

## Sesame from Ispica

*sun's tender caress*



Raw sesame seeds from Ispica (from the *Sesamum indicum* plant), known for their high content of minerals, proteins, and carbohydrates, are beneficial in **the prevention of osteoporosis and cardiovascular diseases**.

They are an excellent source of **B vitamins and are rich in calcium, iron, phosphorus, and potassium** — making them ideal for combating physical and mental fatigue.

Thanks to their zinc and selenium content, they help strengthen the **immune system and reduce free radicals**.

They also support intestinal regularity and help **lower bad cholesterol levels**, thanks to the presence of phytosterols.

**RAW ORGANIC SESAME BUTTER FROM ISPICA, a Slow Food Presidium**, obtained through direct grinding.

Its purity preserves all the benefits of this sesame, cultivated and sun-dried in the heart of Sicily.

### SUGGESTED USES

It enriches dishes with a pleasant exotic flavor. In addition to its use in well-known recipes like hummus, halva, and babaganoush, it pairs beautifully with peppers and legumes, or as a rustic-flavored topping for baked goods.

It adds a divine taste to rice and pasta.

TRY IT WITH OUR ORGANIC COOKED GRAPE MUST, AND ENJOY A SURPRISINGLY DELICIOUS AND INDULGENT VERSION.

**PURE OIL FROM RAW, ORGANIC, WHOLE SESAME SEEDS OF ISPICA, cold-pressed**

**THERAPEUTIC USE:** This plant-based oil contains sesamin, an **effective liver purifier**. Applied after a bath or shower, once warmed, it can help **relieve muscle tension and alleviate arthritis pain**. It combats dandruff and regulates sebum production. For skin conditions like eczema, burns, rosacea, and rashes, it offers a **significant antiviral, antifungal, soothing, and antibacterial action**.

**CULINARY USE:** Add it to any dish to impart its distinctive flavor and unique aroma.

**Traditional Chinese Medicine:** Useful for hydrating dry tissues and promoting bodily fluids, it also stimulates lactation. Helps combat aging.

## Raw Pumpkin Seeds

*a complete health boost*



Raw Styrian pumpkin seeds are a food rich in fiber, phosphorus, and antioxidants.

They help **regulate blood sugar levels and combat anemia** thanks to their iron content.

The presence of tryptophan helps **relieve anxiety and stress**. They offer real support for muscle and nerve function.

They're also a great source of amino acids, vitamins (A, B, C, E), and minerals: phosphorus, potassium, calcium, magnesium, zinc, iron, and copper.

**RAW ORGANIC PUMPKIN SEED BUTTER**, obtained through direct grinding. Its purity preserves all the benefits of raw pumpkin seeds.

### SUGGESTED USES

Perfect for savory dishes like pasta, risotto, sauces, dressings, and salads, or simply spread on bread.

Also ideal for smoothies, porridge, muesli, and yogurt. For original and flavorful combinations, try it with tomatoes, turnips, strawberries, or raspberries. Try it with our organic honeydew honey for a **surprisingly sweet twist**.

**AMICEARTH REVEALS A LITTLE SECRET: ADD A TEASPOON OF RAW ORGANIC PUMPKIN SEED CREAM TO A GLASS OF WATER. BLEND FOR A FEW SECONDS. AND ENJOY YOUR FRESH PLANT-BASED MILK — WITH A TASTE LIKE NEVER BEFORE!**

**PURE OIL FROM RAW, ORGANIC, WHOLE PUMPKIN SEEDS, cold-pressed**

**THERAPEUTIC USE:** Rich in polyunsaturated fatty acids: linoleic acid, oleic acid, and palmitic acid, which support cardiovascular health.

A true ally for men's health, it has a beneficial effect on the prostate, especially in cases of benign prostatic hyperplasia. Also provides hormonal support after menopause.

**Strengthens the immune system** thanks to its zinc content, which protects cells from free radical damage. With a high concentration of phytosterols, it helps control cholesterol levels.

Useful in treating **eczema, promotes healing**, strengthens hair roots, and supports a healthy scalp.

**CULINARY USE:** A true flavor explosion in your dishes. An ideal dressing for salads, vegetables, soups, and main courses. Also adds a special touch to desserts.

**Traditional Chinese Medicine:** Ideal for cleansing the urinary system, especially in cases of cystitis or overactive bladder. A valuable aid in the elimination of intestinal parasites.

## Nigella sativa

*a modern-day miracle*



Black seed

Nigella sativa, also known as black cumin, is an herbaceous plant belonging to the Ranunculaceae family. It is also referred to by various names, including Roman coriander, black sesame, nutmeg flower, and black grain. It has been described as a miraculous plant, and early herbalists even considered it the "Herb of Paradise".

The nigella plant is commonly used to help treat issues such as **asthma, hay fever, diabetes, high blood pressure, eczema, weight loss, and menstrual pain relief**.

**OIL FROM RAW, ORGANIC, WHOLE NIGELLA SEEDS, cold-pressed**

**THERAPEUTIC USE :** Thanks to its special compounds and **anti-inflammatory properties**, it helps relieve inflammation — that's why many people use Nigella sativa oil as a **natural alternative** to aspirin or ibuprofen. It can **strengthen the immune system, fight cancer, reduce swelling, and prevent allergic reactions in a way similar to antihistamines**. It may also have a preventive effect on colitis, pancreatitis, and other digestive disorders.

It supports hair and scalp health thanks to the presence of nigellone and thymoquinone, which have been shown in research to act as natural antihistamines. It may help prevent hair loss caused by androgenic alopecia or alopecia areata. Widely used for skin disorders due to its anti-inflammatory and antioxidant properties.

When applied regularly, it may help **eliminate dark circles around the eyes**.

**CULINARY USE:** Can be used as a raw condiment, adding its distinctive aroma to dishes, or taken as a daily supplement.

It is widely popular in various traditional medicine systems. In Islamic literature, it is considered one of the greatest forms of healing medicine. These seeds stimulate the body's energy and support recovery from fatigue and discouragement.



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RAW

BIO

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## Almonds

*the mystery of youthfulness*



The almond (*Prunus dulcis*) is a true treasure of nature. Its therapeutic and protective properties have positive effects on **obesity, hypertension, diabetes mellitus, and metabolic syndrome**. It also has potential as a prebiotic.

**RAW ORGANIC SICILIAN ALMOND BUTTER**, obtained through direct grinding. Its purity preserves all the benefits of **whole almonds**.

### SUGGESTED USES

Spread it on fresh bread, mix it into smoothies, yogurt, or milk. Add natural sweeteners to create a delicious variation. This cream pairs perfectly with risottos, cheese, and grilled vegetables, and can also be used to flavor doughs, pasta dishes, or light dessert creams for cakes and cookies. It's suitable for vegan, gluten-free, sugar-free, and lactose-free diets. An excellent protein source for athletes.

**PURE OIL FROM RAW, ORGANIC, WHOLE ITALIAN ALMONDS, cold-pressed**

### THERAPEUTIC USE

Helps support natural bowel regularity with a gentle laxative effect and acts as a **gastric mucosa protector**. It **helps regulate blood sugar and cholesterol levels, protects the heart and arteries, and has anti-inflammatory, antioxidant, \_mucolytic, and expectorant properties in case of phlegm**. Thanks to its emollient properties, it deeply hydrates and repairs the skin, improves elasticity against stretch marks, works as an anti-itch remedy and helps with burns. Excellent as a hair mask for dry hair. Ideal as a massage base oil. May help relieve functional constipation in infants (1–2 teaspoons recommended).

**CULINARY USE:** Best used raw as a finishing oil, bringing its distinctive aroma to any dish. Perfect with pumpkin and \_zucchini.

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Traditional Chinese medicine also recommends almond oil for **treating bronchitis, cough, heartburn, and disorders of the kidneys, bladder, and gallbladder**.

## Hazelnuts

*offer intense, deep restoration*



The hazelnut (*Corylus avellana*) has been known to humankind since ancient times — a truly magical and healing plant. Easily assimilated, it is considered the most **digestible seed**.

It is beneficial for: **Hypertension, cardiovascular diseases, diabetes, bone and muscle strength, weight control and metabolism, cancer risk reduction, antiviral effects, and liver regeneration**.

**RAW ORGANIC WHOLE HAZELNUT BUTTER FROM TUSCIA**, obtained through direct grinding. Its purity preserves all the benefits of whole hazelnuts.

### SUGGESTED USES

It pairs beautifully with almost anything. Add it to smoothies, or stir into coffee to turn it into a delicious beverage. Mix it into fruit salads. Perfectly combined with eggplant and \_legumes, especially lentils. Pairs well with almost all cheeses and is an excellent condiment for pasta.

ADD OUR ORGANIC COOKED GRAPE MUST TO ENJOY A SUBLIME SWEET VERSION.

**PURE OIL FROM RAW, ORGANIC, WHOLE HAZELNUTS, cold-pressed**

### THERAPEUTIC USE

**Regenerates liver cells** and musculoskeletal tissues (clinical studies). Easily absorbed by the skin without leaving it greasy. **A helpful treatment for nipple fissures**. Purifies the skin and is essential as an **anti-smog** barrier, helping to tighten pores and regulate sebum production. **An effective remedy for sunburn and eczema. It is healing, astringent, and anti-inflammatory**.

### CULINARY USE

Excellent with legumes and \_vegetables, perfect with mushrooms, especially porcini and shiitake. Ideal for unique sauces and marinades, as well as in the preparation of desserts and ice creams.

Traditional Chinese medicine teaches that raw hazelnuts help strengthen the stomach and purify the spleen. They combat fatigue, \_wasting, and weakness following illness. They also stimulate appetite in children and support their healthy development.

## Walnuts

*health magic*



The walnut, from the *Juglans regia* tree, is a seed rich in nutrients and health-promoting compounds, including fiber, **omega-3** fatty acids, minerals, phytosterols, and phenols. It is a powerful ally in the prevention and support of therapies for various cardiovascular conditions. It helps lower cholesterol. Scientific studies have shown that it **stimulates metabolism, prevents strokes, and is an excellent prebiotic food**.

**RAW ORGANIC WHOLE ITALIAN WALNUT BUTTER**, a true delicacy obtained through direct grinding, preserving the distinctive flavor and health benefits of whole walnuts.

### SUGGESTED USES

Spread on bread, toasted slices, or cookies. Add to smoothies, porridge, or use in preparing creams, desserts, and doughs. Perfect for making sauces and pestos to dress pasta and \_risottos, or to enrich \_soups, purees, and creamy vegetable dishes.

AMICEARTH REVEALS A SECRET: ADD A TEASPOON OF RAW ORGANIC WALNUT BUTTER TO A GLASS OF WATER. BLEND FOR A FEW SECONDS – AND IN A FLASH, YOUR PLANT-BASED MILK IS READY TO ENJOY!

**PURE OIL FROM RAW, ORGANIC, WHOLE WALNUTS, cold-pressed**

### THERAPEUTIC USE

A precious protector of the brain and a powerful anti-aging agent. Effective in chronic inflammation such as rheumatoid arthritis. It is antioxidant, remineralizing, and fights free radicals. Can be added to face creams as a treatment for dry skin. It also has \_anti-aging, antioxidant, antibacterial, and astringent properties, making it suitable for acne-prone and oily skin.

**CULINARY USE:** Best consumed raw as a finishing oil over \_pasta, soups, broths, creamy vegetable dishes, and rice.

In Traditional Chinese Medicine, raw walnuts are especially known as kidney tonics. They stimulate brain activity overall, improve concentration, strengthen the nervous system, and have a positive effect on mood.

## Pistachios

*body enthusiasts*



Raw pistachios (*Pistacia vera*) are rich in vitamins, healthy fats, fiber, protein, potassium, and chlorophyll. They have a lower calorie content compared to other nuts. **They're a powerful source of antioxidants, which help fight oxidative stress and protect cells from free radical damage**. Thanks to their content of vitamin B6, potassium, and melatonin, they are excellent for nervous system disorders, and support better sleep and improved vision.

**RAW ORGANIC WHOLE PISTACHIO BUTTER**, a true delicacy obtained through direct grinding that preserves the original flavor and valuable nutrients.

### SUGGESTED USES

Perfect for spreading on bread, adding to smoothies or desserts. Excellent for creaming risotto alla Milanese or dressing pasta. Pairs beautifully with ricotta and stracchino cheese. A delicious base for desserts and ice creams. Try it with our organic honeydew honey for an irresistibly sweet twist.

**PURE OIL FROM RAW, ORGANIC, WHOLE PISTACHIOS, cold-pressed**

**THERAPEUTIC USE:** Rich in chlorophyll, which supports hemoglobin in rebuilding and enriching red blood cells. Has recognized anti-cancer properties. An ideal choice for supporting the nervous system, improving sleep and vision. It stimulates cell regeneration, and with regular use, the skin becomes more relaxed, radiant, and smooth. It is the **only oil known to stimulate collagen production**. Perfect for dry or sensitive skin and for water sports enthusiasts, as it helps counteract the effects of chlorine and sea salt. Can also be used on dry or curly hair to **prevent hair loss and split ends**.

### CULINARY USE

Ideal on potatoes, eggs, and fresh cheeses like mozzarella; great in the preparation of sauces, as a pasta condiment, or as an ingredient in desserts and ice creams.

According to Traditional Chinese Medicine, it strengthens the stomach, treats diarrhea, protects the nerves, and calms the heart. It helps boost memory and strengthen the mind, supports cancer prevention, opens liver channels, and relieves cough.