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Established 1987

Pioneers in organic, healthy and high quality nutritious food. We support local and international organic, biodynamic farming communities. Creating a better environment for All Life Forms.

MAILORDER CATALOGUE - AUGUST 2005

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*Orders will only be processed and packed when ordered to ensure
freshness, quality and high nutritional values.*

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DRIED FRUIT - IMPORTED - certified organic

All our products contain no added sugar, preservatives or colourings and are of vegetarian origin.

APLO-2	Apple - rings	certified organic	1 kg	246.40	34.50	280.90
APLO-5	Apple - rings	"	100g	28.00	3.92	31.92
APRO-4	Apricots	"	250g	32.90	4.61	37.51
BAHO-4	Banana chips	"	250g	18.20	2.55	20.75
DATO-2	Dates - whole	"	1 kg	78.26	10.96	89.22
DATO-3	Dates - whole	"	500g	40.60	5.68	46.28
DATO-4	Dates - whole	"	250g	21.00	2.94	23.94
PITO-2	Dates - pitted	"	1 kg	98.00	13.72	111.72
PITO-4	Dates - pitted	"	250g	26.60	3.72	30.32
FIGO-2	Figs	"	1 kg	81.20	11.37	92.57
FIGO-4	Figs	"	250g	23.10	3.23	26.33
PEAO-4	Peaches	"	250g	32.20	4.51	36.71
PRUO-4	Prunes	"	250g	53.20	7.45	60.65
RAIO-2	Raisins - seedless	"	1 kg	67.20	9.41	76.61
RAIO-3	Raisins - seedless	"	500g	35.00	4.90	39.90
RAIO-4	Raisins - seedless	"	250g	19.60	2.74	22.34
SULO-3	Sultanas	"	500g	32.20	4.51	36.71
SULO-4	Sultanas	"	250g	16.80	2.35	19.15

MUESLI SUGAR FREE - IMPORTED - certified organic SUITABLE FOR DIABETICS

MUSO-3	Muesli - nutty	certified organic	500g	32.20	4.51	36.71
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NATURAL SWEETENERS / JAM - certified organic

GARO-2	Cane Sugar - raw	certified organic	1 kg	57.40	8.04	65.44
GARO-4	Cane Sugar - raw	"	250g	18.20	2.55	20.75
JAMO-4	Apricot Jam	"	291g	30.80	4.31	35.11
JAMO-4	Peach Jam	"	291g	30.80	4.31	35.11

COLD PRESSED OIL: IMPORTED - certified organic

PUOO-4	Pumpkin Seed Oil	certified organic	250ml	112.00	15.68	127.68
OLIO-3	Olive Oil	"	500ml	95.62	13.39	109.01
SEOO-3	Sesame Seed Oil	"	500ml	91.00	12.74	103.74
SUOO-3	Sunflower Oil	"	500ml	49.70		49.70

NUTS -RAW, UNSALTED - IMPORTED - certified organic

ALMO-4	Almonds	whole	certified organic	250g	54.39	7.61	62.00
ALBO-4	Almond Nut Butter		"	200g	52.52	7.35	59.87
ALMO-4	Almonds	blanched	"	250g	64.40	9.02	73.42
BRAO-4	Brazil	whole	"	250g	51.52	7.21	58.73
COCO-4	Coconut	dessicated	"	250g	14.00	1.96	15.96
CASO-5	Cashew	large, whole	"	250g	48.02	6.72	54.74
HAZO-5	Hazelnuts	whole	"	250g	59.32	8.30	67.62
PECO-4	Pecan nuts	halves	"	250g	46.20	6.47	52.67
WALO-5	Walnuts	halves	"	250g	43.40	6.08	49.48

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Item Number	Description		Pack	Price	VAT	Total

SEEDS - IMPORTED - certified organic

LINO-2	Linseed	certified organic	1 kg	33.60	4.70	38.30
LINO-4	Linseed	"	250g	10.50	1.47	11.97
MIHO-3	Mineral Height	"	500g	34.65	4.85	39.50
POPO-4	Poppy Seed	"	250g	17.50	2.45	19.95
PUMO-2	Pumpkin Seed - raw, shelled	"	1 kg	77.84	10.90	88.74
PUMO-4	Pumpkin Seed - raw, shelled	"	250g	15.40	2.16	17.56
NESO-2	Sesame Seed - brown	"	1 kg	64.60	9.04	73.64
NESO-4	Sesame Seed - brown	"	250g	17.78	2.49	20.27
SESO-2	Sesame Seed - white	"	1 kg	64.40	9.02	73.42
SESO-4	Sesame Seed - white	"	250g	17.80	2.49	20.29
SUNO-2	Sunflower Seed - decorticated	"	1 kg	48.30	6.76	55.06
SUNO-4	Sunflower Seed - decorticated	"	250g	14.00	1.96	15.96

PASTA - EGGLESS - IMPORTED - certified organic

SPHO-3	Spaghetti - spelt, whole flour	certified organic	500g	46.42	6.50	52.92
HSPO-3	Millet Spirelli - wheat & millet flour	"	500g	31.18	4.37	35.55

MISCELLANEOUS - IMPORTED - certified organic

VINO-2	Vinegar-apple 5 %	certified organic	1 l	42.00	5.88	47.88
VINO-3	Vinegar-apple 5 %	"	500ml	33.50	4.69	38.19
LIVH-3	Olives with herbs, brine, vinegar	"	540g	42.00	5.88	47.88
LIVH-3	Olives with herbs, brine, vinegar	"	310g	28.00	3.92	31.92
LIVP-3	Olives - plain, brine, vinegar	"	540g	42.00	5.88	47.88
LIVP-4	Olives - plain, brine, vinegar	"	310g	28.00	3.92	31.92
NICO-3	Pumpnickel bread - tin	"	500g	46.41	6.50	52.91
LIVT-4	Tapenade - olive paste	"	310g	28.00	3.92	31.92
LIVT-4	Tapenade - olive paste	"	310g	28.00	3.92	31.92

RICE CAKES - IMPORTED - certified organic

CAKO-7-CORN-5	Rice Cakes - 7 corn	certified organic	100g	16.80	2.35	19.15
CAKO-SPELT-5	Rice Cakes - Spelt & sea salt	"	100g	16.80	2.35	19.15
CAKO-BUCK-5	Rice Cakes - buckwheat	"	100g	16.80	2.35	19.15
CAKO-MILL-5	Rice Cakes - millet	"	100g	16.80	2.35	19.15

TEA - certified organic

ROIO-2	Rooibos Tea - loose	certified organic	1 kg	66.57	9.32	75.89
ROIO-4	Rooibos Tea - loose	"	250g	18.20	2.55	20.75

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SPROUTING SEED - IMPORTED - certified organic

ALFO-2	Alfalfa Seed	certified organic	1 kg	123.20	17.25	140.45
ALFO-4	Alfalfa Seed	"	250g	35.00	4.90	39.90
ALFO-5	Alfalfa Seed	"	100g	19.60	2.74	22.34
FENO-2	Fenugreek	"	1 kg	12.60	1.76	14.36
FENO-4	Fenugreek	"	250g	25.52	3.57	29.09
GOWO-2	Golden Wheat	"	1 kg	23.10	3.23	26.33
GOWO-3	Golden Wheat	"	500g	12.67	1.77	14.44
GOWO-4	Golden Wheat	"	250g	5.25	0.74	5.99
JAPO-2	Japanese Raddish	"	1 kg	96.60	13.52	110.12
JAPO-5	Japanese Raddish	"	100g	13.30	1.86	15.16
SOYO-2	Soya beans	"	1 kg	18.86	2.64	21.50
SOYO-3	Soya beans	"	500g	10.09	1.41	11.50
SOYO-4	Soya beans	"	250g	5.48	0.77	6.25
SOYO-5	Soya beans	"	100g	3.29	0.46	3.75
SUSO-2	Sunflower Seed - raw, whole	"	1 kg	20.75		20.75
SUSO-4	Sunflower Seed - raw, whole	"	250g	7.00		7.00
YMUO-2	Yellow mustard seed	"	1 kg	42.92	6.01	48.93
YMUO-4	Yellow mustard seed	"	250g	12.39	1.73	14.12

LEGUMES - IMPORTED - certified organic

ADUO-3	Azuki Beans	certified organic	500g	25.90		25.90
BACO-3	Black Beans	"	500g	26.60		26.60
BUTO-3	Beans - white	"	500g	24.64		24.64
CHIO-3	Chick Peas	"	500g	20.02		20.02
KIDO-3	Kidney Beans - red	"	500g	24.50		24.50
LENO-3	Lentils - green, champagne	"	500g	35.70		35.70
RLEO-3	Lentils - red	"	500g	24.57		24.57
MUNO-3	Mung Beans	"	500g	20.02		20.02
GSPO-3	Peas - green split	"	500g	22.26		22.26
PINO-3	Pinto Beans	"	500g	23.45		23.45
SOYO-3	Soya Beans	"	500g	17.22		17.22

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WHOLE GRAINS - IMPORTED - certified organic

AMAO-3	Amaranth seed	certified organic	500g	25.90	3.63	29.53
AMAO-4	Amaranth seed	"	250g	14.70	2.06	16.76
BALO-3	Barley - whole	"	500g	19.74	2.76	22.50
KASO-3	Buckwheat, dehusked - Kasha	"	500g	18.90	2.65	21.55
BULO-3	Bulgur Wheat, cracked, parboiled	"	500g	25.48	3.57	29.05
COUO-3	Couscous, cracked, parboiled	"	500g	30.80	4.31	35.11
KAMO-3	Kamut Kernels	"	500g	23.10	3.23	26.33
MAIO-3	Maize - yellow kernels	"	500g	14.70	2.06	16.76
MILO-3	Millet - decorticated	"	500g	21.14	2.96	24.10
OATO-3	Oats - whole groats	"	500g	23.10	3.23	26.33
POLO-3	Polenta - maize grits	"	500g	22.26	3.12	25.38
POCO-3	Popcorn Kernels	"	500g	19.39	2.71	22.10
QUIO-3	Quinoa - gluten-free	"	500g	26.32	3.68	30.00
RYEO-3	Rye Kernels	"	500g	12.32	1.72	14.04
SEMO-3	Semolina	"	500g	18.62	2.61	21.23
SPEO-3	Spelt Kernels, dinkel	"	500g	19.60	2.74	22.34
WHAO-3	Wheat Kernels	"	500g	12.67		12.67
WHRO-2	Wheat Bran	"	1 kg	21.00	2.94	23.94
WHRO-3	Wheat Bran	"	500g	10.50	1.47	11.97

RICE - IMPORTED - certified organic

BAWO-3	Basmati Rice - white, polished	certified organic	500g	37.87		37.87
BASO-3	Basmati Rice - brown, unpolished	"	500g	36.40		36.40
SRIO-3	Rice Short grain	"	500g	21.00		21.00
LRIO-3	Rice long grain	"	500g	21.00		21.00
REDO-3	Red Rice	"	500g	29.40		29.40
WIRO-4	Wild Rice	"	250g	44.80		44.80
WIBO-3	Wild Rice Blend	"	500g	32.90		32.90

All our certified organic products have been inspected by an International Certification Body confirming that the produce has been organically grown without artificial fertilizer, pesticides and herbicides. These international standards exclude the use of genetically manipulated seeds. All our products are labeled with the organic certification No. and mention the status of the product:

certified organic*

do not contain any preservatives, colouring or sugar

organic, not certified

ORGANIC WORLD		MAILORDER		August-05		PAGE 6	
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**WHOLE FLOUR - FRESHLY STONEGROUND ON OUR
PREMISES* - certified organic**

AMFO-3*	Amaranth flour	certified organic	500g	28.00	3.92	31.92
BAFO-3*	Barley flour	"	500g	19.60	2.74	22.34
KSFO-3*	Kasha flour	"	500g	21.00	2.94	23.94
KAFO-3*	Kamut flour	"	500g	23.80	3.33	27.13
MAMO-3*	Maize flour	"	500g	16.10	2.25	18.35
MIFO-3*	Millet flour	"	500g	23.10	3.23	26.33
QUFO-3*	Quinoa flour - gluten-free	"	500g	28.70	4.02	32.72
RIFO-3*	Rice flour - brown	"	500g	22.40	3.14	25.54
RYFO-3*	Rye flour - whole kernel	"	500g	14.70	2.06	16.76
RYWO-3	Rye flour white, unbleached	"	500g	11.20	1.57	12.77
SYFO-3*	Soya Bean flour	"	500g	21.00	2.94	23.94
SPFO-3*	Spelt flour, dinkel	"	500g	21.70	3.04	24.74
WHCO-3*	Wheat crushed / fine/coarse	"	500g	14.00		14.00
WHFO-3*	Wheat flour - whole flour	"	500g	14.00		14.00
WHWO-3	Wheat flour white, unbleached	"	500g	9.80		9.80

GRAIN FLAKES - IMPORTED - certified organic

BFLO-3	Barley flakes	certified organic	500g	18.90	2.65	21.55
CFLO-4	Corn flakes	"	250g	24.71	3.46	28.17
ROAO-3	Oat flakes	"	500g	17.64	2.47	20.11
RILO-3	Rice flakes	"	500g	23.10	3.23	26.33
RFLO-3	Rye flakes	"	500g	15.12	2.12	17.24
SFLO-3	Spelt flakes	"	500g	21.42	3.00	24.42
WFLO-3	Wheat flakes	"	500g	14.70	2.06	16.76

VEGETABLE POWDERS - IMPORTED - certified organic

CAPO-3	Carob Powder - cocoa substitute	certified organic	500g	24.22	3.39	27.61
CAPO-4	Carob Powder - cocoa substitute	"	250g	13.72	1.92	15.64
COCA-4	Cocoa Powder	"	250g	40.60	5.68	46.28

ORGANIC WORLD		MAILORDER		August-05		PAGE 7	
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DRIED FRUIT

Contains no added sugar, preservatives or colouring, all our products are of vegetarian origin.

APL-2	Apple	organic-not certified	1 kg	87.50	12.25	99.75
APL-5	Apple	"	100g	10.50	1.47	11.97
Apr-02	Apricots	"	1 kg	86.60	12.12	98.72
Apr-04	Apricots	"	250g	23.80	3.33	27.13
CUR-2	Currants		1 kg	40.60	5.68	46.28
CUR-4	Currants		250g	11.55	1.62	13.17
DAL-2	Dates - Cape large, fresh		1 kg	103.60	14.50	118.10
DAL-4	Dates - Cape large, fresh		250g	28.00	3.92	31.92
PIT-2	Dates - pitted		1 kg	40.60	5.68	46.28
PIT-4	Dates - pitted		250g	11.90	1.67	13.57
FIG-2	Figs - natural, imported		1 kg	86.80	12.15	98.95
FIG-4	Figs - natural, imported		250g	24.50	3.43	27.93
FGR-5	Figroll - natural, handmade		100g	9.73	1.36	11.09
HAN-2	Hanepoot Raisins, seeded		1 kg	80.08	11.21	91.29
HAN-4	Hanepoot Raisins, seeded		250g	22.40	3.14	25.54
MAN-2	Mangoes - natural		1 kg	168.00	23.52	191.52
MAN-5	Mangoes - natural		100g	25.20	3.53	28.73
MIX-2	Mixed Fruit - seasonal		1 kg	120.40	16.86	137.26
MIX-4	Mixed Fruit - seasonal		250g	30.80	4.31	35.11
PEA-2	Peaches	organic-not certified	1 kg	86.80	12.15	98.95
PEA-4	Peaches	"	250g	23.80	3.33	27.13
PER-2	Pears	"	1 kg	86.80	12.15	98.95
PER-4	Pears	"	250g	23.80	3.33	27.13
PRU-2	Prunes	organic-not certified	1 kg	51.52	7.21	58.73
PRU-4	Prunes	"	250g	15.40	2.16	17.56
RAI-2	Raisins - seedless		1 kg	34.30	4.80	39.10
RAI-3	Raisins - seedless		500g	18.20	2.55	20.75
RAI-4	Raisins - seedless		250g	10.92	1.53	12.45
SUL-2	Sultanas - unbleached		1 kg	40.32	5.64	45.96
SUL-3	Sultanas - unbleached		500g	21.28	2.98	24.26
SUL-4	Sultanas - unbleached		250g	11.76	1.65	13.41
TOM-2	Tomatoes		1 kg	98.00	13.72	111.72
TOM-5	Tomatoes		100g	10.50	1.47	11.97

With a few exceptions, our South African and imported dried fruit is purchased directly from the growers.

SWEETS WITH FRUCTOSE - SUITABLE FOR DIABETICS

CAROB THE HEALTHY & NATURAL CHOCOLATE SUBSTITUTE!

CAF-2*	Carob Chunks - dairy-free / sugar-free	1 kg	81.20	11.37	92.57
CAF-4*	Carob Chunks - dairy-free / sugar-free	250g	22.40	3.14	25.54

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Item Number	Description	Pack	Price	VAT	Total		

MUESLI-SUGAR-FREE - SUITABLE FOR DIABETICS*

MUA-2*	Muesli-Almond, unroasted / sugar-free	1 kg	72.02	10.08	82.10
MUA-3*	Muesli-Almond, unroasted / sugar-free	500g	39.20	5.49	44.69
MUF-2*	Muesli-Nut-free, unroasted / sugar-free	1 kg	53.42	7.48	60.90
MUF-3*	Muesli-Nut-free, unroasted / sugar-free	500g	29.40	4.12	33.52

MUESLI-SUGAR-FREE / LOW GLUTEN WITH ADDED RICE MILK POWDER

GLA-2*	Muesli-Almond, unroasted, low gluten/ sugar-free	1 kg	83.12	11.64	94.76
GLA-3*	Muesli-Almond, unroasted, low gluten/ sugar-free	500g	44.80	6.27	51.07
GLN-2*	Muesli-Nut-free, unroasted, low gluten / sugar-free	1 kg	67.51	9.45	76.96
GLN-3*	Muesli-Nut-free, unroasted, low gluten / sugar-free	500g	36.40	5.10	41.50

NATURAL SWEETENERS

BAR-2*	Barley Malt Powder - natural	1 kg	45.92	6.43	52.35
BAR-4*	Barley Malt Powder - natural	250g	13.02	1.82	14.84
FRU-2*	Fructose	1 kg	28.00	3.92	31.92
FRU-3*	Fructose	500g	15.40	2.16	17.56
FRU-4*	Fructose	250g	9.10	1.27	10.37
HAL-3	Honey Halva Snack - roasted sesame seed with honey	500g	60.02	8.40	68.42
HAL-5	Honey Halva Snack - roasted sesame seed with honey	100g	19.25	2.70	21.95
HOC-3	Honey creamed - raw, unheated	500g	30.80	4.31	35.11
HON-3	Honey Clear - raw, unheated	500g	30.80	4.31	35.11
MOC-3	Molasses - crude, unrefined, blackstrap	500g	11.20	1.57	12.77
MOL-3	Molasses - sulphur-free, high test	500g	13.30	1.86	15.16
PAL-2	Palm Sugar	1 kg	28.00	3.92	31.92
PAL-3	Palm Sugar	250g	9.80	1.37	11.17
STE-6*	Sweet Nature Stevia Powder = 5kg fructose	25 g	96.53	13.51	110.04

*Products suitable for diabetics are marked with * - Consult your medical practioner*

COLD PRESSED OIL

LID-4	Linseed Oil - cold pressed	250ml	65.80	9.21	75.01
OLI-2	Olive Oil -cold pressed	1 l	105.00	14.70	119.70
OLI-4	Olive Oil -cold pressed	450ml	49.00	6.86	55.86
PEO-4	Peanut Oil - cold pressed	250ml	35.00	4.90	39.90
PUO-4	Pumpkin Seed Oil	200ml	51.80	7.25	59.05
SEM-4	Sesame Oil cold pressed - organic - not certified	250ml	72.80	10.19	82.99
SUO-3	Sunflower Oil cold pressed - organic - not certified	500ml	39.20	5.49	44.69

Item Number	Description	Pack	Price	VAT	Total
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RAW UNSALTED NUTS

ALM-2	Almonds - plain	1 kg	154.00	21.56	175.56
ALM-3	Almonds - plain	500g	79.80	11.17	90.97
ALM-4	Almonds - plain	250g	42.00	5.88	47.88
ALM-5	Almonds - plain	100g	21.00	2.94	23.94
COT-2	Apricot Kernels	1 kg	91.42	12.80	104.22
COT-3	Apricot Kernels	500g	46.90	6.57	53.47
COT-4	Apricot Kernels	250g	25.20	3.53	28.73
BRA-2	Brazil - plain	1 kg	154.00	21.56	175.56
BRA-3	Brazil - plain	500g	79.80	11.17	90.97
BRA-4	Brazil - plain	250g	42.00	5.88	47.88
BRA-5	Brazil - plain	100g	25.20	3.53	28.73
CAS-2	Cashews - plain	1 kg	154.00	21.56	175.56
CAS-3	Cashews - plain	500g	84.00	11.76	95.76
CAS-4	Cashews - plain	250g	44.80	6.27	51.07
CAS-5	Cashews - plain	100g	18.90	2.65	21.55
COC-2	Coconut -dessicated	1 kg	30.80	4.31	35.11
COC-3	Coconut -dessicated	500g	16.80	2.35	19.15
COC-4	Coconut -dessicated	250g	10.50	1.47	11.97
COF-2	Coconut - flakes	1 kg	43.40	6.08	49.48
COF-4	Coconut - flakes	250g	22.40	3.14	25.54
HAZ-2	Hazelnuts - plain	1 kg	168.00	23.52	191.52
HAZ-4	Hazelnuts - plain	250g	46.20	6.47	52.67
HAZ-5	Hazelnuts - plain	100g	25.20	3.53	28.73
MAC-2	Macadamian - plain- whole/half	1 kg	186.90	26.17	213.07
MAC-3	Macadamian - plain- whole/half	500g	99.05	13.87	112.92
MAC-4	Macadamian - plain- whole/half	250g	51.80	7.25	59.05
MAC-5	Macadamian - plain- whole/half	100g	25.20	3.53	28.73
NUT-2	Mixed Nuts - plain	1 kg	105.00	14.70	119.70
NUT-3	Mixed Nuts - plain	500g	53.90	7.55	61.45
NUT-4	Mixed Nuts - plain	250g	28.70	4.02	32.72
NUT-5	Mixed Nuts - plain	100g	16.80	2.35	19.15
PEB-2	Peanuts - plain	1 kg	22.40	3.14	25.54
PEB-3	Peanuts - plain	500g	12.60	1.76	14.36
PEB-4	Peanuts - plain	250g	8.40	1.18	9.58
PEC-2	Pecans - plain	1 kg	168.00	23.52	191.52
PEC-3	Pecans - plain	500g	88.20	12.35	100.55
PEC-4	Pecans - plain	250g	46.20	6.47	52.67
PEC-5	Pecans - plain	100g	25.20	3.53	28.73
PIK-2	Pine Kernels - plain	1 kg	280.00	39.20	319.20
PIK-3	Pine Kernels - plain	500g	145.60	20.38	165.98
PIK-4	Pine Kernels - plain	250g	77.00	10.78	87.78
PIK-5	Pine Kernels - plain	100g	32.20	4.51	36.71
PIS-2	Pistachios - in shell - roasted, salted	1 kg	135.80	19.01	154.81
PIS-3	Pistachios - in shell - roasted, salted	500g	69.30	9.70	79.00
PIS-4	Pistachios - in shell - roasted, salted	250g	36.05	5.05	41.10
PIS-5	Pistachios - in shell - roasted, salted	100g	16.10	2.25	18.35
SNA-2	Snack Pack - peanuts, raisins & sunflower seeds	1 kg	39.48	5.53	45.01
SNA-3	Snack Pack - peanuts, raisins & sunflower seeds	500g	19.75	2.77	22.52
SNA-4	Snack Pack - peanuts, raisins & sunflower seeds	250g	10.50	1.47	11.97
SNA-5	Snack Pack - peanuts, raisins & sunflower seeds	100g	6.30	0.88	7.18
WAL-2	Walnuts - plain, halves	1 kg	154.00	21.56	175.56
WAL-3	Walnuts - plain, halves	500g	79.80	11.17	90.97
WAL-4	Walnuts - plain, halves	250g	40.39	5.65	46.04
WAL-5	Walnuts - plain, halves	100g	25.20	3.53	28.73

NUT & SEED BUTTERS

ALB-3	Almond Nut Butter - unroasted	380g	60.00	8.40	68.40	
CAB-3	Cashew Nut Butter - unroasted	380g	43.00	6.02	49.02	
MAB-3	Macadamian Nut Butter organic-not certified	400g	63.00	8.82	71.82	
NUB-3	Peanut Butter smooth / crunchy - roasted	380g	16.80	2.35	19.15	
NUR-3	Peanut Butter smooth / raw	380g	14.00	1.96	15.96	
TAH-3	Tahini - sesame sauce, brown or white	350g	37.80	5.29	43.09	

SEEDS

LIN-2	Linseed - flax seed	1 kg	25.76	3.61	29.37	
LIN-4	Linseed - flax seed	250g	8.40	1.18	9.58	
MIB-3	Mineral Boost - sesame, linseed & sunflower	500g	23.80	3.33	27.13	
MIH-3	Mineral Hight - sesame, linseed, sunflower & pumpkin	500g	26.60	3.72	30.32	
POP-2	Poppy Seed	1 kg	61.60	8.62	70.22	
POP-4	Poppy Seed	250g	17.50	2.45	19.95	
PSY-5	Psyllium Husk	100g	22.40	3.14	25.54	
PUM-2	Pumpkin Seed - green, raw & shelled	1 kg	114.80	16.07	130.87	
PUM-4	Pumpkin Seed - green, raw & shelled	250g	30.80	4.31	35.11	
PUW-2	Pumpkin Seed - white in shell / to be roasted	1 kg	72.80	10.19	82.99	
PUW-4	Pumpkin Seed - white in shell / to be roasted	250g	19.95	2.79	22.74	
NES-2	Sesame Seed - brown, natural	1 kg	40.57	5.68	46.25	
NES-4	Sesame Seed - brown, natural	250g	12.60	1.76	14.36	
SES-2	Sesame Seed - white	1 kg	40.60	5.68	46.28	
SES-4	Sesame Seed - white	250g	11.55	1.62	13.17	
SUN-2	Sunflower Seed - raw, decorticated	1 kg	42.00	5.88	47.88	
SUN-3	Sunflower Seed - raw, decorticated	500g	22.40	3.14	25.54	
SUN-4	Sunflower Seed - raw, decorticated	250g	12.60	1.76	14.36	

MISCELLANEOUS

MUW-7	Wild Mushrooms (Stein Pilz) - dried	25 g	16.46	2.30	18.76	
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VEGETABLE POWDERS

AGA-6	Agar Agar powder, vegetable gelling agent	50 g	23.10	3.23	26.33	
CAP2	Carob powder - cocoa substitute	1 kg	43.12	6.04	49.16	
CAP-4	Carob powder - cocoa substitute	250g	12.60	1.76	14.36	
GUA-5	Guar Gum	100g	7.70	1.08	8.78	
TOR-3	Torula Yeast Powder - nutritional	500g	26.04	3.65	29.69	
TOR-4	Torula Yeast Powder - nutritional	250g	14.00	1.96	15.96	

DAIRY PRODUCTS & DAIRY-FREE PRODUCTS

COP-5	Coconut Milk Powder	150g	22.40	3.14	25.54	
RIM-2	Rice Milk Powder - 10 litres	1 kg	70.00	9.80	79.80	
RIM-4	Rice Milk Powder - 2.5 litres	250g	18.90	2.65	21.55	
SYM-2	Soya Milk Powder - 10 litres	1 kg	69.16	9.68	78.84	
SYM-3	Soya Milk Powder - 4 litres	400g	29.40	4.12	33.52	
WHE-2	Whey Powder	1 kg	24.64	3.45	28.09	
WHE-4	Whey Powder	250g	8.40	1.18	9.58	

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PRODUCTS FROM THE SEA

KEL-2	Kelp Powder - coarse, organic - not certified	1 kg	28.00	3.92	31.92
KEL-4	Kelp Powder - coarse, organic - not certified	250g	8.40	1.18	9.58
SEA-5	Sea Vegetable, Kombu, organic - not certified	50 g	13.00	1.82	14.82
SEA-2	Sea Salt coarse - no additives	1 kg	7.70	1.08	8.78
SEA-3	Sea Salt coarse - no additives	500g	4.90	0.69	5.59
SEA-4	Sea Salt coarse - no additives	250g	3.99	0.56	4.55
SEF-2	Sea Salt fine - no additives	1 kg	25.20	3.53	28.73
SEF-3	Sea Salt fine - no additives	500g	13.72	1.92	15.64
SEF-4	Sea Salt fine - no additives	250g	8.26	1.16	9.42

SPICES

ANI-5	Aniseed	100g	14.00	1.96	15.96
WAY-5	Caraway Seed	100g	11.20	1.57	12.77
MON-6	Cardamom in shell	50 g	19.60	2.74	22.34
MOP-6	Cardamom Powder	50 g	25.90	3.63	29.53
CAY-5	Cayenne Pepper	100g	8.40	1.18	9.58
CEL-5	Celery Seed	100g	8.40	1.18	9.58
CIN-5	Cinnamon Powder	100g	9.80	1.37	11.17
CIS-5	Cinnamon Sticks	100g	9.80	1.37	11.17
CLO-6	Clove	50 g	21.28	2.98	24.26
COR-5	Coriander	100g	9.80	1.37	11.17
CPW-5	Coriander Powder	100g	9.80	1.37	11.17
CUM-5	Cumin	100g	11.48	1.61	13.09
CUP-5	Cumin Powder	100g	9.10	1.27	10.37
NEL-5	Fennel	100g	10.00	1.40	11.40
GAP-5	Garlic Powder	100g	9.80	1.37	11.17
GIN-5	Ginger Powder	100g	11.20	1.57	12.77
MUS-5	Mustard Seed - black	100g	9.80	1.37	11.17
YMU-5	Mustard Seed - yellow	100g	11.20	1.57	12.77
MEG-6	Nutmeg - whole	50 g	16.80	2.35	19.15
NPW-5	Nutmeg Powder	100g	25.20	3.53	28.73
IKA-5	Paprika Powder	100g	8.40	1.18	9.58
BPP-5	Pepper Powder -black	100g	18.20	2.55	20.75
BPE-5	Peppercorn - black	100g	18.20	2.55	20.75
WPE-5	Peppercorn - white	100g	23.80	3.33	27.13
TUM-5	Tumeric	100g	8.40	1.18	9.58

TEA'S

CAM-5	Chamomile flowers - loose, organic not certified	100g	33.60	4.70	38.30
CAM-6	Chamomile flowers - loose, organic not certified	50 g	17.50	2.45	19.95
CAM-7	Chamomile flowers - loose, organic not certified	25 g	9.10	1.27	10.37
BUS-2	Honey Bush Tea - loose, organic not certified	1 kg	65.10	9.11	74.21
BUS-3	Honey Bush Tea - loose, organic not certified	500g	33.95	4.75	38.70
BUS-4	Honey Bush Tea - loose, organic not certified	250g	18.20	2.55	20.75
LEM-5	Lemon Grass Tea - loose, organic not certified	100g	6.00	0.84	6.84

Our aim is to source and supply the best produce presently available, to supply organic products and to stimulate the the local awareness in producer, grower and consumer.

DRIED HERBS - ORGANIC

Item Number	Description	Pack	Price	VAT	Total	
SIL-5	Basil	organic - not certified	100g	21.00	2.94	23.94
SIL-6	Basil	"	50 g	12.60	1.76	14.36
BAY-5	Bay Leaves	"	100g	14.00	1.96	15.96
BAY-6	Bay Leaves	"	50 g	8.40	1.18	9.58
BAY-7	Bay Leaves	"	25 g	5.60	0.78	6.38
HIV-5	Chives	"	100g	21.00	2.94	23.94
HIV-6	Chives	"	50 g	12.60	1.76	14.36
COM-5	Comfrey	"	100g	21.00	2.94	23.94
COM-6	Comfrey	"	50 g	12.60	1.76	14.36
DIL-5	Dill Tips	"	100g	23.10	3.23	26.33
DIL-6	Dill Tips	"	50 g	12.60	1.76	14.36
LEM-5	Lemon Grass	"	100g	21.00	2.94	23.94
LEM-6	Lemon Grass	"	50 g	12.60	1.76	14.36
Mar-05	Marjoram	"	100g	21.00	2.94	23.94
Mar-06	Marjoram	"	50 g	12.60	1.76	14.36
NET-5	Nettle	"	100g	21.00	2.94	23.94
NET-6	Nettle	"	50 g	12.60	1.76	14.36
ORI-5	Origanum	"	100g	21.00	2.94	23.94
ORI-6	Origanum	"	50 g	12.60	1.76	14.36
PAR-5	Parsley	"	100g	21.00	2.94	23.94
PAR-6	Parsley	"	50 g	12.60	1.76	14.36
PEP-5	Peppermint	"	100g	21.00	2.94	23.94
PEP-6	Peppermint	"	50 g	12.60	1.76	14.36
ROS-5	Rosemary	"	100g	21.00	2.94	23.94
ROS-6	Rosemary	"	50 g	12.60	1.76	14.36
SAG-5	Sage	"	100g	21.00	2.94	23.94
SAG-6	Sage	"	50 g	12.60	1.76	14.36
THY-5	Thyme	"	100g	21.00	2.94	23.94
THY-6	Thyme	"	50 g	12.60	1.76	14.36

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SPROUTERS & SPROUTING SEEDS

BOT-1	EL-ZD Sprouter - 3 compartments	each	67.20	9.41	76.61
SPS-4	Starter Pack	250g	27.30	3.82	31.12
ALF-2	Alfalfa	1 kg	128.80	18.03	146.83
ALF-5	Alfalfa	100g	18.90	2.65	21.55
BUC-4	Buckwheat in husk	250g	7.00	0.98	7.98
BUC-5	Buckwheat in husk	100g	4.90	0.69	5.59
CHI-4	Chick Peas	250g	7.00	0.98	7.98
CHI-5	Chick Peas	100g	5.60	0.78	6.38
FEN-2	Fenugreek	1 kg	30.80	4.31	35.11
FEN-4	Fenugreek	250g	9.10	1.27	10.37
FEN-5	Fenugreek	100g	5.32	0.74	6.06
JAP-2	Japanese Radish	1 kg	53.90	7.55	61.45
JAP-4	Japanese Radish	250g	16.10	2.25	18.35
JAP-5	Japanese Radish	100g	7.70	1.08	8.78
BEN-4	Lentils - brown	250g	7.00	0.98	7.98
BEN-5	Lentils - brown	100g	4.90	0.69	5.59
LEN-4	Lentils - green	250g	9.10	1.27	10.37
LEN-5	Lentils - green	100g	4.90	0.69	5.59
GOL-4	Millet with husk	250g	4.20	0.59	4.79
MUN-4	Mung Beans	250g	8.40	1.18	9.58
MUN-5	Mung Beans	100g	5.32	0.74	6.06
RED-4	Red Clover	250g	44.10	6.17	50.27
RED-5	Red Clover	100g	18.90	2.65	21.55
SUS-2	Sunflower Seed - whole	1 kg	15.12	2.12	17.24
SUS-4	Sunflower Seed - whole	250g	5.04	0.71	5.75

LEGUMES

ADU-2	Azuki Beans	1 kg	42.00		42.00
ADU-3	Azuki Beans	500g	22.40		22.40
BLA-2	Black Eye Beans	1 kg	28.00		28.00
BLA-3	Black Eye Beans	500g	15.40		15.40
BRO-2	Broad Beans	1 kg	42.00		42.00
BRO-3	Broad Beans	500g	22.40		22.40
BUT-2	Butter Beans	1 kg	25.20		25.20
BUT-3	Butter Beans	500g	14.00		14.00
CHI-2	Chick Peas	1 kg	25.20		25.20
CHI-3	Chick Peas	500g	14.00		14.00
HAR-2	Haricot Beans	1 kg	18.90		18.90
HAR-3	Haricot Beans	500g	10.15		10.15
BEN-2	Lentils - brown	1 kg	18.20		18.20
BEN-3	Lentils - brown	500g	9.80		9.80
LEN-2	Lentils - green	1 kg	22.40		22.40
LEN-3	Lentils - green	500g	12.00		12.00
RLE-2	Lentils - red	1 kg	19.60		19.60
RLE-3	Lentils - red	500g	10.50		10.50
MUD-2	Moong Dhall - polished mung beans	1 kg	23.80		23.80
MUD-3	Moong Dhall - polished mung beans	500g	12.60		12.60
MUN-2	Mung Beans	1 kg	26.60		26.60
MUN-3	Mung Beans	500g	14.70		14.70
RON-2	Peas - green whole	1 kg	14.00		14.00

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LEGUMES continued...

RON-3	Peas - green whole	500g	7.84		7.84	
GSP-2	Peas - green split	1 kg	16.80		16.80	
GSP-3	Peas - green split	500g	9.10		9.10	
YSP-2	Peas - yellow split	1 kg	14.00		14.00	
YSP-3	Peas - yellow split	500g	8.40		8.40	
SOY-2	Soya Beans	1 kg	12.60		12.60	
SOY-3	Soya Beans	500g	7.42		7.42	
<i>Textured vegetable protein uncoloured, unflavoured</i>						
MIN-2	Soya Mince	1 kg	27.30	3.82	31.12	
MIN-3	Soya Mince	500g	14.84	2.08	16.92	
MIN-4	Soya Mince	250g	9.10	1.27	10.37	
CHU-2	Soya Chunks	1 kg	27.30	3.82	31.12	
CHU-3	Soya Chunks	500g	14.84	2.08	16.92	
CHU-4	Soya Chunks	250g	9.10	1.27	10.37	
SUG-2	Sugar Beans	1 kg	21.00		21.00	
SUG-3	Sugar Beans	500g	11.55		11.55	

A near perfect health food, beans are high in carbohydrates, fiber, iron and folic acid, yet contain little or no fat and no cholesterol. They have been shown to lower cholesterol, fight certain types of cancer & normalize blood sugar.

WHOLE GRAINS

BAL-2	Barley - pearled	1 kg	16.80	2.35	19.15
BAL-3	Barley - pearled	500g	9.80	1.37	11.17
BUC-2	Buckwheat - whole Kernels	1 kg	20.58	2.88	23.46
BUC-3	Buckwheat - whole Kernels	500g	11.20	1.57	12.77
KAS-2	Buckwheat - dehusked (Kasha)	1 kg	34.83	4.88	39.71
KAS-3	Buckwheat - dehusked (Kasha)	500g	18.50	2.59	21.09
COU-2	Couscous	1 kg	41.95	5.87	47.82
COU-3	Couscous	500g	22.40	3.14	25.54
MAI-2	Maize Kernels - yellow / white	1 kg	10.75	1.51	12.26
MAI-3	Maize Kernels - yellow / white	500g	6.72	0.94	7.66
GOL-2	Millet in husk	1 kg	9.50	1.33	10.83
GOL-3	Millet in husk	500g	5.25	0.74	5.99
MIL-2	Millet - decorticated	1 kg	25.20	3.53	28.73
MIL-3	Millet - decorticated	500g	14.00	1.96	15.96
OAT-2	Oats - whole groats	1 kg	27.16	3.80	30.96
OAT-3	Oats - whole groats	500g	15.40	2.16	17.56
ROA-2	Rolled Oats	1 kg	27.54	3.86	31.40
ROA-3	Rolled Oats	500g	15.40	2.16	17.56
POL-2	Polenta - maize grits, gluten-free, pre-cooked	1 kg	30.80	4.31	35.11
POL-3	Polenta - maize grits, gluten-free, pre-cooked	500g	16.59	2.32	18.91
POU-2	Polenta - maize grits, gluten-free, un-cooked	1 kg	20.16	2.82	22.98
POU-3	Polenta - maize grits, gluten-free, un-cooked	500g	11.20	1.57	12.77
POC-2	Popcorn Kernels	1 kg	13.44	1.88	15.32
POC-3	Popcorn Kernels	500g	7.70	1.08	8.78
POC-4	Popcorn Kernels	250g	4.90	0.69	5.59
RYE-2	Rye Kernels	1 kg	11.34	1.59	12.93
RYE-3	Rye Kernels	500g	7.00	0.98	7.98
AGO-2	Sago Kernels - gluten-free	1 kg	21.00	2.94	23.94
AGO-3	Sago Kernels - gluten-free	500g	11.62	1.63	13.25
SOR-2	Sorghum Kernels	1 kg	11.20	1.57	12.77
SOR-3	Sorghum Kernels	500g	6.30	0.88	7.18
WHA-2	Wheat Kernels	1 kg	8.12	1.14	9.26
WHA-3	Wheat Kernels	500g	4.62	0.65	5.27

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WHOLE GRAINS continued...

WHG-2	Wheat Wheat Germ	1 kg	17.64	2.47	20.11
WHG-3	Wheat Wheat Germ	500g	9.80	1.37	11.17
WHG-3	Wheat Wheat Germ	250g	6.30	0.88	7.18
WHR-2	Wheat Bran - digestive	1 kg	9.24	1.29	10.53
WHR-3	Wheat Bran - digestive	500g	5.74	0.80	6.54
WHR-3	Wheat Bran - digestive	250g	4.90	0.69	5.59

RICE

BAW-2	Basmati Rice - white, polished	1 kg	25.31		25.31
BAW-3	Basmati Rice - white, polished	500g	14.00		14.00
BAS-2	Basmati Rice - brown, polished	1 kg	25.20		25.20
BAS-3	Basmati Rice - brown, polished	500g	14.00		14.00
SRI-2	Short Grain Rice, brown - unpolished	1 kg	22.40		22.40
SRI-3	Short Grain Rice, brown - unpolished	500g	12.60		12.60
LRI-2	Long Grain Rice, brown - unpolished	1 kg	22.40		22.40
LRI-3	Long Grain Rice, brown - unpolished	500g	12.60		12.60

WHOLE FLOUR-FRESHLY GROUND ON OUR PREMISES *

BAF-2*	Barley - whole flour	1 kg	18.20	2.55	20.75
BAF-3*	Barley - whole flour	500g	9.80	1.37	11.17
BUF-2*	Buckwheat flour - gluten-free	1 kg	23.38	3.27	26.65
BUF-3*	Buckwheat flour - gluten-free	500g	12.60	1.76	14.36
CPF-2	Chick Pea flour - gluten-free	1 kg	23.80	3.33	27.13
CPF-3	Chick Pea flour - gluten-free	500g	12.60	1.76	14.36
GUT-2	Gluten flour - high protein	1 kg	32.90	4.61	37.51
GUT-4	Gluten flour - high protein	250g	10.50	1.47	11.97
KAF-2*	Kasha flour - gluten-free, dehusked buckwheat	1 kg	37.63	5.27	42.90
KAF-3*	Kasha flour - gluten-free, dehusked buckwheat	500g	19.88	2.78	22.66
* 4 Grain Cereal: Rice, Wheat, Millet & Sorghum.					
GRC-2*	4 Grain Cereal - whole flour, fine/coarse	1 kg	19.98	2.80	22.78
GRC-3*	4 Grain Cereal - whole flour, fine/coarse	500g	10.92	1.53	12.45
MAM-2*	Maize meal - yellow, gluten-free, fine/coarse	1 kg	16.80	2.35	19.15
MAM-3*	Maize meal - yellow, gluten-free, fine/coarse	500g	9.10	1.27	10.37
MAW-2*	Maize meal - white, gluten-free, fine/coarse	1 kg	12.32	1.72	14.04
MAW-3*	Maize meal - white, gluten-free, fine/coarse	500g	7.14	1.00	8.14
MIF-2*	Millet flour - gluten-free	1 kg	28.00	3.92	31.92
MIF-3*	Millet flour - gluten-free	500g	15.40	2.16	17.56
PEF-2	Pea flour - green	1 kg	16.80	2.35	19.15
PEF-3	Pea flour - green	500g	9.10	1.27	10.37
POT-2	Potato flour - starch, gluten-free	1 kg	21.28	2.98	24.26
POT-3	Potato flour - starch, gluten-free	500g	11.76	1.65	13.41

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Item Number	Description	Pack	Price	VAT	Total		

WHOLE FLOUR-FRESHLY GROUND ON OUR PREMISES *

RIF-2*	Rice - whole flour, unpolished, gluten-free	1 kg	25.20	3.53	28.73
RIF-3*	Rice - whole flour, unpolished, gluten-free	500g	14.00	1.96	15.96
RYC-2*	Rye - crushed	1 kg	12.74	1.78	14.52
RYC-3*	Rye - crushed	500g	7.70	1.08	8.78
RYF-2*	Rye - whole flour	1 kg	12.74	1.78	14.52
RYF-3*	Rye - whole flour	500g	7.70	1.08	8.78
GOF-2*	Sago - whole flour, gluten-free	1 kg	15.40	2.16	17.56
GOF-3*	Sago - whole flour, gluten-free	500g	8.40	1.18	9.58
SOF-2*	Sorghum flour - whole flour, fine/coarse	1 kg	14.00	1.96	15.96
SOF-3*	Sorghum flour - whole flour, fine/coarse	500g	8.26	1.16	9.42
SYF-2	Soya flour - whole flour, gluten -free	1 kg	14.56	2.04	16.60
SYF-3	Soya flour - whole flour, gluten -free	500g	8.40	1.18	9.58
TAF-2	Tapioca flour - gluten-free, Cassava root	1 kg	12.88	1.80	14.68
TAF-3	Tapioca flour - gluten-free, Cassava root	500g	7.28	1.02	8.30
WHC-2*	Wheat - crushed	1 kg	10.92		10.92
WHC-3*	Wheat - crushed	500g	6.44		6.44
WHF-2*	Wheat - whole flour	1 kg	10.92		10.92
WHF-3*	Wheat - whole flour	500g	6.44		6.44

PLEASE KEEP GRAINS & FLOURS REFRIGERATED!

GLUTEN-FREE MIXES (with instructions)

TAS-4	Baking Powder - substitute / healthy alternative	250g	19.60	2.74	22.34
GLH-2	Bread Mix - high protein, gluten-free	1 kg	51.80	7.25	59.05
GLH-3	Bread Mix - high protein, gluten-free	500g	27.30	3.82	31.12
GLH-4	Bread Mix - high protein, gluten-free	250g	15.05	2.11	17.16
<i>Ingredients: Corn starch, dextrose, modified starch, soy flour, raising agents, sodium chloride, stabilizers & thickeners.</i>					
GLL-2	Bread Mix - lactose-free, gluten-free	1 kg	51.80	7.25	59.05
GLL-3	Bread Mix - lactose-free, gluten-free	500g	27.30	3.82	31.12
GLL-4	Bread Mix - lactose-free, gluten-free	250g	15.05	2.11	17.16
<i>Ingredients: Corn starch, dextrose, modified starch, soy flour, raising agents, sodium chloride, stabilizers & thickeners.</i>					
CRM-3	Buckwheat Crumpets Mix - gluten-free	500g	19.60	2.74	22.34
<i>Ingredients: buckwheat, rice, potato, sago & pea flours, sea salt.</i>					
CSM-3	Cake Sweet Muffin Mix - gluten-free	500g	18.20	2.55	20.75
<i>Ingredients: sago, tapioca, soy, rice & potato flours, sea salt.</i>					
COM-3	Corn Pizza Bread Mix - gluten-free	500g	20.72	2.90	23.62
<i>Ingredients: maize, potato & chick pea flours, sea salt.</i>					
CWM-3	Corn Waffle Mix - gluten-free	500g	21.00	2.94	23.94
<i>Ingredients: maize, potato & pea flours, sea salt.</i>					
CHR-3	Fruit Cake & Muffin Mix - gluten-free	500g	19.32	2.70	22.02
<i>Ingredients: rice, tapioca, sago, soy & potato flours, sea salt.</i>					
MMM-3	Magic Muffin Mix - gluten-free	500g	20.58	2.88	23.46
<i>Ingredients: rice, tapioca, sago, buckwheat, soy & potato flours, sea salt.</i>					
PAN-3	Pan Cake Mix - gluten-free	500g	21.42	3.00	24.42
<i>Ingredients: chick pea, potato & rice flours, sea salt.</i>					
POM-3	Polenta Bread & Muffin Mix - gluten-free	530g	20.30	2.84	23.14
<i>Ingredients: polenta, tapioca, soy & potato flours, soy milk, sea salt.</i>					
SOB-3	Soya Bread & Rusk Mix - gluten-free	500g	19.60	2.74	22.34
<i>Ingredients: sago, soy, rice, tapioca & potato flours, sea salt.</i>					

**The last 9 mixes also come in 5 kg sizes
FREEZE FOR EXTENDED SHELF LIFE!**

Item Number	Description	Pack	Price	VAT	Total
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BODY & SKIN CARE

BEE-4	Beeswax	250g	37.80	5.29	43.09
LICE B-007	Bio Head Lice Hair Shampoo	125ml	32.20	4.51	36.71

CONDITIONS OF TRADE - MAIL-ORDERS

This catalogue is intended to primarily inform you of our range of products we offer. We cannot guarantee prices as this becomes an impossible task to update more than 600 products on a timeously basis. We therefore ask you to confirm prices when you order to avoid any disappointments.

- Our Free door-to-door delivery within the Gauteng and Pretoria area requires a minimum order of R 600.00. Alternatively a door-to-door delivery can be arranged or parcels can be posted at additional charges.

- Minimum order to be processed is R 150.00. Allow 10 working days for delivery.

PAYMENT

POSTED ORDERS HAVE TO BE PREPAID (DO NOT SEND MONEY WITH YOUR ORDER WAIT UNTIL WE CONTACT YOU FOR THE EXACT AMOUNT).

PAYMENT MAY BE TRANSFERRED DIRECTLY TO OUR BANK ACCOUNT.
DEPOSITS SHOULD BE MADE TO:

ACCOUNT HOLDER: J.Dunkelberg
BANK: ABSA
BRANCH: Northgate
ACCOUNT: 912-351-2040
BRANCH CODE: 632005
S.W.I.F.T. CODE: ABSAJJ

* PAYMENT DETAILS MUST BE CONFIRMED TO US *IMMEDIATELY*.

* ALL PRODUCTS LISTED ARE SUBJECT TO AVAILABILITY AND PRICE VARIATION
WITHOUT PRIOR NOTICE.

* OWNERSHIP OF GOODS WILL ONLY PASS ONCE GOODS HAVE BEEN PAID FOR IN FULL.

GUARANTEE

Our products are clean and unpreserved, though by their very nature are easily contaminated by insects.

We *GUARANTEE* our products for *FOUR WEEKS* from date of despatch. Products found to be contaminated within the *FOUR WEEK* period will be replaced at no cost!! No credit will be given after this period.

- The relevant INVOICE NUMBER must accompany claims!

Please keep all food articles *REFRIGERATED*.

ORGANICALLY GROWN products will be labelled accordingly.

The customer agrees that the terms and conditions herein contained shall not be varied, cancelled or wavered.

Note: These conditions of trade may be changed without prior notice.

Note: Visit our web site to download our most current price list. www.organicworld.co.za

ORGANIC LABEL INFORMATION

Brown Basmati Rice - Label clearly displays the organic certification company including the certification number and this logo



The certificates of our suppliers can be found on our web site or can be faxed on request.

NON-CERTIFIED LABELLING EXAMPLE:



Kelp Powder - Label indicates the organic status and displays this logo but in this case is not certified.

Mango - Label indicates no sugar & no artificial preservatives and no logo is displayed due being non organic- all our products do not contain any artificial preservatives, colouring or added sugar.



IMPORTED CERTIFIED ORGANIC
BROWN BASMATI RICE

OCI certified organic DE-013-Dko-Kontrollstelle



GM-FREE, NO SUGAR, NO PRESERVATIVES, NO COLORING

Wash rice, to 1 cup of rice add 2 1/2 cups of water, add more water and cook longer if you prefer rice to be softer. Add sea salt and sautee for 45 mins and leave 10 mins on a hot plate. Basmati rice is imported from India or Pakistan. 1/2 cup cooked rice contains: 100 cal, 1.5g protein, 1g fat, 72g carb, 1g fibre. Imported from the USA.

Visit our web site: www.organicworld.co.za

BASO-3- 1 packed: 29 March, 2000

Organic World, 4 Volstruis Crescent, Randpark Ridge x 47 Jhb
Tel.: 011-795-2468 e-mail: info@organicworld.co.za



ORGANIC (not certified)
KELP POWDER



Ecklonia Maxima

250g

GM-FREE, NO SUGAR, NO PRESERVATIVES, NO COLORING

Use as salt substitute. Enhances taste in soups, beans, vegetable dishes & salad dressings. Good source of 17 different Amino Acids. Contains per 100g: Vitamin B1 0.16 mg, B2 0.08 mg, Nicotinic Acid 2.32 mg, Phosphorus 225.00 mg.

High in: Iodine 4700 ppm / 100g

Zinc 34.50 ppm / 100g

Iron 32.73 ppm / 100g

Visit our web site: www.organicworld.co.za

KEL-4- 1 packed: 29 March, 2000

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MANGO

100g

contains no sugar, preserved with vitamin c

100g fresh Mangos contain:

protein 0.6mg, fat 0.4g, carb.16.9g, calcium 14mg, phosphor 16mg, kalium 205mg, magnesium 27mg, copper 2mg, carotene 2743ug, thiamin 0.08mg, riboflavin 0.09mg, niacin 0.9mg, vit. C 16mg. Mangos are blood forming & nourishing. Eat when suffering from colitis.

Visit our web site: www.organicworld.co.za

MAN-5- 1 packed: 29 March, 2000

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Tel.: 011-795-2468 e-mail: info@organicworld.co.za

Note: Visit our web site to download our most current price list. www.organicworld.co.za

If you are coming to Jhb please visit our retail outlet at the Bryanston Organic Market in Bryanston, Culross Rd, Thursday and Saturday mornings. Call 011-706-3671 for more information or visit our web site for directions.