



DO-IT Food Ingredients BV  
Hermesweg 7  
3771 ND Barneveld  
The Netherlands  
www.doitorganic.com

Bank: Rabobank  
Bank Account: 3431.22.596  
IBAN:  
NL82RABO0343122596  
Swift-BIC: RABONL2U  
VAT: NL 860149882B01

OrganicCert: NL-BIO-01  
OrganicNr: Skal 108273  
Telephone: +31 85 487 0487  
Email: [sales@organic.nl](mailto:sales@organic.nl)  
CoC: 75119048

## PRODUCT INFORMATION

See also [www.doitorganic.com](http://www.doitorganic.com)

<b>Product</b>	<b>Arame</b>
<b>Code</b>	<b>57000</b>
<b>Certificate</b>	<b>Product is not organic</b>
<b>Country of agricultural origin</b>	<b>Japan</b>
<b>Country of last processing</b>	<b>Japan</b>
<b>Last update</b>	<b>06-10-2022</b>
<b>This product is</b>	<b>Not genetically modified or irradiated</b>

<b>Production</b>	
<b>Ingredients</b>	<b>Arame (sea vegetable)</b>
<b>Additives</b>	<b>No additives</b>
<b>Process</b>	<b>Scientific name: Eisenia bicyclis Harvest Arame seaweed, drying, selecting, soak in water, wash, remove foreign object, cut, steam, press, cool, cut, drying, metal detecting, packaging.</b>

<b>Sensorial properties</b>	
<b>Smell</b>	<b>Neutral</b>
<b>Colour</b>	<b>Black</b>
<b>Taste</b>	<b>Mildly sweet but otherwise neutral, typical of sea vegetable</b>
<b>Appearance</b>	<b>Dark, thin, thread-like strips approx. 5 cm long</b>

<b>Packing</b>	
<b>Net content</b>	<b>1 kg</b>
<b>Kind of packing</b>	<b>Plastic bag in cardboard case</b>
<b>Pieces per pallet</b>	<b>80</b>

<b>Shelf life</b>	
<b>Storage conditions</b>	<b>Cool (10 – 25°C) and dry</b>
<b>Maximum shelf life</b>	<b>36 months after production</b>



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Nutritional values (per 100 gram)		(from supplier)
Energy	131 KJ 32 Kcal	
Protein (g)	0.8	
Fat (g)	0.3	Saturated: 0
Carbohydrates (g)	2	Sugars: 0
Dietary fibre (g)	9	
Salt (g)	0.4	

Microbiological Properties	
Salmonella (cfu/25g)	Absent

Use	<p>Arame's sweet, delicate flavour makes it an excellent choice for introducing sea vegetables into your daily diet. It is delicious sautéed with onions, carrots and tofu, or simply boiled after reconstituting for use in salads. To prepare, wash then soak the arame in cool water for 10-15 minutes. (Note: It will double in volume.) Drain well and rinse briefly.</p> <p>Health advice: Sea vegetable is naturally rich in iodine. People sensitive to the effects of iodine are advised to seek medical advice before consuming this product. Due to the nature of the product, this may contain a trace amount of fish/or shellfish particles. Product is high in fibre, calcium, magnesium, iodine and iron.</p>
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<b>Allergy list (+ = present, - = absent and * = possible cross contamination)</b>			
Cow's milk protein	-	Walnut	-
Lactose or milk sugar	-	Cashew	-
(Chicken) egg	-	Pecan nut	-
Soya protein (-derivatives)	-	Brazil nut	-
Gluten	-	Macadamia or Queensland nut	-
Wheat	-	Pistachio nut	-
Peanuts/groundnuts (-derivatives)	-	Coconut	-
Sesame	-	Hickory nut or kola nut	-
Sesame-oil	-	Lichee nut	-
Celery	-	Pili nut	-
Mustard	-	Sheanut	-
Fish	*	Pine nut or pinon nut	-
Shellfish	*	Beech nut	-
Mollusc	*	Butternut	-
Lupine	-	Chestnut	-
Sulfite E220-E228	-	Ginko nut	-
Nuts (-derivates)	-	Chinquapin	-
Almond	-		-
Hazelnut	-		-

\*naturally occuring

<b>Acceptable for:</b>	
Vegetarians	Yes
Vegans	Yes
Lacto-vegetarians	Yes
Kosher-certified	No
Halal-certified	No
NOP-certified	No
Fairtrade IBD	No