



Puro Finca SAS

EXPORT SWEET POTATOES
AURORA VARIETY



Puro Finca SAS

Puro Finca has built a **familiar name** as a **producer of high quality products**.
Based on fair trade policies and products of high nutritional value.



Trained farmers



Value chain and sustainability of the Colombian agricultural sector



Global GAP Certification (high production and exportation standard)



Environmental care & organic production



Our products

SWEET POTATOES

(SWEET POTATO) FRESH



SWEET POTATOES PROTEIN



SWEET POTATOES FLOUR



Sweet potato

(Sweet potato) fresh

Sweet potato is a **nutrient-rich superfood** with **many health and nutritional benefits**

- 20 grams of carbohydrates
- 6 grams of vegetable protein
- 3 grams of fiber
- Vitamins A (carotenes), B1, B2, B3, B5, B6, B12, C, E and phytosterols
- Minerals such as iron, calcium, potassium, zinc, magnesium, phosphorous
- Virtually no added fat (0.1 grams).
- Sweet potatoes provide 85 calories per 100 grams. Good source of antioxidants, especially orange sweet potatoes such as Aurora



Sweet potato

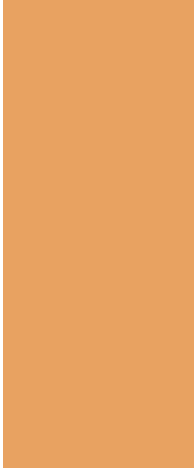
Fresh

Sweet potatoes, also known as sweet potato or yam is a staple food in many parts of the world. They are a good source of fiber, potassium, vitamins and other essential nutrients

Among its properties

It is recognized to accelerate the intestinal transit of food, preventing colon cancer; control the levels of sugars in the blood; and lower cholesterol levels.





Sweet potato

Fresh

What is it for?

- Maintain healthy blood pressure levels
- Reduces risk of cancer
- Improves digestion and regularity
- Oral health protection

What can I do with fresh sweet potato?

Unlike other vegetables, the sweet potato, like the potato, is a very versatile food when it comes to cooking. Versatile when it comes to cooking, it can be enjoyed in different recipes and can be made into different transformations

- Stuffed baked sweet potato (quinoa and cheese)
- Muffins
- Sweet potato chips

Sweet potato

Fresh



APPEARANCE	Elongated and oval in shape. Color; pale tan, orange or pink depending on variety. Flesh color also varies from light orange to medium dark orange. Skin may be lightly scarred.
AROMA	Typically sweet and fresh aroma, characteristic of the product.
TEXTURE	Firm but not woody, slightly moist when cut. Creamy texture when cooked
FLAVOUR	Sweet

Sweet potato

Fresh

Sizes

30g – 80g – Baby

100g – 200g – PP (20% tolerance up to 80g)

150g – 300g – M (20% tolerance up to 125g)

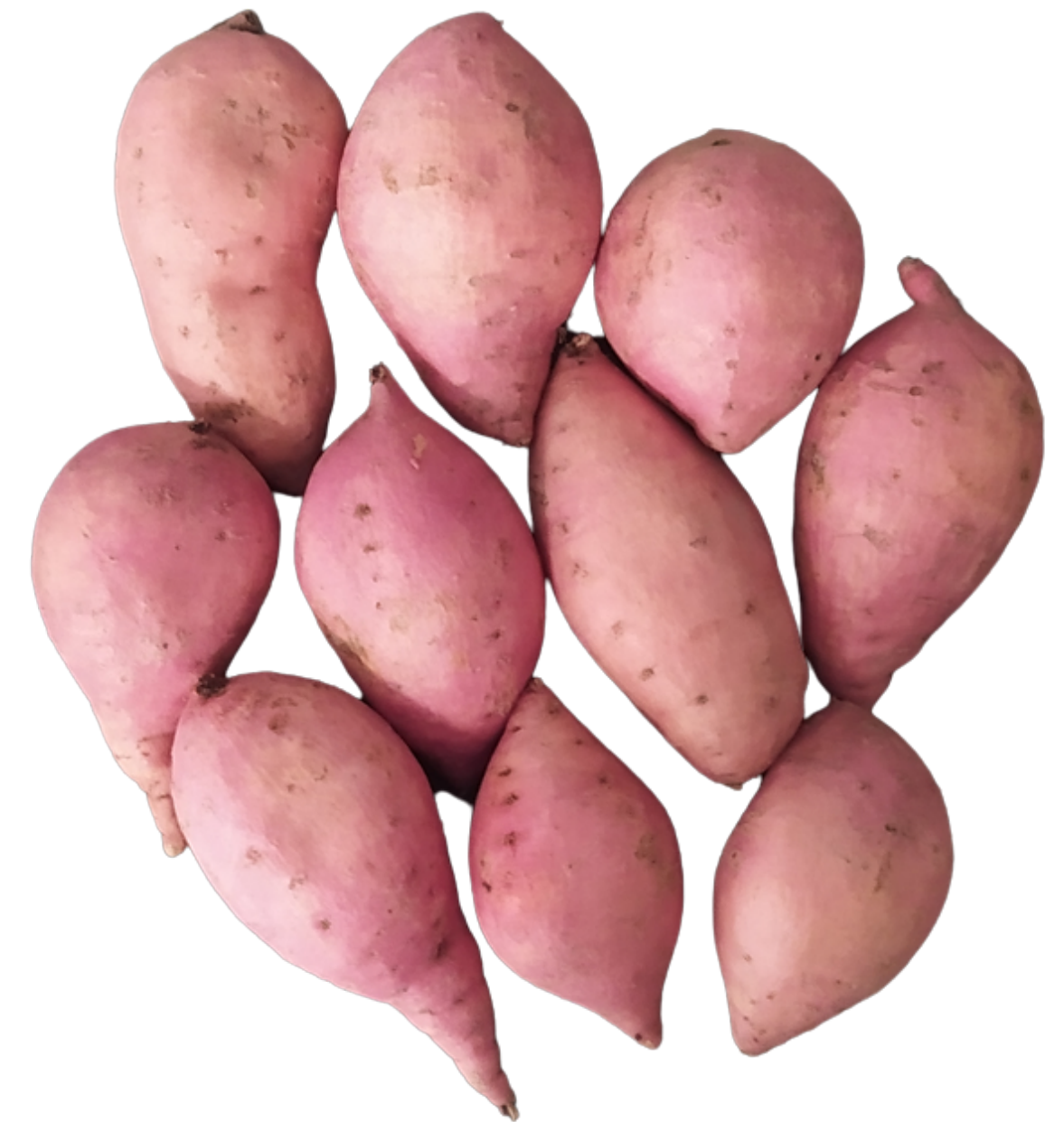
200– 800g – Loose (20% tolerance up to 1000g)

300g – 450g – L1

450g – 600g – L2

600g – 800g – XL (20% tolerance up to 550g)

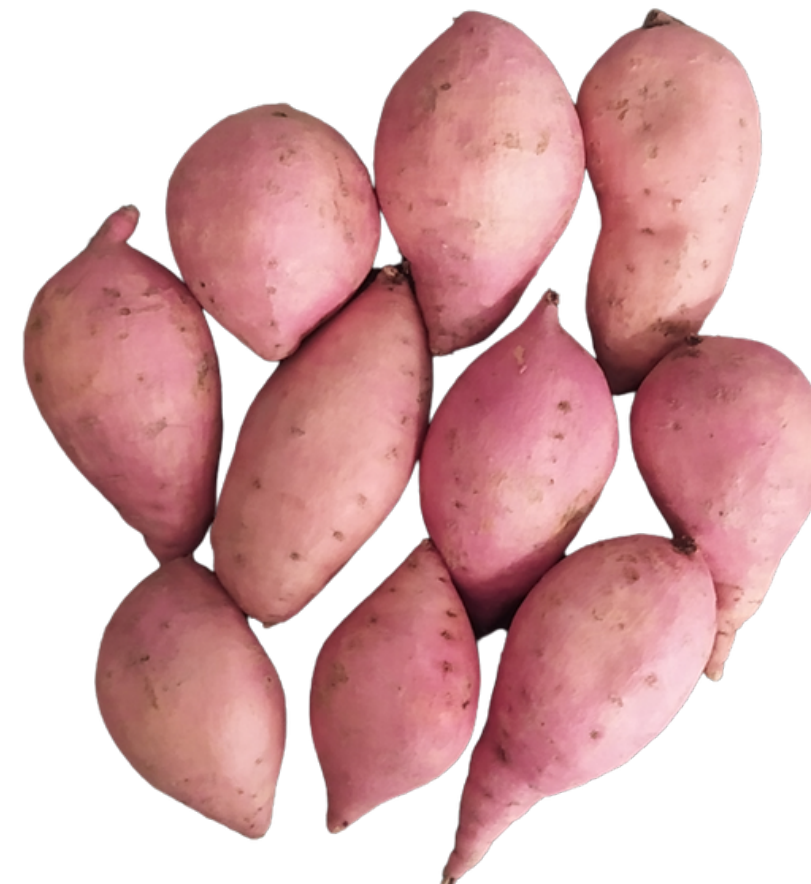
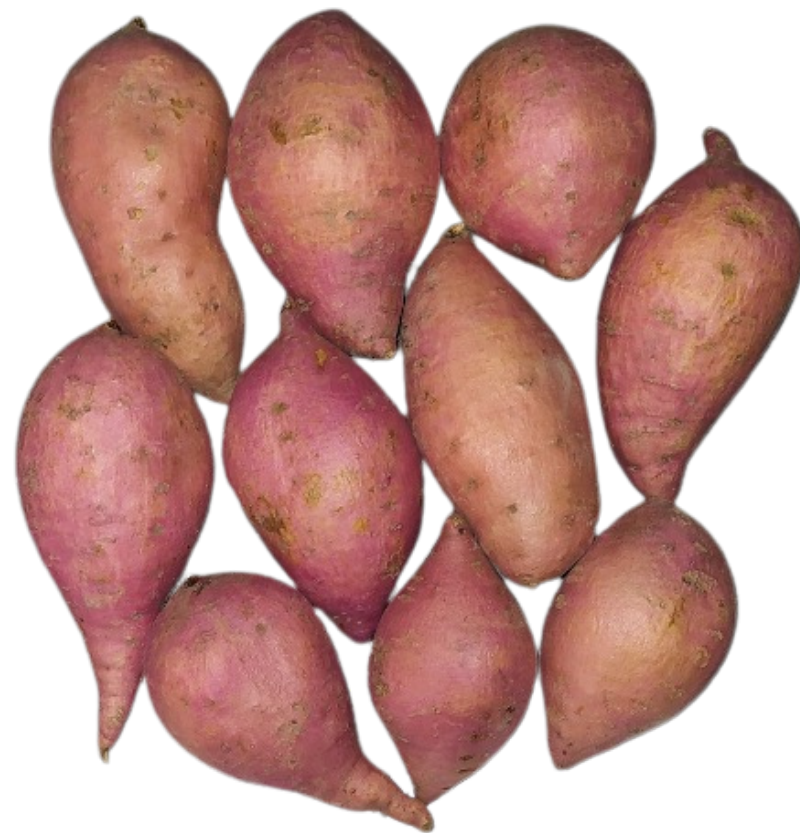
270 g – 350 g Twin (20% tolerance up to 250g)



Sweet potato

Fresh

BABY
30-80g

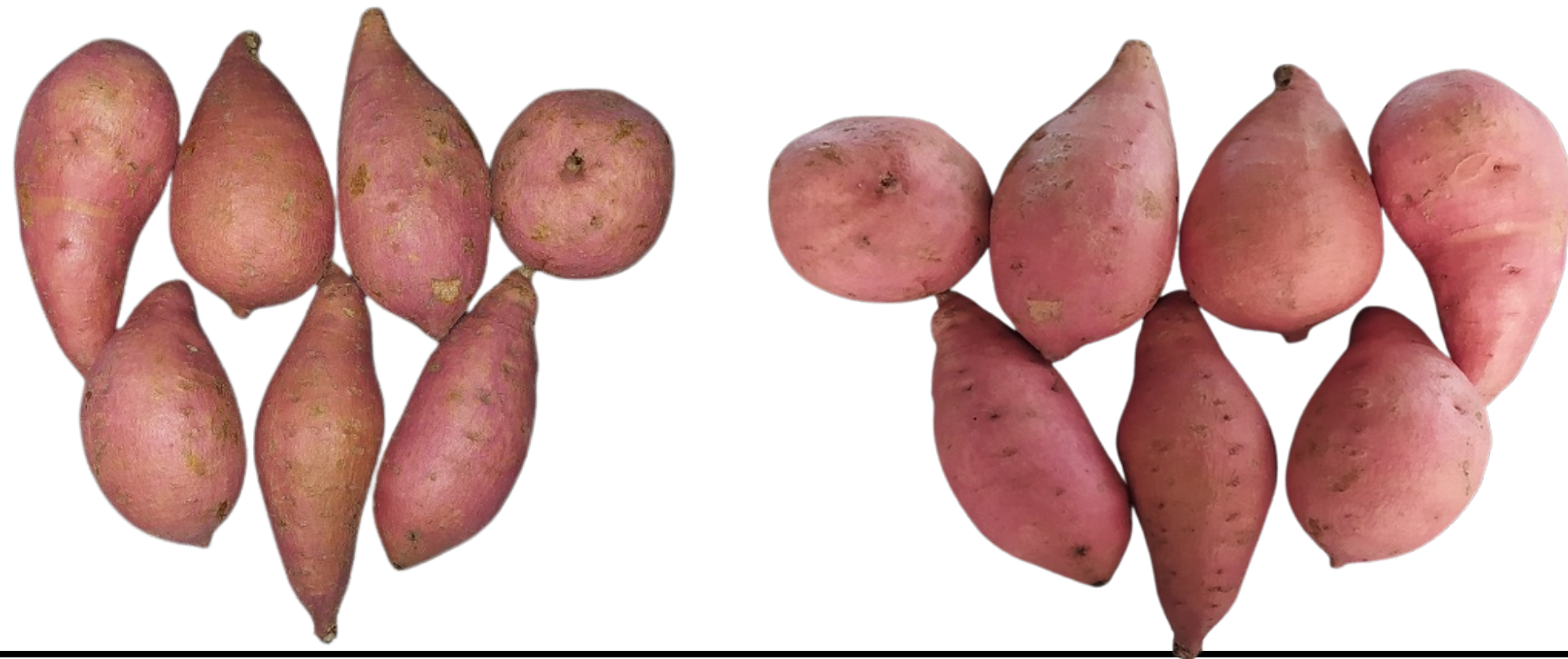


Sweet potato

Fresh

PP

100-200g



Sweet potato

Fresh

M

150-300g



Sweet potato

Fresh

L1

300-450g



Sweet potato

Fresh

L2

450-600g



Sweet potato

Fresh

XL

600-800g



Sweet potato

Fresh

SECOND CLASS

270-350g



Protein

FS1 sweet potato protein

Where **other** protein **brands** rely on other **additives**.
FS1 uses **purely natural ingredients** for its products.

- 22 g Protein
 - 330 kilocalories
 - 1g fat
 - 58 Carbohydrates (complex)
- Nutritional data per serving (100 g)

What is it good for ?

- 20 g/30 g protein per scoop for building lean muscle
- Post workout
- Recovery process benefits

Why ?

- Muscle building, all-natural health benefits and maltodextrin-free



Protein

FS1 sweet potato protein

Sports and performance benefits:

For athletes, FS1 is an excellent choice after a long training session. After an intense workout, the body will begin to deplete glycogen levels. FS1 will help you recover your glycogen levels – FS1 is a superfood because it contains slow-digesting carbohydrates! In addition, FS1 is loaded with fiber, which is often forgotten by athletes and slows the absorption of sugar into the bloodstream, promotes satiety and suppresses appetite.

Health benefits:

Anthocyanins in sweet potatoes are associated with anti-inflammatory effects that reduce the risk of heart disease. Certain proinflammatory cytokines appear to be suppressed in response to purple sweet potato extract. In addition, the fiber in any vegetable reduces cholesterol, while the high levels of potassium in sweet potatoes keep blood pressure low. In addition, sweet potato is a low GI food that fits well into a healthy eating plan for diabetes.



Flour

Sweet potato flour

Sweet potato **flour** is incredibly **versatile** and can be used for **baked goods**.

- 320 calorías
- 5.6 gr proteína
- 8 gr azúcar
- 9 gr.fibra
- 77 Carbohidratos gr.
- 0.1 gr. grasa

————— Nutritional data per serving (100 g)

What is it good for?

Excellent natural antioxidant, source of high content of nutrients such as vitamins, minerals and fiber. Contributes to the strengthening of the immune and digestive system. Powerful antioxidant, neutralizes free radicals.

Why?

It is a great source of vitamin A, as well as B6 and potassium. It owes its characteristic orange color to beta-carotene, whose properties help to take care of the immune system, as well as reduce the risk of heart disease and cancer.



Flour

Sweet potato flour

Our flour has an important **amount** of **calcium, phosphorus, magnesium** and **potassium**, in addition to **vitamins A** and **C**. It is a **100% natural flour** that comes from the **sweet potato** or **orange sweet potato**, which has been **manufactured** without any type of **additive**, or added that may reduce the quality of the product.

What is it useful for?

- Promotes good circulation
- Improves eyesight
- Eliminates toxins and wastes
- Prevents diabetes
- Contains folic acid for pregnancy

What can be done with sweet potato flour?

- We can find multiple recipes when using our flour:
- Pancakes
- Cake / cake
- Muffins / cookies



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