



SWISSCO ORGANIC SPICES

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TRUE CEYLON CINNAMON



True Ceylon Cinnamon, often just called Ceylon Cinnamon, comes from the *Cinnamomum verum* tree, native to Sri Lanka (formerly known as Ceylon).

This variety is considered the *real* or *True* Cinnamon, unlike the more commonly available Cassia Cinnamon, which comes from a different species, *Cinnamomum cassia*.

If you're looking to use cinnamon regularly or in larger quantities, True Ceylon Cinnamon is the safer and healthier option, especially for long-term consumption. It's best to buy from reputable sources to ensure you're getting the real deal and not just a cheaper substitute (like Cassia). It may be more expensive, but the health benefits are worth it.

HEALTH BENEFITS

Low Coumarin Content: One of the main reasons people prefer Ceylon Cinnamon is that it has very low levels of coumarin, a naturally occurring compound that can be harmful in large quantities, potentially causing liver damage and increasing cancer risks.

Antioxidants: Like other types of cinnamon, True Ceylon Cinnamon is rich in antioxidants, helping to protect the body from free radical damage and supporting overall health.

Blood Sugar Regulation: It has been shown to have potential benefits for regulating blood sugar levels, which is particularly important for people with diabetes.

TRUE CEYLON CINNAMON Vs CASSIA CINNAMON



True Ceylon Cinnamon

Delicate and mild sweet flavor
Lighter brown in color
Fragile and easily broken
Low Coumarin rate (less than 0.004%) *
High quality and much safer
Native to Sri Lanka

Cassia Cinnamon

Very strong and spicy flavor
Reddish dark brown in color
Tough, difficult to grind to powder
High Coumarin rate (approximately 1 %) *
It is considered lower quality and less safe
Native to China, India, Indonesia & Vietnam

***Tolerable Daily Intake (TDI) of Coumarin: 0.05 mg/lb (0.1 mg/kg) of body weight.**

1. ORGANIC CEYLON CINNAMON STICKS

SWISSCO Organic Ceylon Cinnamon Sticks: also known as "True Cinnamon," are thin, soft, and layered, with a golden-brown color. They have a mild, sweet flavor with subtle citrus notes and a fragrant aroma. Unlike Cassia Cinnamon, Ceylon Cinnamon contains lower levels of Coumarin, making it healthier. It is often used in tea, desserts, and savory dishes for its delicate flavor and is preferred for its quality and health benefits, though it is more expensive and less common.

Country of Origin : Sri Lanka

Product Code : SICO-05

Description : Organic Ceylon Cinnamon also known as True Cinnamon

Ingredients : 100% Organic True Ceylon Cinnamon

Food Additives : Nil

Processing Method : Carefully peeled, rolled and dried to get the exact diameter to release unique flavor

PRODUCT CHARACTERISTICS

<i>Appearance:</i>	Dried stick and free from extraneous matters
<i>Taste:</i>	Warm, sweet and slightly pungent. Characteristic to the product.
<i>Color:</i>	Dark yellow/brown
<i>Odor:</i>	Aromatic, Characteristic to the product

SHELF LIFE

12 Months

<i>Nutritional Information</i>	<i>Per 100g</i>
<i>Energy</i>	247 kCal
<i>Carbohydrate</i>	81 g
<i>Sugars</i>	2.2 g
<i>Total fat</i>	1.2 g
<i>Saturated fat</i>	0.3 g
<i>Trans fat</i>	0.0 g
<i>Polyunsaturated fat</i>	0.1 g
<i>Monounsaturated fat</i>	0.2 g
<i>Protein</i>	4 g
<i>Dietary fiber</i>	53 mg
<i>Cholesterol</i>	0 mg
<i>Sodium</i>	10 mg

PACKAGING

Packing Units: 30g, 15kg

Primary Packaging: Cartier Glass Jars, LDPE Sacks

Secondary Packaging: Brown liner 5 ply corrugated carton

NUTRITIONAL BENEFITS



VEGAN



GLUTEN FREE



GMO FREE



DAIRY FREE



NO ALLERGENS



NO PRESERVATIVES

2. ORGANIC CEYLON CINNAMON POWDER



SWISSCO Organic Ceylon Cinnamon Powder is a fine, light brown powder made from the inner bark of the *Cinnamomum verum* tree. It has a mild, sweet flavor with subtle citrus and floral notes, and a sweet, warm aroma. Compared to Cassia Cinnamon, it contains lower levels of Coumarin, making it a healthier option. Ceylon Cinnamon powder is commonly used in baking, cooking, and beverages, adding a delicate flavor to desserts, curries, and drinks like chai tea.

Country of Origin : Sri Lanka
Product Code : SICO-06
Description : Organic Ceylon Cinnamon also known as True Cinnamon
Ingredients : 100% Organic True Ceylon Cinnamon
Food Additives : Nil
Processing Method : Carefully peeled, dried, ground and sieved to get the consistent particle size to release unique flavor

PRODUCT CHARACTERISTICS

<i>Appearance:</i>	Free flowing powder without extraneous matters
<i>Taste:</i>	Warm, sweet and slightly pungent. Characteristic to the product.
<i>Color:</i>	Dark yellow/brown
<i>Odor:</i>	Aromatic, Characteristic to the product

PACKAGING

<i>Packing Units:</i>	40g, 15kg
<i>Primary Packaging:</i>	Cartier Glass Jars, LDPE Sacks
<i>Secondary Packaging:</i>	Brown liner 5 ply corrugated carton

NUTRITIONAL BENEFITS



SHELF LIFE

12 Months



Nutritional Information	Per 100g
Energy	247 kCal
Carbohydrate	81 g
Sugars	2.2 g
Total fat	1.2 g
Saturated fat	0.3 g
Trans fat	0.0 g
Polyunsaturated fat	0.1 g
Monounsaturated fat	0.2 g
Protein	4 g
Dietary fiber	53 mg
Cholesterol	0 mg
Sodium	10 mg



CEYLON BLACK PEPPER

Ceylon Black Pepper comes from the Pepper plant (*Piper nigrum*) grown in Sri Lanka. The country has been a major producer of pepper for centuries, and its climate and soil are ideal for cultivating pepper of exceptional quality.

It is known for its aromatic, complex, and slightly citrusy flavor. Compared to other varieties of Black Pepper, Ceylon Black Pepper has a more delicate balance of heat and fragrance, with hints of floral and fruity notes. It is less pungent than some other varieties, making it preferred for gourmet cooking.

Ceylon Black Pepper has a distinct aroma that is more fragrant than other types, with a mild yet spicy heat. This makes it suitable for dishes that require a lighter touch of pepper or for enhancing the natural flavors of food without overpowering them.

HEALTH BENEFITS

Rich in Antioxidants: Black pepper, including Ceylon Black Pepper, is rich in antioxidants like Piperine, which helps protect the body from oxidative stress and inflammation.

Digestive Health: It can help stimulate digestion by increasing the secretion of digestive enzymes in the stomach. Piperine, a compound in black pepper, can enhance the absorption of other nutrients, such as turmeric (curcumin), making it a great complement in cooking.

Anti-inflammatory Effects: Due to its high antioxidant content, it may help reduce inflammation and protect against conditions such as arthritis.

3. ORGANIC BLACK PEPPER SEEDS



SWISSCO Organic Black Pepper Seeds are small, round, and typically dark brown or black. Known as the "king of spices," Organic Black Pepper is grown without synthetic pesticides or chemicals, maintaining purity and natural flavor.

Organic Black Pepper offers a more robust, aromatic spice compared to Conventional Black Pepper.

Country of Origin : Sri Lanka
 Product Code : SICO-07
 Description : Dried whole fruit from handpicked drupes of pepper vines
 Ingredients : 100% Organic Black Pepper
 Food Additives : Nil
 Processing Method : Unripe drupe of pepper handpicked, blanched in hot water and dried

PRODUCT CHARACTERISTICS

Appearance:	Seed with wrinkled black skin
Taste:	Robust pungent flavor, Characteristic to the product.
Color:	Dark brown to black
Odor:	Aromatic, Characteristic to the product

PACKAGING

Packing Units:	55g, 15kg
Primary Packaging:	Cartier Glass Jars, LDPE Sacks
Secondary Packaging:	Brown liner 5 ply corrugated carton

SHELF LIFE

12 Months

NUTRITIONAL BENEFITS



Nutritional Information	Per 100g
Energy	255 kCal
Carbohydrate	64.8 g
Sugars	0.6 g
Total fat	3.3 g
Saturated fat	1 g
Trans fat	0.0 g
Polyunsaturated fat	1.1 g
Monounsaturated fat	1 g
Protein	11 g
Dietary fiber	26.5 mg
Cholesterol	0 mg
Sodium	44 mg

4. ORGANIC BLACK PEPPER POWDER



SWISSCO Organic Black Pepper Powder is ground Black Pepper that comes from Peppercorns grown without synthetic pesticides, fertilizers, or genetically modified organisms (GMOs). Organic Black Pepper is cultivated using environmentally friendly and sustainable farming practices, which focus on maintaining soil health and avoiding harmful chemicals.

Country of Origin : Sri Lanka
Product Code : SICO-08
Description : The organically grown dried, ground berries of the unripe fruit of Piper nigrum
Ingredients : 100% Organic Black Pepper
Food Additives : Nil
Processing Method : Unripe drupe of pepper handpicked, blanched in hot water, dried and ground

PRODUCT CHARACTERISTICS

Appearance:	Greyish black, free flowing powder
Taste:	Robust pungent flavor, Characteristic to the product.
Color:	Dark brown to black
Odor:	Aromatic, Characteristic to the product

PACKAGING

Packing Units:	50g, 15kg
Primary Packaging:	Cartier Glass Jars, LDPE Sacks
Secondary Packaging:	Brown liner 5 ply corrugated carton

SHELF LIFE

12 Months

NUTRITIONAL BENEFITS



Nutritional Information	Per 100g
Energy	255 kCal
Carbohydrate	64.8 g
Sugars	0.6 g
Total fat	3.3 g
Saturated fat	1 g
Trans fat	0.0 g
Polyunsaturated fat	1.1 g
Monounsaturated fat	1 g
Protein	11 g
Dietary fiber	26.5 mg
Cholesterol	0 mg
Sodium	44 mg



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