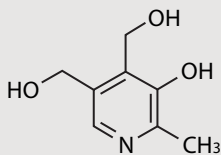
# Superfood Banana

## MMF-SF008

Banana powder has been freeze-dried to lock in all the beneficial phyto nutrients and flavor of fresh banana. It tastes great, and contains a variety of vitamins and minerals. It is extremely versatile and can be used in a multitude of recipes.

### General Information Active Ingredient

#### Pyridoxine



#### Properties

Antioxidant  
Anticancer  
Immune stimulant  
Antileukemic  
Antibacterial

### Benefits

- **Maintain blood glucose level**

Even people with diabetes can enjoy a banana, according to the American Diabetes Association, because the fruit's sugar content is balanced with fiber.

- **Natural Laxative**

Eat bananas, and you might say goodbye to constipation. Well ripened bananas have a type of fiber that helps to restore and maintain regular bowel functions.

- **Energy Booster**

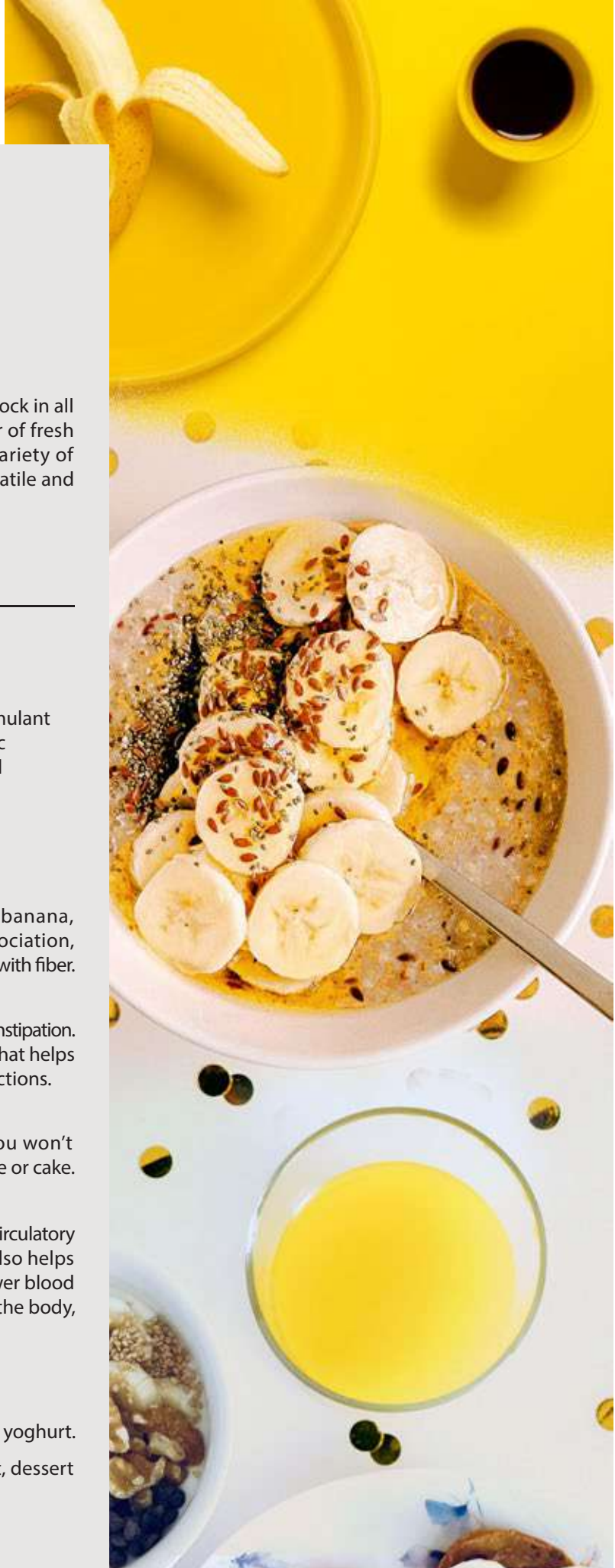
Your energy level will last longer, and you won't suffer the dramatic crash caused by caffeine or cake.

- **Better Heart Health**

Rich in Potassium, bananas help the body's circulatory system deliver oxygen to the brain. This also helps the body maintain a regular heartbeat, lower blood pressure and a proper balance of water in the body,

### Application for Food

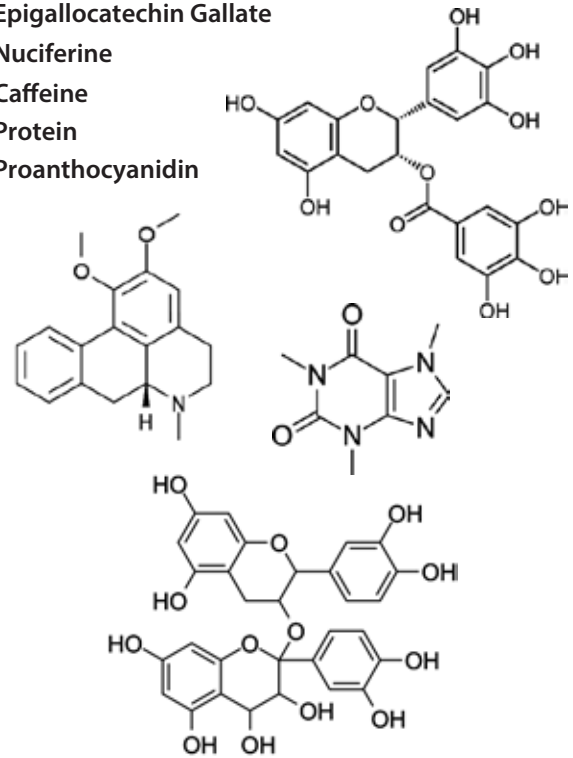
- Mixed into your favorite smoothie, juice or yoghurt.
- Can be used a tasty addition to dried fruit, dessert or ice cream.





**General Information**  
**Active Ingredient**

- Epigallocatechin Gallate
- Nuciferine
- Caffeine
- Protein
- Proanthocyanidin



**Benefits**

- Can clean and wash the body from impurities.
- Can help the digestive system and can lose weight.
- Able to reduce appetite and increase metabolism.

**Application for Food**

- Dissolve in water and can be enjoyed cold or warm.
- Mixed into coffee or tea.
- Added to salad dressing or juice and smoothies.



# Superfood Slimming

## MMF-SF005

Slimming DE Superfood is contain tea leaves, spirulina, grape seed extract and fiber. Has anticancer and antioxidant properties. And has properties as antibacterial, antibiotic, antiseptic, blood dialysis and also can improve cardiovascular.

# Superfood Honey

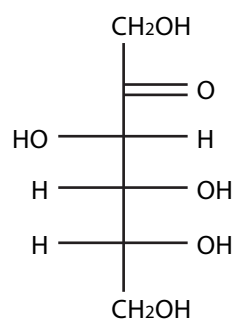
## MMF-SF023

Honey has been used as food and medicine. Plant compounds in honey are very high so it has several health benefits. Honey is very healthy when used as a substitute for table as it has no calories.

### General Information

#### Active Ingredient

#### Fructose



#### Properties

Antibacterial  
Antiseptic  
Having a high emollient  
Natural nutrition, etc.

#### Benefits

- Rich in antioxidants.
  - Low on the glycemic index for reduce blood fat.
  - Contains minerals, which is important for muscle contraction.
  - Prevents infection of bacterial gastroenteritis sufferer.
  - Reduced nighttime coughing in children.
  - Stimulate the growth of new tissues in the intestines.
- Can be used as natural sweetener with low glycemic index.
  - Mixed with oatmeal or yoghurt.
  - Mixed with meat to grill.
  - Mixed as a salad dressin or marinades.

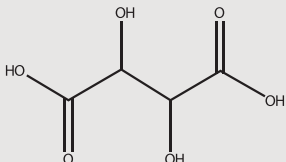
#### Application for Food

# Superfood Tamarind

## MMF-SF024

Tamarind is a wonderful anti-inflammatory, anticholesterol, antibacterial and mild laxative. The health benefits of tamarind and its medicinal properties are numerous and were traditionally recognized long before scientific studies and research were conducted on tamarinds.

### General Information Active Ingredient

Tartatic Acid	Properties
	Anti-inflammatory Analgesic Diaphoretic Laksansia purgansia

### Benefits

- **Decrease total cholesterol**  
The bad cholesterol increases the odds of suffering from heart disease and hypertension. Tamarind there by cuts down the risk of getting heart disease by significantly lowering total cholesterol levels in blood.
- **Curing Sore Throat**  
You can make this tamarind water gargle by simply mixing half teaspoon of tamarind superfood in lukewarm water.
- **Nourish and Rejuvenate Skin**  
Tamarind is a rich source of antioxidants, flavonoids and carotene that can nourish and rejuvenate damaged skin. One of the useful health benefits of tamarind is having anti-inflammatory properties, which make it potent remedy for treating skin inflammations naturally.
- **Weight Loss**  
Tamarind is good for preventing overweight as it helps binge-eaters to control excess eating and by promoting serotonin neurotransmitter levels and helping burn excess calories and fat stored in the body.

### Application for Food

- Mix with smoothies or juice.
- Put it in confectionary products.



# Superfood Eucalyptus

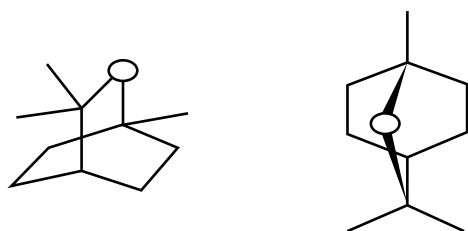
## MMF-SF026

Eucalyptus is supposed to have a number of medicinal properties, although not all of them have been verified by research. Below we outline some of its potential health benefits.

### General Information

#### Active Ingredient

Eucalyptol



### Properties

Anesthetic, antibronchitic, antiseptic, antitussive, expectorant, fungicide, herbicide, pesticide, sedative.



### Benefits

- 1 Relieves Stress**  
Eucalyptus has a natural soothing and sedative effect on the nerves which helps in relaxing the senses and can be highly effective to infuse new energy or freshness even when you are feeling tired. The mildly sedative property also makes it an ideal remedy for problems like insomnia or disturbed sleep.
- 2 Anti-inflammatory**  
Eucalyptus is often suitable for people who suffer from asthma, as well as arthritis and chronic muscle strain. By reducing inflammation in the blood vessels and arteries, it can also protect heart health and prevent the start of atherosclerosis, thus protecting you from heart attacks and strokes.
- 3 Dental Care**  
Eucalyptus quite beneficial in fighting bacteria that cause tooth decay and periodontal health.
- 4 Prevent Cancer**  
The exact process through which the extract might be able to prevent irregular cell division or formation of malignant tumor has not been discovered yet.
- 5 Boosts the Immunity**  
Eucalyptus can provide protection to the body from range of bacterial and yeast infection by the way of boosting your overall immunity.

### Application for Food

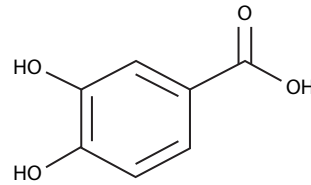
- Dissolve with lukewarm water.





## General Information Active Ingredient

### Protocatechuic



### Properties

Anti-hypertensive  
Anti-cancer  
Antidepressant  
Antibacterial  
Antioxidant

## Benefits

### • Menstrual Pain

Provides relief from cramps and menstrual pain. Helps in restoring hormonal balance (which can reduce other symptoms of menstruation like mood swings, depression and overeating).

### • Aids Digestion

Increases both urination and bowel movements (due to its diuretic properties), treats constipation and prevent colorectal cancer.

### • Antidepressant

Helps to calm down the nervous system and to reduce anxiety and depression by creating a relaxed sensation in the body and mind.

### • Weight Loss

Lowers absorption of starch and glucose and may help with weight loss.

### • Reducing cough

Help treat coughs and colds. Because of its cooling effect, it is especially effective in reducing the discomfort of fevers that may accompany such ailments.

### • Lower the blood pressure

Roselle has diuretic properties that increase urination, simultaneously lowering blood pressure.

## Application for Food

- Dissolve with lukewarm water.
- Mix with juice or salad.
- Natural coloring for cake, pudding, etc.

# Superfood Rosella

## MMF-SF028

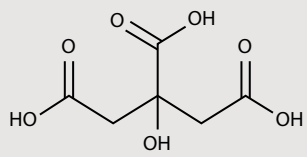
Roselle has been used as a therapeutic plant for centuries. Traditionally, it treats toothaches, urinary tract infections, colds and even hangovers.

# Superfood Kaffir Lime

## MMF-SF029

Aside from its culinary uses, due to its uniquely tart and pleasant flavor, kaffir lime is also highly respected in herbal medicine, due to high content of beneficial organic compounds that can positively affect the body's systems.

### General Information Active Ingredient

Citric Acid	Properties
	Antioxidant Anti-inflammatory Anticancer Antidandruff Astringent

### Benefits

- **Improves oral health**  
Antibacteria properties of kaffir lime can eliminate harmful bacteria that can build up in the mouth.
- **Detoxifies the blood**  
Eliminate those pathogens or foreign agents in the blood, while also helping the liver and lymphatic system strain out dangerous substances and improve your overall health.
- **Boost immunity**  
Help prevent a wide variety of gastrointestinal illness and stimulate the immune system due to antioxidant effects.
- **Cure sprue**  
Sprue is caused due to lack water and vitamin C inside your body, consuming warm water of infused kaffir limes can help you reduce the sprue and produce more vitamin C.
- **Reducing cough**  
Natural treatment to heal your cough and make your throat becomes clean and fresh.
- **Heal fatigues after sickness**
- **Prohibiting cancer**

### Application for Food

- Mixing into salad or soup.
- Add into chili sauce.
- Used for seasoning meat or drinks.



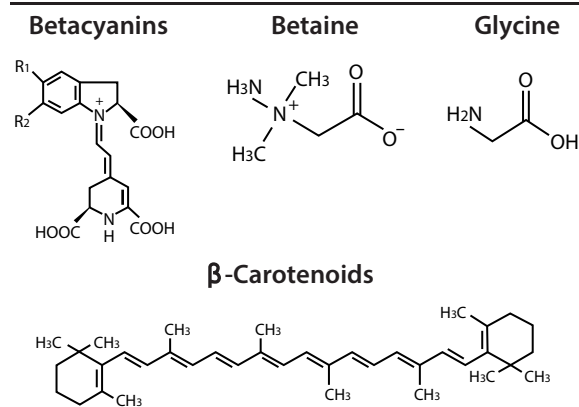
# Superfood Beetroot

## MMF-SF021

Beetroots have been ranked as one of the most potent antioxidant vegetables. Beetroot is of exceptional nutritional value, especially the greens, which are rich in calcium, iron and vitamin A and C. Beetroots are an excellent source of folic acid and a very good source of fibre, manganese and potassium.

### General Information

#### Active Ingredient



### Benefits

- 1 May delay signs of premature aging**  
Vitamin A and carotenoids that can benefit you from inside out. They also contain a decent amount of lutein, another potent antioxidant. These fight free radicals and can play a role in human skin photoprotection.
- 2 Improve skin health**  
Beetroot ingestion has been found to prevent skin cancer. It also contains vitamin A that maintains healthy mucous membranes and improves skin health. Vitamin A also supports the daily replacement of skin cells.
- 3 May help treat anemia**  
Beets are rich in iron, and the absorption of iron is better from beetroot than a few other vegetables. The folate in beets may also help in anemia treatment.
- 4 Can be beneficial during pregnancy**  
A study focused on the possibility of beets being beneficial for pregnant women, especially because of their nitrate content. It is also rich in folic acid, which is a very good reason for pregnant mothers to include them in their diet. Folic acid helps prevent neural tube defects in the baby.

### Application for Food

- Mixed into your favorite smoothie, juice or yoghurt.
- Can be used as a tasty addition to dried fruit, dessert or ice cream.
- Natural food coloring and dyes.

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# Superfood Ipomoea Batatas

## MMF-SF032

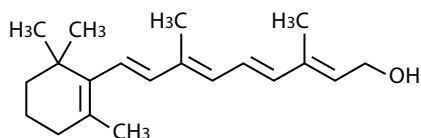
The sweet potato, also known as the Ipomoea batatas, not only contains many nutrients, but it is also packed with medicinal benefits. Scientists have determined that sweet potatoes contain antiinflammatory, anti-diabetic, and anticancer properties. Most sweet potatoes are orange in color, but there are others that come in purple, yellow, white, pink, and red. The following are some of the health benefits that you can accrue from including sweet potatoes in our regular diet.

### General Information

#### Active Ingredient

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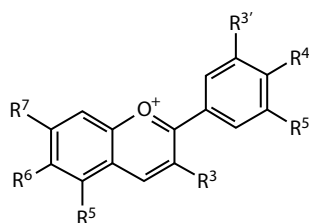
#### Vitamin A



#### Benefits

- Help prevent vitamin A deficiency.
- Help manage diabetes.
- Can boost fertility.
- Supports eye health.

#### Anthocyanin



#### Application for Food

- Mixed into your favorite smoothie, juice or yoghurt.
- Can be used a tasty addition to dried fruit, dessert or ice cream.
- Natural food coloring and dyes.

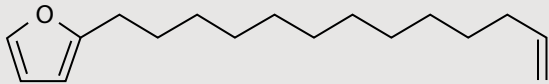
# Superfood Avocado

## MMF-SF033

Avocado owns a lot of nutrients and antioxidants, such as folic acid, Omega 3, magnesium, potassium, lutein and fibre. Avocado is rich in A, C, D, E, K vitamins and B group vitamins too. And that's not all as it owns an important presence of copper, manganese and iron.

### General Information Active Ingredient

#### Avocadenofuran



#### Properties

Antioxidant, anti-inflammatory, anticancer.

#### Benefits

- **Cholesterol reduction and heart disease**  
Avocado has Omega 3 that has proven on cholesterol reduction and heart disease prevention.
- **Stimulate immune system**  
Thanks to actuation of C and E vitamins.
- **Keep healthy skin and healthy hair**  
The action of vitamin E and greases.
- **Helps us maintain bowel regularity**  
Fibre help us maintain bowel regularity, which is related to toxin expelling in a natural way.
- **Supports eye health**  
Avocados are also good for elder people as lutein is effective in cataract prevention.
- **Protects teeth, gums and keep strong bones**  
The intervention of D vitamin.

#### Application for Food

- Mixed into your favorite smoothie, juice or yoghurt.
- Natural food coloring and dyes.



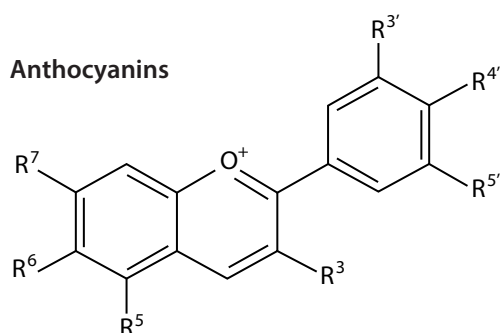
# Superfood Acai Berry

## MMF-SF034

Like other berries, acai berries contain antioxidants and fiber. Some proponents call them a superfood, claiming they help various health concerns, including arthritis, weight loss, high cholesterol and erectile dysfunction.

### General Information

#### Active Ingredient



#### Properties

Dietary fiber  
Antioxidant  
Anti-inflammation  
Antidiabetes  
Anticancer  
Antiallergies

#### Benefits

- **Reduces bad cholesterol**  
Acai contains two essential fatty acids that play important part in not only maintaining cholesterol levels but actually reducing them too.
- **Good for diabetics**  
Acai has low score on the glycemic index, which is good news for people with diabetes. It also has low lipid levels.
- **Healthy skin**  
Acai has extremely high antioxidant levels, making it great for overall skin care.

#### Benefits

- **Increase energy**  
Acai is good food snack on when you are struggling against fatigue.
- **Good for digestion**  
Acai has a strong detoxifying capacity. It also good fiber that helps keep you regular.
- **Good against harmful organisms**

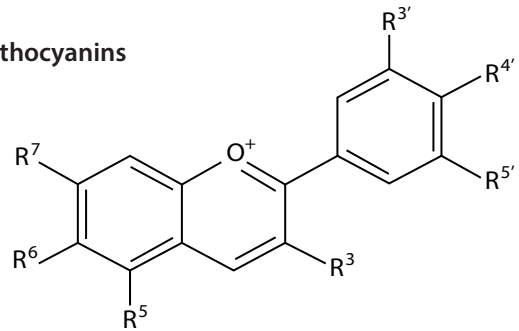
#### Application for Food

- Mixed into your favorite smoothie, juice or yogurt.
- Natural food coloring and dyes.



## General Information Active Ingredient

### Anthocyanins



### Properties

Dietary fiber, Antioxidant, Anti-inflammation, Antidiabetes, Anticancer, Antiallergies.

### Benefits

- **Slow signs of ageing and fights cancer**  
Blueberries are known to be high in antioxidants, which help protect the body from radicals, neutralising effect on free radicals that cause signs of ageing via sun, pollution and smoking.
- **Lowers blood pressure and bad cholesterol**  
Decreasing oxidized LDL cholesterol.
- **Boosts brain function**  
The antioxidant in blueberry have been seen to slow mental decline.
- **Helps urinary tract infections (UTIs)**  
Preventing bacteria binding to the wall of the bladder.
- **Helps with weight loss**  
Thanks to high fibre levels, other research has found flavonoids specifically can help with weight loss.
- **Speeds muscle recovery and improve bone**

### Application for Food

- Mixed into your favorite smoothie, juice or yoghurt.
- Natural food coloring and dyes.

# Superfood Blueberry

## MMF-SF037

Packed with antioxidants and phytoflavonoids, these berries are also high in potassium and vitamin C, making them the top choice of doctors and nutritionists.

# Superfood Men's Secret

## MMF-SF019

A man's health is much more comprehensive than a few body parts. When considering men's wellness, it's important to take into account a variety of factors, including stress management, sleep hygiene, the cardiovascular system, exercise support, as well as prostate and erectile health all interconnected to a man's well being.

### General Information

- **Red ginger**  
Supports the body's recovery and normal response to antiinflammation after exercise.  
Active ingredients: Zingiberene
- **Maca**  
Supports vitality and healthy libido.  
Active ingredients: Sildenafil
- **Pimpinella pruatjan (purwaceng)**  
Supports a healthy prostate and bladder.  
Active ingredients: Sterol
- **Eurycoma longifolia (pasak bumi)**  
Male fertility enhancement effect and increase testosterone.  
Active ingredients: Eurycomanol
- **Java chili**  
Counters the effect of stress.  
Active ingredients: Piperine
- **Tribullus terrestris**  
A traditional aphrodisiac.  
Active ingredients: Protodioscine

### General Information

- **Panax ginseng**  
Supports endurance during exercise.  
Active ingredients: Ginsenoside

### Benefits

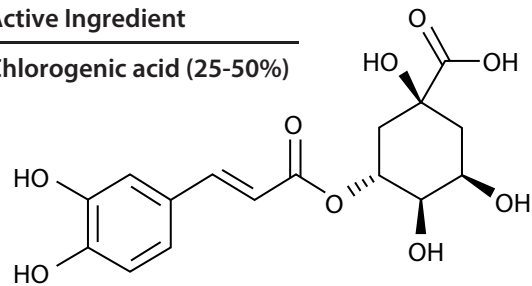
- Male fertility enhancement effect.
- Increase testosterone.
- Supports vitality and a healthy libido.
- Reduces the effects of stress.
- Support optimal prostate health and a normal.
- Relieves stress and irritability.
- Counters the effect of stress, pushes back fatigue and supports endurance during exercise.
- Optimizes metabolism of male hormones and promotes healthy prostate gland function.



## General Information

### Active Ingredient

Chlorogenic acid (25-50%)



### Properties

For weight loss, to affect how the body handles blood sugar and metabolism.

### Benefits

- **Assists with weight loss**  
Chlorogenic acid helps the body to burn glucose and stored body fat, reduce the absorption of carbohydrates (lowering blood sugar and insulin spikes) and improves cholesterol.
- **Normalizes blood sugar**  
Helps to lower inflammation which has positive effects on blood sugar levels.
- **Anti-aging**  
Green coffee holds many antioxidant properties.
- **Disease management and prevention**  
Antioxidants help fight against damaging free radicals in the body.
- **Improves Energy Levels**  
Caffeine has significant effects on psychomotor and cognitive performance.
- **Nourish skin and heal from severe damages**

### Application for Food

- Mixed into hot water, sugar or honey can be added.
- Natural food coloring and dyes.
- Mixed into your favorite smoothie, juice or yoghurt.

# Superfood Green Coffee

## MMF-SF035

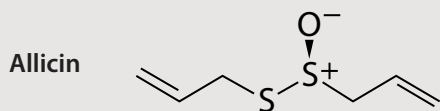
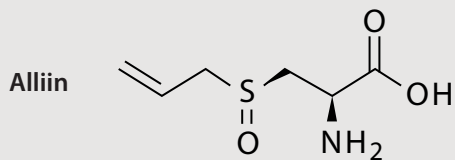
Green coffee beans are the unroasted beans of the Arabica coffee plant. Rather than being roasted like regular coffee, they are either ground into a fine powder or extracted and encapsulated into a supplement. Green coffee has a high antioxidant similar to green tea. Green coffee is known for its chlorogenic acid content, which has far reaching therapeutic effects on the body.

# Superfood Garlic

## MMF-SF036

In one garlic clove contains various nutrients, such as carbohydrates, protein, fiber, manganese, vitamin C, calcium and selenium. Garlic also contains antioxidants such as flavonoids, oligosaccharides, and amino acids. These contents are certainly beneficial for the health of the body.

### General Information Active Ingredient



### Benefits

- **Lowers cholesterol**  
Garlic has long been considered one of the best foods for preventing high cholesterol.
- **Control blood pressure**  
Allicin content, which can only be obtained when chewed raw garlic cloves, can lower blood pressure.
- **Heart healthy**  
Aged garlic extract reduces the buildup of soft plaque and prevents the formation of new plaque in the arteries.
- **Reducing the risk of cancer**  
Consuming garlic regularly can reduce the risk of several types of cancer.
- **Maintain brain health**  
That the carbohydrate derivative in garlic known as FruArg protects brain cells against the effects of aging and disease.

### Application for Food

- mix into cooking.
- As a food or cooking flavoring.

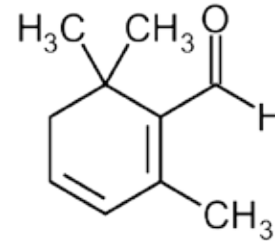




## General Information

### Active Ingredient

#### Safranal



#### Properties

- Antioxidant.
- Antidiabetes.
- Anti-inflammatory.
- Antidepressant.

#### Benefits

- Prevent cancer cells.
- Reduce stress and improve your mood.
- Reduce PMS symptoms.
- Improve your memory.
- Enhanced weight loss.

#### Application for Food

- Natural food colorant.
- Mixed with warm or cold water as a tea.
- Can be served with salad.
- Add to your favorite meals, juice, smoothies, etc.

# Superfood Saffron

## MMF-SF038

Saffron is a powerful spice from *Crocus sativus* flower. It is high in antioxidants. It has been linked to health benefits, such as improved mood, libido, and sexual function, as well as reduced PMS symptoms and enhanced weight loss. Best of all, it's generally safe for most people and easy to add to your diet.

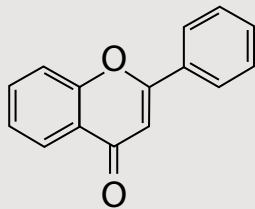
# Superfood Ficus carica

## MMF-SF039

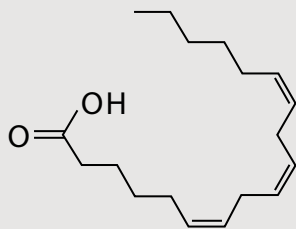
The botanical name for the Fig/Tin/Ara is *Ficus carica*. Figs are packed with nutrients and offer a variety of potential health benefits. They may promote healthy digestion, decrease your risk of heart disease, and help you manage your blood sugar levels.

### General Information Active Ingredient

#### Flavonoid



#### Linolenic Acid



### Properties

Antioxidant , Antipiretik, Anti-inflammatory, Anticancer.

### Benefits

- Prevent cancer cells.
- Help manage blood sugar levels.
- Improve vascular and heart health.
- Promote digestive health.

### Application for Food

- Add to meat or pizza and breads .
- Mixed with juice or smoothies .
- Can be served with salad.
- Can be used to make cake as a natural flavoring.



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# SUPER TEA

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# Superfood Chamomile Tea

## MMF-ST014

Syns. *Matricaria Chamomila* | Kamile / Camomile

Family : Asteraceae

Species : *Chamomile recutita*

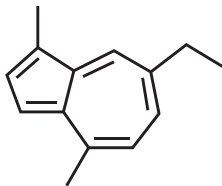
Chamomile tea has long been used as a traditional medicine, for various health problems. Chamomile is an herb derived from flowers such as daises in the Asteraceae plant family. It has been consumed for centuries as a natural remedy for several health conditions.

Currently, researchers are increasingly exploring its effectiveness in managing diseases, including cancer and diabetes.

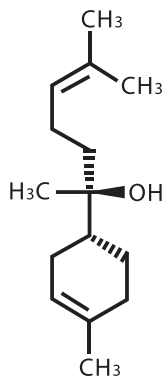
### General Information

#### Active Ingredient

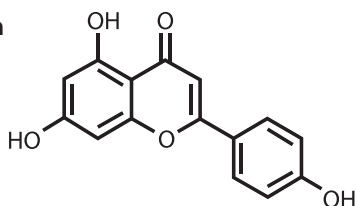
Chamazulene



$\alpha$  - bisabolol



Apigenin



#### Properties

Soothing, refreshing, anti-itching, purifying, antiseptic, anti-inflammatory, histamine release, inhibition, anti-irritation.



#### Benefits

- Free of caffeine.
- Contains many antioxidants which can play a role in reducing the risk of cancer.
- Chamomile has properties that can help produce restful sleep and overcome digestive disorders.
- Can improve heart health.

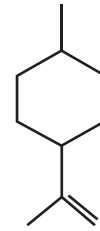
#### Application for Food

- Can be infused with water or made into tea.
- Combined with seafood to add floral flavor and natural sweetness.
- Mixed with cocktails or other alcoholic drinks.
- Can be combined with dessert.

## General Information

### Active Ingredient

#### Limonene



#### Properties

Very beneficial for problem such as bronchitis, asthma, cold, laryngitis, halitosis, throat infection, whooping coughs and help the digestive system deal with colic, nausea, vomiting flatulence. Has calming/relaxing effect on the nerves, relieving tension, depression, panic, hysteria and nervous exhaustion in general and is effect for headaches, migraines and insomnia.

#### Benefits

- Can fight infections and fungi.
- Able to prevent hair loss.
- Helps to disguise black spots on the skin.
- Can reduce excessive blood pressure and heart rate.
- Can improve anxiety disorders and related conditions.

#### Application for Food

- Sprinkle on salads to add color and aroma.
- Can used as a substitute for rosemary in bread recipes.
- Can be ground to be combined with coffee or tea.
- Can be mixed with champagne, chocolate and ice cream.
- Can be mixed with wine based sauces.



# Superfood Lavender Tea

## MMF-ST002

Family : Labiatae

Species : *Lavandula angustifolia*

Lavender is a plant native to northern Africa and the Mediterranean mountain region. Lavender is also planted for the production of certain species of lavender flower nails. Lavender oil has uses as a cosmetic ingredient, and is believed to have several medicinal benefits. In ancient times, lavender wa used as a holy herb. In addition, it is also often used to refresh and give mild aroma to various personal items, such as clothes and hair.



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License Number

**1180-BIOCert/LSO-006-IDN/02/21**

**PT Merpati Mahardika**  
RT 02 RW 03 Desa Cirarab, Kecamatan Legok,  
Kabupaten Tangerang, Provinsi Banten

Pemegang lisensi di atas telah diinspeksi dan disertifikasi oleh BIOCert sesuai dengan SNI 6729-2016 tentang Sistem Pertanian Organik, regulasi [Permentan No. 64/2013 tentang Sistem Pertanian Organik] serta Persyaratan Sertifikasi BIOCert.

*The above licensee has been inspected and certified by BIOCert as complying with the Indonesian National Standard (SNI 6729-2016) on Organic Agriculture System, regulation [Decree of Ministry of Agriculture The Republic of Indonesia No. 64/2013 on Organic Agriculture System] and BIOCert's Certification Requirements*

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**PRODUK YANG DISERTIFIKASI: Terlampir**  
*Certified product : Enclosed*

**Rentang Waktu Surveilain :** 11 Oktober 2021 s.d. 11 Januari 2022  
*Period Surveillance Time*

**Tanggal Diterbitkan :** 11 Februari 2021  
*Issue Date*  
**Tanggal Berlaku s/d :** 10 Februari 2024  
*Expiry Date*

**BIOCert**



**Ronald Shiddiq Wibowo**  
*Supervisor Sertifikasi*

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*Annex*

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RT 02 RW 03 Desa Cirarab, Kecamatan Legok, Kabupaten Tangerang,  
Provinsi Banten

### Lingkup Sertifikasi:

*Certification scope:*

Lokasi : RT 02 RW 03 Desa Cirarab, Kecamatan Legok, Kabupaten  
Tangerang, Provinsi Banten

*Location*

Jenis Komoditas / Produk	Lokasi	Total Petani	Total Kolektor	Status / Area (Ha)		Total Area (Ha)
				Organik	Konversi	
Bunga Telang kering, Jahe Emprit, Jahe Merah, Kunyit, Temulawak, Daun Suji, Daun Pandan, Serai, Sirih, Lidah Buaya	RT 02 RW 03 Desa Cirarab, Kecamatan Legok, Kabupaten Tangerang, Banten	-	-	1.77	-	1.77

Produksi yang disertifikasi : Produksi Tanaman

*Certified Production :*

Produk yang disertifikasi :

*Certified Product*

Produk Disertifikasi	Kuantitas (Estimasi. Kg)	Status
Bunga Telang Kering - <i>Clitoria ternatea</i>	250	Organik
Jahe Emprit ( <i>Ginger Fresh Whole</i> ) - <i>Zingiber officinale</i>	150	Organik
Jahe Merah ( <i>Ginger Fresh Whole</i> ) - <i>Zingiber officinale var. rubrum</i>	150	Organik
Kunyit ( <i>Turmeric Fresh Whole</i> ) - <i>Curcuma longa Linn.</i>	400	Organik
Temulawak ( <i>Curcuma Fresh Whole</i> ) - <i>Curcuma zanthorrhiza</i>	350	Organik
Daun Suji - <i>Dracaena reflexa</i>	200	Organik
Daun Pandan - <i>Pandanus amaryllifolius</i>	500	Organik
Serai - <i>Cymbopogon citratus</i>	50	Organik
Sirih - <i>Piper betle</i>	144	Organik
Lidah Buaya - <i>Aloe vera</i>	50	Organik

**BIOCert**



**Ronald Shiddiq Wibowo**  
Supervisor Sertifikasi

Sertifikat ini tetap milik BIOCert dan terikat dengan persyaratan kontrak.  
*This certificate remains the property of BIOCert and is bound by condition of contract*



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NO : IDN01130011



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