



2021 Our Products



www.tuttoperlasalute.com

WHO ARE US

"Tutto per la Salute" is a brand of Persit Star S.r.l., which is a Company based in Italy that imports and exports its products worldwide.

We import, distribute and guarantee the supply of top quality and healthy food all over the world.

We believe that experience and reliability are the key values needed for meeting our customers satisfaction and happiness.



Our Products

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ALMOND

Almonds come from the Western Asia Regions and from Nord Africa. Already three thousands years ago, there existed several documents that certified the beneficial proprieties of Almonds.

At that time, the almond plant was grown in the Mediterranean area. This dry fruit is rich of nutrients that are considered beneficial for the human organism such as, proteins, unsaturated fats, food fibers, vitamins, minerals and a small quantity of laetrile that is a well known anti-tumoral. An adequate consumption is particularly suggested for those who frequently practice sports.

Also, almonds represent a great natural remedy for taking cholesterol LDL under control and, the abundance of antioxidants represent a loyal agent to contrast the action of the free radicals. Almonds also contain vitamin E, B2, and monounsaturated fats that are considered responsible for a better health of the heart.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

One of the propriety of this dry fruit is its beneficial peel; this fibrous refining is not only rich of probiotics, but also contains worthy percentage of polyphenols and antioxidants.

As the almonds are lactose and gluten free, they are particularly recommended for a diet that take care of the food intolerances. Almonds do not have side-effects for those who are affected by metabolism diseases.

Conversely, if used in a smart way, it can contribute to optimize the parameters of the lipids in the body.



Nutritional Values



For 100g of Product

| | |
|-----------------|----------|
| Calories | 576 kcal |
| Carbs | 21.69 g |
| Starch | 0.74 g |
| Sugar | 3.89 g |
| Fats | 49.42 g |
| Monounsaturated | 30.89 g |
| Polyunsaturated | 12.01 g |
| Saturated | 3.73 g |
| Proteins | 21.22 g |
| Vitamina A | 1.0 µg |
| Thiamine | 0.211 mg |
| Riboflavin | 1.014 mg |
| Niacin | 3.385 mg |
| Vitamina B5 | 0.469 mg |
| Vitamina B6 | 0.143 mg |
| Folic Acid | 50.0 µg |
| Vitamina E | 26.2 mg |

Minerals

| | |
|------------|----------|
| Calcium | 264.0 mg |
| Iron | 3.72 mg |
| Magnesium | 268.0 mg |
| Manganese | 2.285 mg |
| Phosphorus | 484.0 mg |
| Potassium | 705.5 mg |
| Sodium | 1.0 mg |
| Zinc | 3.08 mg |

HAZELNUTS

Hazelnuts represent a great natural food resource since the ancient age. At the time of the Roman Empire and the ancient Persia it was considered a fertility symbol that was donated to wish happiness. Today the 70% of the global production of hazelnuts comes from Middle-East.

Hazelnuts are rich of healthy proprieties because of their high content of Vitamin E, which is a natural anti-age, as well as monounsaturated fats, folic acid and group B vitamins.

Since hazelnuts are gluten free, they represent an excellent alternative to the preparation of meals for those who suffer of allergies and food intolerances, such as the coeliac disease. They can be consumed either with the shell or without it, and both raw or toasted.

The use of hazelnuts is very consistent in the pastry industry to make creams and chocolates.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

As Hazelnuts are oily seeds, they are particularly rich of good fats.

Although hazelnuts are vegetals, their contents of protein is very high and, for this reason, hazelnuts proteins represents a valid substitute to the animal proteins.

The possibility to associate different type of protein sources ensures the assumption of the essential amino acids required from the organism.

Hazelnuts also have an outstanding concentration of food fibers; particularly, these food fibers are not only important to the prevention of the constipation, but also to the reduction of the risk of colon cancer, to feed the modular intestinal bacterial flora, as well as, to modulate the absorption of the nutritional values. The nutritional benefits of hazelnuts are also given by the high contents of vitamins and minerals salts such as, iron, copper, manganese and calcium. Moreover, Hazelnuts have antioxidant, restorative and hypoglycemic proprieties if taken in small quantities. Accordingly, considering their high calories contribution, hazelnuts should be consumed with consciousness (10-20 g per day are more than sufficient) and, if possible, faraway from the main meals and together with a fruit.



Nutritional Values



For 100g of Product

| | |
|--------------------|----------|
| Calories | 655 kcal |
| Proteins | 13.8 g |
| Fats | 64.1 g |
| out of which | 4.16 g |
| are saturated fats | 38.62 g |
| Carbs | 6.1 g |
| are starch | 1.8 g |
| are sugars | 4.1 g |
| Fibers | 8.1 g |
| Sodium | 11.0 mg |
| Potassium | 466.0 mg |
| Iron | 3.3 mg |
| Calcium | 150.0 mg |
| Phosphorus | 322.0 mg |
| Thiamine | 0.51 mg |
| Riboflavin | 0.10 mg |
| Niacin | 2.80 mg |
| Vitamina A | 30.0 µg |
| Vitamina C | 4.0 mg |
| Vitamina E | 15.0 mg |

WALNUTS

Today the Walnut tree is widespread especially in the Caucasian Peninsula until the Iran. It blooms between April and May and the fruits ripens between August and September. It can reach 1.5 meters of height and it has a large round foliage with large leaves.

The inner side of the walnut fruit represents the edible portion. The fruit itself can be divided in two symmetric kernel which shape is vaguely similar to the human brain. Their color is brownish, if they are ripe. The taste is sugary and the consistency is crispy. This fruit is particularly adapt for a natural consume. The walnuts taste is great, if it is consumed when is still fresh. The fruit is primarily extracted from the fleshy shell, then is extracted from the bark.

The freshness of the walnut is given from its volume rather than from its chemical characteristics and, of course, the taste depends on the freshness of the fruit itself. Walnuts are a food type that has a high percentage of calories; then, they should be consumed in portion of few grams per day.

Walnuts not only represent an ideal snack, but also they are often used to make desserts, to enrich the sauces of the main courses or to enrich salads.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

The calories of the walnuts mainly belongs to the lipids that benefit of a really good balance thanks to the unsaturated fats and to the abundance of poly-unsaturated fats (most of which are essential) that confers to walnuts remarkable therapeutic proprieties. The increase in the consumption of walnuts among the population has contributed to increase the percentage of good fats and antioxidants, consequently reducing not only the possibility to incur in cardio-circulatory diseases, but also the possibility to get a cancer.

Beside the high lipid content, walnuts contains a large quantity of proteins (with an average biologic value) and few grams of carbs that are mainly simple.

They also contain a good concentration of fibers and minerals salts, such as: iron, calcium, phosphorus and potassium.

For what it concerns the vitamins, the Thiamine has the greater concentration.



Nutritional Values



For 100g of Product

| | |
|------------|------------|
| Calories | 582.0 kcal |
| Sodium | 3.0 mg |
| Iron | 2.6 mg |
| Calcium | 131.0 mg |
| Phosphorus | 238.0 mg |
| Thiamine | 0.58 mg |
| Riboflavin | 0.17 mg |
| Niacin | 0.80 mg |
| Vitamina A | 6.0 µg |
| Fats | 57.7 g |
| Proteins | 10.5 g |

RAISIN

Is a top natural energy provider and a fast source of sugars. It boasts diuretic proprieties and, thanks to its large contents of calcium and iron, it contributes to the good health of the bones and it is able to solve the problem of the anemia.

Raisin has very interesting ingredients that can be useful for the health care.

Its beneficial proprieties represents a good help to the human organism, which take care of several aspects even of those that are hard to imagine or unsuspected.

One of these aspects is the dental decay prevention, which is certainly considered and unbelievable benefits considering its high contents of sugars.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

Raisin is rich of polyphenols that contributes to stop the aging.

Raisin also provide a natural solution to prevent cardiovascular diseases. As generally dry fruit does, also raisin is able to keep the blood pressure stable and allows to take under control the value of the cholesterol and of the triglycerides.

In addition to other dry fruits, raisin reduces the risk of diabetes through the stimulation of the insulin response.

For what it concerns the mineral salts, the raisin has an high percentage of Potassium.



Nutritional Values



For 100g of Product

| | |
|------------|----------|
| Calories | 283 kcal |
| Sodium | 52.0 mg |
| Potassium | 864.0 mg |
| Iron | 3.3 mg |
| Calcium | 78.0 mg |
| Phosphorus | 29.0 mg |
| Thiamine | 0.12 mg |
| Riboflavin | 0.08 mg |
| Niacin | 0.30 mg |
| Vitamina A | 3.0 µg |
| Proteins | 1.9 g |
| Carbs | 72.0 g |
| Lipids | 0.6 g |

PEANUTS

Peanuts represents an important source of vitamins and minerals salts, which are helpful for the skin health and for the nervous system health.

Peanuts has a very high proteins contents, and represent an important source of many substances that are necessary for a good health.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

Peanuts provide a good percentage of fibers and mineral salts to the organism.

The excellent concentration of folic acid stimulates the fertility and it is considered essential during the pregnancy.

Some recent study provide evidences that the percentage of coenzyme Q10 that the peanuts own represents a consistent help for those who suffer from headache.



Nutritional Values

For 100g of Product

| | |
|-------------|--------------------------|
| Calories | 594 kcal |
| Carbs | 25 g |
| Proteins | 17 g |
| Fats | 52 g |
| Cholesterol | 0 mg |
| Sodium | 12 mg (669 mg se salate) |



DRY FIGS

Dry Figs are excellent dry fruit types that are rich of food fibers, vitamins, and minerals salts. They are a good source of natural energy because of their high percentage of polyphenols and natural antioxidants.

Dry Figs contribute to maintain young the human body cells.

They also have an anti-inflammatory ability to dispose of the collected toxins from the body, which represents the cause of acne and other skin disorders.

Dry Figs contain prebiotics; these elements represent the food of the good bacteria that live in our intestine, that is why having a balanced flora is a benefit for our digestion.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

In the last years, the nutritional values of the dry figs have been enhanced for their emollient and mineralizing proprieties, as well as for their disinfectant and anti-inflammatory in the oral cavity proprieties, and their gastric anti-secretive proprieties.



Nutritional Values

For 100g of Product:

As we all know, figs have a lot of calories; hence, they have 47 Kcal for 100gr. The 82% figs' weight is given by water.

Figs have a conspicuous carbs contents which is about 11%, then the 2% are fibers, 1% are proteins and a very low percentage are fats (0,2%). Dry Figs have a great concentration of potassium, magnesium, and Iron.

They have also a high percentage of vitamins and antioxidants.



JUJUBES

Jujubes are usually consumed dry or fresh right after the harvest. The traditional medicine attributes to these dry fruits uncountable proprieties and benefits for the human health.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

Jujubes are not only rich of sugars, but also represents a good source of vitamin C, vitamin A, and group B vitamins.

As a matter of facts, jujubes are used as an emollient remedy, as antiseptics, anti-inflammatory and antispasmodic from the immunity system.



Nutritional Values

Fresh Jujubes have 79 Kcal for, 20 gr of Carbs, and 1 g of proteins for 100gr.

Dry jujubes, instead, have 287 Kcal, 74g of Carbs, and 4 g of proteins for 100g.



Sunflower Seeds

Sunflower seeds are very nutritional thanks to their high contents of Magnesium, which is a good fellow of the heart and a strong anti-stress.

They also represent an ideal snack that keeps under control the cholesterol and that prevents cardiovascular and arteries diseases.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

Sunflowers Seeds are rich of Vitamins; in particular: vitamins B1, B2, B6, A, D and E. They also have an high percentage of minerals salts, such as: Magnesium, Iron, Cobalt; Manganese, Zinc and Copper.



Nutritional Values

Sunflower Seeds are made of 45% of fats, 20-28% of proteins and about the 23% is made of Carbs.



Pumpkin Seeds

Pumpkin Seeds are rich of minerals and very useful for a beneficial action against inflammations and cystitis.

It is a very nutrient food type that contains unique active ingredient.
Their composition is made of 50% Fats, 24% Carbs, and 8% Proteins.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

Sunflower Seeds have been always used as a remedy to the alimentary intoxication.

As a matter of facts, they posses an efficient vermifuge action that leads to the detachment of the parasites from the intestinal barrier by facilitating the expulsion.

The consumption of these seeds has also a beneficial action to the muscular tone of the bladder.

Particularly, it helps to prevent the diseases related to the enlargement of the prostate, and is also useful for the urinary apparatus disorders.



Nutritional Values



For 100g of Product

| | |
|-------------|----------|
| Fats | 49.5 g |
| Carbs | 10.71 g |
| Proteins | 30.23 g |
| Fibers | 6 g |
| Sugars | 1.4 g |
| Calcium | 46 mg |
| Sodium | 7 mg |
| Phosphorus | 1233 mg |
| Potassium | 809 mg |
| Iron | 8.82 mg |
| Magnesium | 592 mg |
| Vitamina B1 | 0.273 mg |
| Vitamina B2 | 0.153 mg |
| Vitamina B | 4.987 mg |
| Vitamina C | 1.9 mg |

Fennel Seeds

Fennel Seeds comes from the wild Fennel plant that spreads through out the Mediterranean area and that is known for its beneficial proprieties since the ancient times.

Today Fennel Seeds are mostly used for infusions and tisanes, or for making different aromatic types of products, such as: bread.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

Fennel Seeds are full of essential oils that have great digestive, antiseptics and diuretic proprieties. They also contain beneficials ingredients, such as: fibers and vitamins. Some of their benefits are listed as follows:

- To facilitate the digestion and abdominal disorders relief.
- To help to remove the toxins thanks to the food fibers that help the intestinal mobility and to their diuretic proprieties.
- Acting as strong anti-inflammatories.
- To keep under control the blood pressure thanks to contents of Potassium.
- To help to reduce the cholesterol thanks to the presence of the food fibers.



Nutritional Values



| For 100g of Product | |
|---------------------|---------|
| Proteins | 15,8 g |
| Carbs | 52,29 g |
| Fats | 14,87 g |
| Saturated | 0,48 g |
| Monounsaturated | 9,91 g |
| Polyunsaturated | 1,69 g |
| Food Fiber | 39,8 g |

CUMIN

Cumin seed are similar to Fennel seeds and to those of the anise; however, they are smaller and darker.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

Cumin has digestive proprieties and it represents a good natural remedy for the bloating and for the abdominal cramping.



Nutritional Values

| 100 g of Cumin contains 375 Kcal | |
|----------------------------------|---------|
| Proteins | 17,81 g |
| Carbs | 44,24 g |
| Sugars | 2,25 g |
| Fats | 22,27 g |
| Cholesterol | 0 mg |
| Food Fiber | 10,5 g |
| Sodium | 168 mg |



LICORICE

It is used as digestive, expectorant and as anti-inflammatory. It is considered to be very useful for curing cough, throat pain and gastric acidity.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

The propriety that made licorice renowned in the past is the thirst-quenching property.

The Sciatics (a nomad population of Iranian origin) used to walk the desert for hours without being thirsty thanks to the thirst-quenching property of the licorice.

Those who suffer of low-pressure disorder can benefit the propriety of the licorice to rise the blood pressure. However, for the same reason, it should be consumed with parsimony.



Nutritional Values

100 g of Licorice contains 375 Kcal

| | |
|------------|---------|
| Carbs | 93,55 g |
| Sugars | 70 g |
| Fats | 0,05 g |
| Food Fiber | 0,2 g |
| Sodium | 50 mg |
| Potassium | 37 mg |



CARDAMOM

It is used for the teeth pain and cold treatment, as well as for digestion disorder. It has a lightly spicy taste but fruity at the same time, which is perfect for making aromatic dishes and infusions.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

It is a real cure-all; it is able to release the respiratory ways. It is also a great remedy for the tiredness related to the sickness.



Nutritional Values



| 100 g of Licorice contains 311 Kcal | |
|-------------------------------------|---------|
| Proteins | 10,76 g |
| Carbs | 68,47 g |
| Fats | 6,7 g |
| Cholesterol | 0 mg |
| Food Fiber | 28 g |
| Sodium | 18 mg |

BARBERRY

The Barberry tree produces red berry shape fruits each of which contains some seeds that are needed to guarantee the born of new plants.

Barberry is mainly used for cooking, especially for the Persian cuisine in which the dry berries are used to make dishes with chicken and rice.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

The plant, together with its berries, has the following proprieties:

- Antioxidant
- Anti- inflammatory
- Sedative

These proprieties are considered helpful for different pathogenic agents and to reinforce the immunity system.



Nutritional Values

| For 100g of Product | |
|---------------------|----------|
| Energy | 313 kcal |
| Proteins | 4,1 g |
| Carbs | 71,2 g |
| Fats | 1,3 g |
| Food Fiber | 9 g |



MULBERRY

The Mulberry is not only an excellent source of nutrients and beneficial ingredients, but also has a really good taste. The mulberry are great if eaten fresh, dried or if blended. They are also very good for making marmalades.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

Mulberries contain an important antioxidant that has a strong anti-aging action that struggle the free radicals, which are considered responsible of the oxidation of the body.

This fruit facilitates the blood circulation and improves considerably the function of the entire cardiovascular apparatus.

It also contains many vitamins such as: A, C, E, and K; as well as, it contains many minerals salts, such as: Iron, Calcium, Magnesium, Sodium, Potassium, Selenium and Zinc.

Its composition itself make the Mulberry a great natural integrator.



Nutritional Values



For 100 g of Mulberry

| | |
|------------|---------|
| Contains | 43 kcal |
| Fats | 0,39 g |
| Sugars | 9,8 g |
| Food Fiber | 8,1 g |
| Proteine | 1,44 g |
| Sodium | 10 mg |
| Potassium | 194 mg |

OREGANO

This plant is used for cooking and in the herbal medicine.
It is mainly consumed dried thanks to its long-lasting characteristic.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

It has unquestionable medical proprieties; its flowers contains an essential oil that is made of various aromatic essences that possess a particular and unique taste.
Oregano also facilitates the digestion by stimulating the salivary and gastric secretions.



Nutritional Values



100 g of Oregano contains 265 Kcal

| | |
|------------|---------|
| Proteins | 9 g |
| Carbs | 68,92 g |
| Sugars | 4,09 g |
| Fats | 4,28 g |
| Sodium | 42,5 g |
| Food Fiber | 25 mg |

BORAGE

The Borage has laboratory proprieties; it is very tasty and useful for the respiratory ways disorders. It is characterized by many flowers that have five petals, which are usually blu. It is used in many different ways and It represents a well known remedy for the cough, the mucus and other seasonal diseases.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

The Borage contains a good quantity of vitamins; especially of vitamin C and minerals, such as the Potassium.



Nutritional Values

| 100 g of Borage contains | |
|--------------------------|----------|
| Lipids | 0,7 g |
| Cgolesterol | 0 mg |
| Sodium | 80 mg |
| Potassium | 470 mg |
| Glucides | 3,1 g |
| Proteins | 1,8 g |
| Vitamina A | 4.200 IU |
| Vitamina C | 35 mg |
| Calcium | 93 mg |
| Iron | 3,3 mg |
| Magnesium | 52 mg |

Rose Water

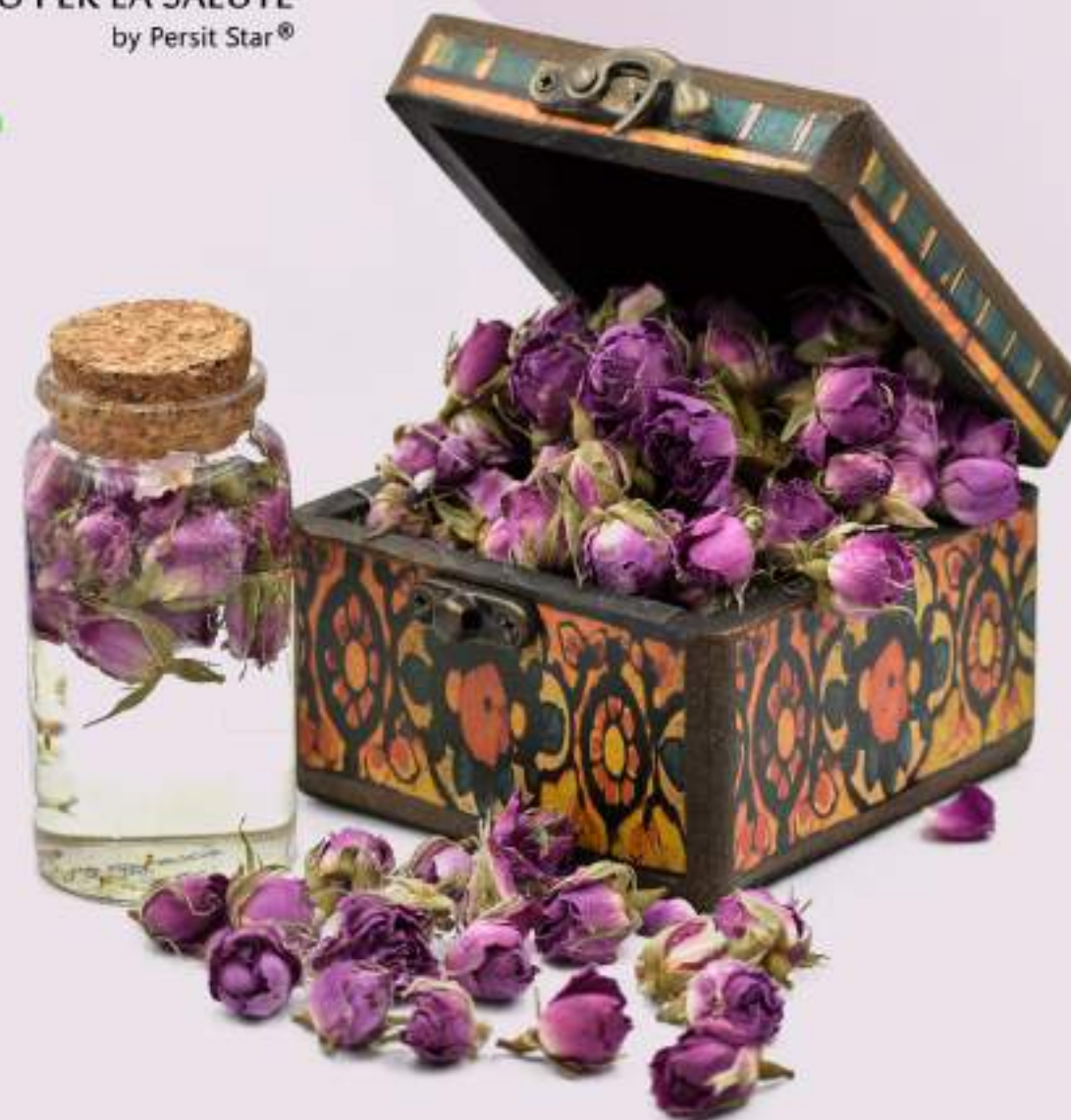
Rose water has many benefits for the health care. It can be used for food and beverage, as well as for phytoteraphy, cosmetics and as for the health care in general.
It is an excellent anti-inflammatory that is used to reduce the dermatitis, psoriasis, and the skin redness.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

Rose Water contains Vitamin A, B, C and E. Its main beneficial proprieties belongs to the high contents of antioxidants that defends the cells from the damages made by the free radicals.
The main benefits are the following:

- To purify and to detox.
- Anti-inflammatory, anti-acne and rebalancing benefits
- Anti-age and hydrating benefits
- Digestive and Antiseptic.



Mint Water

The Mint water extract is generally used to relief the cold and flue symptoms, as well as it helps to digest or to alleviate the bloating and the flatulence.

It is a natural anti-inflammatory that can be used to treat the arthritis and the rheumatisms.

It also helps to alleviate menstrual pain and head ache.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

Mint is a good source of vitamin A and C, Magnesium and Potassium.

Mint Water can be diluted with thè, mixed in a soup or home made ice-cream, or it can be mixed to other foods during the cooking.

Furthermore, it is strongly recommended from the cosmetics expertises and from the skin care expertise for the cosmetics face masks.



HONEY

Honey is an anti-bacterial food type; it represents a good fellow for the immunity system. It is very used not only for the health care.

Available in both retail and wholesale packaging, with our brand or private label.

Proprieties

It has a high contents of minerals salts, such as: Calcium Iron, Magnesium, Copper, Manganese, Silicon, Iodine, Potassium, Sodium, Phosphorus, Sulfur. It also contains Vitamin A, group B Vitamins, Vitamin C, E, K.

It has the following benefits:

- Anti-inflammatory
- Natural Antioxidants
- Relaxing and anti-stress.



Nutritional Values



For 100g of Product

| | |
|----------|---------|
| Calories | 304 |
| Proteins | 0,3 g |
| Carbs | 82,4 g |
| Sugars | 82,12 g |
| Fats | 0 g |
| Sodium | 4 mg |



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