WHAT IS BUCKWHEAT

Buckwheat is a seed of a plant called Fagopyrum esculentum. It is not related to wheat, and are not cereals or grasses. They are grown in countries like Russia, United States and China. Buckwheat is often used in Japan to make traditional buckwheat soba noodles.

Buckwheat contains flavonoids. Rutin, a bioflavonoid is found in many plants, fruits (e.g. berries and oranges) and vegetables and its richest source is in buckwheat. Rutin also has antioxidant properties.

Buckwheat is a source of magnesium and dietary fiber. Magnesium helps in the absorption and retention of calcium and dietary fiber aids the digestive system.

RAW ORGANIC CHIA SEEDS
The Power of Superfood

The small but mighty chia seed is packed full of nutrients! So easy to consume - simply add to your beverage.

Omega-3  Protein  Dietary Fiber

Buckwheat Chia Seed Cookies
3 Amazing Superfoods
Buckwheat • Chia Seeds • Wheat Germ
Less Sweet • Made in Singapore
Goes great with tea or coffee

Note: Products may not be suitable for people allergic to buckwheat.
NEW & IMPROVED
BUCKWHEAT BLACK COFFEE
(30 sachets)
Improved formula!
with Papaya & Green Tea Extract
No sugar
Our own special blend of aromatic arabica & robusta coffee beans, tartary buckwheat, papaya and green tea extract. A healthier and energy boosting beverage!
Serving Suggestion: Place one coffee bag in a cup and add 250ml hot water. Steep for 2-3 minutes according to desired concentration. Add sugar / creamer to taste.

AWARD WINNING
ROASTED BUCKWHEAT GREEN TEA
(60 sachets)
Our own blend of roasted tartary buckwheat with japanese sencha green tea to give you a exquisitely fragrant and nutty tea.
Serving Suggestion: Place one tea bag in a cup and add 250ml hot water. Steep for 2-3 minutes according to desired concentration.

RUTIN+ GREEN TEA EXTRACT
1000 mg, 60 Vcaps
Rutin+ offers a convenient way to get the benefits of rutin (800mg) and green tea (200mg) per serving in a highly concentrated form. Rutin and the polyphenols in green tea are both antioxidants that helps support cardiovascular and immune health.
WHAT IS RUTIN?
Rutin is a flavonoid and is found in many plants, fruits and vegetables (1). One of the richest source of rutin is tartary buckwheat. Tartary buckwheat contains approximately 100 times higher amounts of rutin in its seeds compared to common buckwheat (2).

RUTIN FROM TARTARY BUCKWHEAT
- Supports Cardiovascular & Immune Health
- Antioxidant Support
- Suitable for Vegetarians
- GMP Quality Assured
- Dietary Supplement
GREEN TEA POLYPHENOLS 98%

AWARD WINNING
ROASTED BUCKWHEAT GREEN TEA
(60 sachets)
Our own blend of roasted tartary buckwheat with japanese sencha green tea to give you a exquisitely fragrant and nutty tea.
Serving Suggestion: Place one tea bag in a cup and add 250ml hot water. Steep for 2-3 minutes according to desired concentration.

READY-TO-DRINK, 250ml
Buckwheat Green Tea
• With Inulin
• Low Sugar
• No presevatives
Inulin is a fiber that can help increase intestinal bifidobacteria and helps maintains a good intestinal environment.

References: