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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.

WHOLESALE PRICE LIST - AUGUST 2005

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

ORGANIC WORLD		WHOLESALE		August-05		PAGE 2	
Item Number	Description	Pack	Price	VAT	Total		

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	176.00	24.64	200.64
APLO-5	Apple - rings	"	100g	20.00	2.80	22.80
APRO-4	Apricots	"	250g	23.50	3.29	26.79
BAHO-5	Banana chips	"	100g	7.50	1.05	8.55
DATO-2	Dates - whole	"	1 kg	55.90	7.83	63.73
DATO-3	Dates - whole	"	500g	29.00	4.06	33.06
DATO-4	Dates - whole	"	250g	15.00	2.10	17.10
PITO-2	Dates - pitted	"	1 kg	70.00	9.80	79.80
PITO-4	Dates - pitted	"	250g	19.00	2.66	21.66
FIGO-2	Figs	"	1 kg	58.00	8.12	66.12
FIGO-4	Figs	"	250g	16.50	2.31	18.81
PEAO-4	Peaches	"	250g	23.00	3.22	26.22
PRUO-4	Prunes	"	250g	38.00	5.32	43.32
RAIO-2	Raisins - seedless	"	1 kg	48.00	6.72	54.72
RAIO-3	Raisins - seedless	"	500g	25.00	3.50	28.50
RAIO-4	Raisins - seedless	"	250g	14.00	1.96	15.96
SULO-3	Sultanas	"	500g	23.00	3.22	26.22
SULO-4	Sultanas	"	250g	12.00	1.68	13.68

MUESLI SUGAR FREE - IMPORTED - certified organic SUITABLE FOR DIABETICS

MUSO-3	Muesli - nutty	certified organic	500g	23.00	3.22	26.22
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NATURAL SWEETENERS / JAM - certified organic

GARO-2	Cane Sugar - raw	certified organic	1 kg	41.00	5.74	46.74
GARO-3	Cane Sugar - raw	"	500g	22.00	3.08	25.08
GARO-4	Cane Sugar - raw	"	250g	13.00	1.82	14.82
JAMO-4	Apricot Jam	"	291g	22.00	3.08	25.08
JAMO-4	Peach Jam	"	291g	22.00	3.08	25.08

COLD PRESSED OIL: IMPORTED / LOCAL - certified organic

PUOO-4	Pumpkin Seed Oil	certified organic	250ml	80.00	11.20	91.20
OLIO-3	Olive Oil*	"	500ml	61.40	8.60	70.00
SEOO-3	Sesame Seed Oil*	"	500ml	65.00	9.10	74.10
SUOO-3	Sunflower Oil*	"	500ml	35.50		35.50

NUTS -RAW, UNSALTED - IMPORTED - certified organic

ALMO-4	Almonds	whole	certified organic	250g	38.85	5.44	44.29
ALBO-4	Almond Nut Butter	blanched	"	200g	36.80	5.15	41.95
BRAO-4	Brazil	whole	"	250g	36.80	5.15	41.95
COCO-4	Coconut	dessicated	"	250g	10.00	1.40	11.40
CASO-5	Cashew	large	"	100g	15.00	2.10	17.10
HAZO-5	Hazelnuts	whole	"	100g	18.00	2.52	20.52
PECO-4	Pecan nuts	halves	"	250g	33.00	4.62	37.62
WALO-5	Walnuts	halves	"	100g	15.00	2.10	17.10

ORGANIC WORLD		WHOLESALE		August-05		PAGE 3	
Item Number	Description	Pack	Price	VAT	Total		

SEEDS - IMPORTED - certified organic

FENO-4	Fenugreek	certified organic	250g	18.23	2.55	20.78
LINO-2	Linseed	"	1 kg	24.00	3.36	27.36
LINO-3	Linseed	"	500g	13.00	1.82	14.82
LINO-4	Linseed	"	250g	7.50	1.05	8.55
MIHO-2	Mineral Hight	"	1 kg	64.62	9.05	73.67
MIHO-3	Mineral Hight	"	500g	33.50	4.69	38.19
YMUO-5	Mustard Seed - yellow	"	100g	5.00	0.70	5.70
POPO-4	Poppy Seed	"	250g	11.00	1.54	12.54
PUMO-2	Pumpkin Seed - raw, shelled	"	1 kg	55.60	7.78	63.38
PUMO-3	Pumpkin Seed - raw, shelled	"	500g	29.00	4.06	33.06
PUMO-4	Pumpkin Seed - raw, shelled	"	250g	15.00	2.10	17.10
PUMO-5	Pumpkin Seed - raw, shelled	"	100g	9.00	1.26	10.26
NESO-2	Sesame Seed - brown	"	1 kg	46.00	6.44	52.44
NESO-3	Sesame Seed - brown	"	500g	23.80	3.33	27.13
NESO-4	Sesame Seed - brown	"	250g	12.70	1.78	14.48
SESO-4	Sesame Seed - white	"	250g	12.70	1.78	14.48
SUNO-2	Sunflower Seed - decorticated	"	1 kg	34.50	4.83	39.33
SUNO-3	Sunflower Seed - decorticated	"	500g	18.10	2.53	20.63
SUNO-4	Sunflower Seed - decorticated	"	250g	10.00	1.40	11.40

PASTA - EGGLESS - IMPORTED - certified organic

HSPO-3	Millet pasta	certified organic	500g	22.27	3.12	25.39
SPHO-3	Spaghetti - spelt - whole flour	"	500g	33.16	4.64	37.80

MISCELLANEOUS - IMPORTED / LOCAL - certified organic

VINO-2	Vinegar-apple 5 %	certified organic	1 l	30.00	4.20	34.20
VINO-3	Vinegar-apple 5 %	"	500ml	24.00	3.36	27.36
LIHO-3	Olives with herbs, brine, vinegar	"	540g	30.00	4.20	34.20
LIHO-4	Olives with herbs, brine, vinegar	"	310g	20.00	2.80	22.80
LIPO-3	Olives - plain, brine, vinegar	"	540g	30.00	4.20	34.20
LIPO-4	Olives - plain, brine, vinegar	"	314g	20.00	2.80	22.80
NICO-3	Pumpnickel bread - tin	"	500g	33.15	4.64	37.79
LITO-4	Tapenade - olive paste	"	314g	20.00	2.80	22.80
LICO-4	Chilli Sauce	"	314g	20.00	2.80	22.80

RICE CAKES - IMPORTED - certified organic

CAKO-7-CORN-5	Rice Cakes - 7 corn	certified organic	100g	12.00	1.68	13.68
CAKO-SPELT-5	Rice Cakes - Spelt & sea salt	"	100g	12.00	1.68	13.68
CAKO-BUCK-5	Rice Cakes - buckwheat	"	100g	12.00	1.68	13.68
CAKO-MILL-5	Rice Cakes - millet	"	100g	12.00	1.68	13.68

TEA - certified organic

ROIO-2	Rooibos Tea - loose	certified organic	1 kg	47.55	6.66	54.21
ROIO-4	Rooibos Tea - loose	"	250g	13.00	1.82	14.82

Item Number	Description	Pack	Price	VAT	Total
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SPROUTING SEED - IMPORTED - certified organic

ALFO-2	Alfalfa Seed	certified organic	1 kg	88.00	12.32	100.32
ALFO-3	Alfalfa Seed	"	500g	45.00	6.30	51.30
ALFO-4	Alfalfa Seed	"	250g	25.00	3.50	28.50
ALFO-5	Alfalfa Seed	"	100g	14.00	1.96	15.96
GOWO-2	Golden Wheat	"	1 kg	16.50	2.31	18.81
GOWO-3	Golden Wheat	"	500g	9.05	1.27	10.32
GOWO-4	Golden Wheat	"	250g	3.75	0.53	4.28
JAPO-5	Japanese Raddish	"	100g	9.50	1.33	10.83
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 - whole	"	1 kg	14.80		14.80
SUSO-3	Sunflower seed - whole	"	500g	8.00		8.00
SUSO-4	Sunflower seed - whole	"	250g	5.00		5.00

LEGUMES - IMPORTED - certified organic

ADUO-3	Azuki Beans	certified organic	500g	18.50		18.50
BACO-3	Black Beans	"	500g	19.00		19.00
BUTO-3	Beans - white	"	500g	19.50		19.50
CHIO-3	Chick Peas	"	500g	14.30		14.30
KIDO-3	Kidney Beans - red	"	500g	17.50		17.50
LENO-3	Lentils - green, champagne	"	500g	25.50		25.50
RLEO-3	Lentils - red	"	500g	17.55		17.55
MUNO-3	Mung Beans	"	500g	14.30		14.30
GSPO-3	Peas - green split	"	500g	15.90		15.90
PINO-3	Pinto Beans	"	500g	17.00		17.00
SOYO-3	Soya Beans	"	500g	12.30		12.30

Item Number	Description	Pack	Price	VAT	Total
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WHOLE GRAINS - IMPORTED - certified organic

AMAO-3	Amaranth seed	certified organic	500g	18.50	2.59	21.09
AMAO-4	Amaranth seed	"	250g	10.50	1.47	11.97
BALO-3	Barley - whole	"	500g	14.10	1.97	16.07
KASO-3	Buckwheat, dehusked - Kasha	"	500g	13.50	1.89	15.39
BULO-3	Bulgur Wheat, cracked, parboiled	"	500g	18.20	2.55	20.75
COUO-3	Couscous, cracked, parboiled	"	500g	22.00	3.08	25.08
KAMO-3	Kamut Kernels	"	500g	16.50	2.31	18.81
MAIO-3	Maize - yellow kernels	"	500g	10.50	1.47	11.97
MILO-3	Millet - decorticated	"	500g	15.10	2.11	17.21
OATO-3	Oats - whole groats	"	500g	16.50	2.31	18.81
POLO-3	Polenta - maize grits	"	500g	15.90	2.23	18.13
POCO-3	Popcorn Kernels	"	500g	13.85	1.94	15.79
QUIO-3	Quinoa - gluten-free	"	500g	18.80	2.63	21.43
RYEO-3	Rye Kernels	"	500g	8.80	1.23	10.03
SEMO-3	Semolina	"	500g	13.30	1.86	15.16
SPEO-3	Spelt Kernels, dinkel	"	500g	14.00	1.96	15.96
WHRO-3	Wheat Bran	"	500g	7.50	1.05	8.55
WHAO-3	Wheat Kernels	"	500g	9.05		9.05

RICE - IMPORTED - certified organic

BAWO-3	Basmati Rice - white, polished	certified organic	500g	27.05		27.05
BASO-3	Basmati Rice - brown, unpolished	"	500g	24.30		24.30
SRIO-3	Rice Short grain	"	500g	15.00		15.00
LRIO-3	Rice long grain	"	500g	15.00		15.00
REDO-3	Red Rice	"	500g	21.00		21.00
WIRO-4	Wild Rice	"	250g	32.00		32.00
WIBO-3	Wild Rice Blend	"	500g	23.50		23.50

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

WHOLE FLOUR - FRESHLY STONEGROUND ON OUR PREMISES* - certified organic

AMFO-3*	Amaranth flour	certified organic	500g	20.00	2.80	22.80
BAFO-3*	Barley flour	"	500g	14.00	1.96	15.96
KSFO-3*	Kasha flour	"	500g	15.00	2.10	17.10
KAFO-3*	Kamut flour	"	500g	17.00	2.38	19.38
MAMO-3*	Maize flour	"	500g	11.50	1.61	13.11
MIFO-3*	Millet flour	"	500g	16.50	2.31	18.81
QUFO-3*	Quinoa flour - gluten-free	"	500g	20.50	2.87	23.37
RIFO-3*	Rice flour	"	500g	16.00	2.24	18.24
RYFO-3*	Rye flour	"	500g	10.50	1.47	11.97
RYCO-3*	Rye crushed	"	500g	10.50	1.47	11.97
RYWO-3	Rye flour white, unbleached	"	500g	8.00	1.12	9.12
SYFO-3*	Soya Bean flour	"	500g	15.00	2.10	17.10
SPFO-3*	Spelt flour, dinkel	"	500g	15.50	2.17	17.67
WHCO-3*	Wheat crushed / fine/coarse	"	500g	8.00		8.00
WHFO-3*	Wheat flour - whole kernels	"	500g	10.00		10.00
WHCO-3*	Wheat crushed	"	500g	10.00		10.00
WHWO-3	Wheat flour white, unbleached	"	500g	8.00		8.00

GRAIN FLAKES - IMPORTED - certified organic

BFLO-3	Barley flakes	certified organic	500g	13.50	1.89	15.39
CFLO-4	Corn flakes	"	250g	17.65	2.47	20.12
ROAO-3	Oat flakes	"	500g	12.60	1.76	14.36
RILO-3	Rice flakes	"	500g	16.50	2.31	18.81
RFLO-3	Rye flakes	"	500g	10.80	1.51	12.31
SFLO-3	Spelt flakes	"	500g	15.30	2.14	17.44
WFLO-3	Wheat flakes	"	500g	10.50	1.47	11.97

VEGETABLE POWDERS - IMPORTED - certified organic

CAPO-3	Carob Powder - cocoa substitute	certified organic	500g	17.30	2.42	19.72
CAPO-4	Carob Powder - cocoa substitute	"	250g	9.80	1.37	11.17
COCA-4	Cocoa Powder	"	250g	29.00	4.06	33.06

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 FRUIT

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

APL-2	Apple	organic-not certified	1 kg	62.50	8.75	71.25
APL-5	Apple	"	100g	7.50	1.05	8.55
Apr-02	Apricots	"	1 kg	62.00	8.68	70.68
Apr-04	Apricots	"	250g	17.00	2.38	19.38
CUR-2	Currants		1 kg	29.00	4.06	33.06
CUR-4	Currants		250g	8.25	1.16	9.41
DAL-2	Dates - Cape large, fresh		1 kg	74.00	10.36	84.36
DAL-4	Dates - Cape large, fresh		250g	20.00	2.80	22.80
PIT-2	Dates - pitted		1 kg	29.00	4.06	33.06
PIT-4	Dates - pitted		250g	8.50	1.19	9.69
FIG-2	Figs - natural, imported		1 kg	62.00	8.68	70.68
FIG-4	Figs - natural, imported		250g	17.50	2.45	19.95
FGR-5	Figroll - natural, handmade		100g	6.95	0.97	7.92
HAN-2	Hanepoot Raisins, seeded		1 kg	57.20	8.01	65.21
HAN-4	Hanepoot Raisins, seeded		250g	16.00	2.24	18.24
MAN-2	Mangoes - natural		1 kg	120.00	16.80	136.80
MAN-5	Mangoes - natural		100g	15.00	2.10	17.10
MIX-2	Mixed Fruit - seasonal		1 kg	86.00	12.04	98.04
MIX-4	Mixed Fruit - seasonal		250g	22.00	3.08	25.08
PEA-2	Peaches	organic-not certified	1 kg	62.00	8.68	70.68
PEA-4	Peaches	"	250g	17.00	2.38	19.38
PER-2	Pears	"	1 kg	62.00	8.68	70.68
PER-4	Pears	"	250g	17.00	2.38	19.38
PRU-2	Prunes	organic-not certified	1 kg	36.80	5.15	41.95
PRU-4	Prunes	"	250g	11.00	1.54	12.54
RAI-2	Raisins - seedless		1 kg	24.50	3.43	27.93
RAI-3	Raisins - seedless		500g	13.00	1.82	14.82
RAI-4	Raisins - seedless		250g	7.80	1.09	8.89
SUL-2	Sultanas - unbleached		1 kg	28.80	4.03	32.83
SUL-3	Sultanas - unbleached		500g	15.20	2.13	17.33
SUL-4	Sultanas - unbleached		250g	8.40	1.18	9.58
TOM-2	Tomatoes		1 kg	83.00	11.62	94.62
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-15*	Carob Chunks - dairy-free / sugar-free		5 kg	280.00	39.20	319.20
CAF-2*	Carob Chunks - dairy-free / sugar-free		1 kg	58.00	8.12	66.12
CAF-3*	Carob Chunks - dairy-free / sugar-free		500g	30.50	4.27	34.77
CAF-4*	Carob Chunks - dairy-free / sugar-free		250g	16.00	2.24	18.24

MUESLI-SUGAR-FREE - SUITABLE FOR DIABETICS*

MUA-2*	Muesli-Almond, unroasted / sugar-free	1 kg	51.44	7.20	58.64		
MUA-3*	Muesli-Almond, unroasted / sugar-free	500g	28.00	3.92	31.92		
MUF-2*	Muesli-Nut-free, unroasted / sugar-free	1 kg	38.16	5.34	43.50		
MUF-3*	Muesli-Nut-free, unroasted / sugar-free	500g	21.00	2.94	23.94		

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

GLA-2*	Muesli-Almond, unroasted, low gluten / sugar-free	1 kg	59.37	8.31	67.68		
GLA-3*	Muesli-Almond, unroasted, low gluten / sugar-free	500g	32.00	4.48	36.48		
GLN-2*	Muesli-Nut-free, unroasted, low gluten / sugar-free	1 kg	48.22	6.75	54.97		
GLN-3*	Muesli-Nut-free, unroasted, low gluten / sugar-free	500g	26.80	3.75	30.55		

NATURAL SWEETENERS

BAR-2*	Barley Malt Powder - natural	1 kg	32.80	4.59	37.39		
BAR-3*	Barley Malt Powder - natural	500g	17.00	2.38	19.38		
BAR-4*	Barley Malt Powder - natural	250g	9.30	1.30	10.60		
FRU-2*	Fructose	1 kg	20.00	2.80	22.80		
FRU-3*	Fructose	500g	11.00	1.54	12.54		
FRU-4*	Fructose	250g	6.50	0.91	7.41		
HAL-3	Honey Halva Snack - roasted sesame seed with honey	500g	43.00	6.02	49.02		
HAL-5	Honey Halva Snack - roasted sesame seed with honey	100g	13.75	1.93	15.68		
HOC-3	Honey creamed - raw, unheated	500g	22.00	3.08	25.08		
HON-3	Honey Clear - raw, unheated	500g	22.00	3.08	25.08		
MOC-3	Molasses - crude, unrefined, blackstrap	500g	8.00	1.12	9.12		
MOL-3	Molasses - sulphur-free, high test	500g	9.50	1.33	10.83		
PAL-2	Palm sugar - unrefined / brown	1 kg	20.00	2.80	22.80		
PAL-4	Palm sugar - unrefined / brown	250g	7.00	0.98	7.98		
STE-6*	Sweet Nature Stevia Powder = 5kg fructose	25 g	66.15	9.26	75.41		

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

OIL - COLD PRESSED

LID-4	Linseed Oil	cold pressed	250ml	47.00	6.58	53.58	
OLI-2	Olive Oil	cold pressed	1 l	75.00	10.50	85.50	
OLI-4	Olive Oil	cold pressed	450ml	35.00	4.90	39.90	
PEO-4	Peanut Oil	cold pressed	250ml	25.00	3.50	28.50	
PUO-3	Pumpkin Seed Oil		500ml	69.00	9.66	78.66	
SEM-4	Sesame Oil	cold pressed	250ml	52.00	7.28	59.28	
SUO-3	Sunflower Oil	cold pressed	500ml	30.70	4.30	35.00	

Item Number	Description	Pack	Price	VAT	Total
NUTS - RAW UNSALTED					
ALM-2	Almonds - plain	1 kg	110.00	15.40	125.40
ALM-3	Almonds - plain	500g	57.00	7.98	64.98
ALM-4	Almonds - plain	250g	30.00	4.20	34.20
ALM-5	Almonds - plain	100g	15.00	2.10	17.10
COT-2	Apricot Kernels	1 kg	65.30	9.14	74.44
COT-3	Apricot Kernels	500g	33.50	4.69	38.19
COT-4	Apricot Kernels	250g	18.00	2.52	20.52
BRA-2	Brazil - plain	1 kg	110.00	15.40	125.40
BRA-3	Brazil - plain	500g	57.00	7.98	64.98
BRA-4	Brazil - plain	250g	30.00	4.20	34.20
BRA-5	Brazil - plain	100g	18.00	2.52	20.52
CAS-2	Cashews - plain	1 kg	110.00	15.40	125.40
CAS-3	Cashews - plain	500g	60.00	8.40	68.40
CAS-4	Cashews - plain	250g	32.00	4.48	36.48
CAS-5	Cashews - plain	100g	13.50	1.89	15.39
COC-2	Coconut -dessicated	1 kg	22.00	3.08	25.08
COC-3	Coconut -dessicated	500g	12.00	1.68	13.68
COC-4	Coconut -dessicated	250g	7.50	1.05	8.55
COF-2	Coconut - flakes	1 kg	31.00	4.34	35.34
COF-4	Coconut - flakes	250g	16.00	2.24	18.24
HAZ-2	Hazelnuts - plain	1 kg	120.00	16.80	136.80
HAZ-3	Hazelnuts - plain	500g	63.00	8.82	71.82
HAZ-4	Hazelnuts - plain	250g	33.00	4.62	37.62
HAZ-5	Hazelnuts - plain	100g	18.00	2.52	20.52
MAC-2	Macadamian - plain- whole/half	1 kg	133.50	18.69	152.19
MAC-3	Macadamian - plain- whole/half	500g	70.75	9.91	80.66
MAC-4	Macadamian - plain- whole/half	250g	37.00	5.18	42.18
MAC-5	Macadamian - plain- whole/half	100g	18.00	2.52	20.52
NUT-2	Mixed Nuts - plain	1 kg	75.00	10.50	85.50
NUT-3	Mixed Nuts - plain	500g	38.50	5.39	43.89
NUT-4	Mixed Nuts - plain	250g	20.50	2.87	23.37
NUT-5	Mixed Nuts - plain	100g	11.00	1.54	12.54
PEB-2	Peanuts - plain	1 kg	16.00	2.24	18.24
PEB-3	Peanuts - plain	500g	9.00	1.26	10.26
PEB-4	Peanuts - plain	250g	6.00	0.84	6.84
PEB-5	Peanuts - plain	100g	4.50	0.63	5.13
PEC-2	Pecans - plain	1 kg	120.00	16.80	136.80
PEC-3	Pecans - plain	500g	63.00	8.82	71.82
PEC-4	Pecans - plain	250g	33.00	4.62	37.62
PEC-5	Pecans - plain	100g	18.00	2.52	20.52
PIK-2	Pine Kernels - plain	1 kg	200.00	28.00	228.00
PIK-3	Pine Kernels - plain	500g	104.00	14.56	118.56
PIK-4	Pine Kernels - plain	250g	55.00	7.70	62.70
PIK-5	Pine Kernels - plain	100g	23.00	3.22	26.22
PIS-2	Pistachios - in shell - roasted, salted	1 kg	96.93	13.57	110.50
PIS-3	Pistachios - in shell - roasted, salted	500g	49.50	6.93	56.43
PIS-4	Pistachios - in shell - roasted, salted	250g	25.75	3.61	29.36
PIS-5	Pistachios - in shell - roasted, salted	100g	11.50	1.61	13.11
SNA-2	Snack Pack - peanuts, raisins & sunflower seeds	1 kg	28.20	3.95	32.15
SNA-3	Snack Pack - peanuts, raisins & sunflower seeds	500g	14.10	1.97	16.07
SNA-4	Snack Pack - peanuts, raisins & sunflower seeds	250g	7.50	1.05	8.55
SNA-5	Snack Pack - peanuts, raisins & sunflower seeds	100g	4.50	0.63	5.13
WAL-2	Walnuts - plain, halves	1 kg	110.00	15.40	125.40
WAL-3	Walnuts - plain, halves	500g	57.00	7.98	64.98
WAL-4	Walnuts - plain, halves	250g	31.00	4.34	35.34
WAL-5	Walnuts - plain, halves	100g	18.00	2.52	20.52

NUT & SEED BUTTERS

ALB-3	Almond Nut Butter - unroasted	380g	43.00	6.02	49.02
CAB-3	Cashew Nut Butter - unroasted	380g	30.00	4.20	34.20
MAB-3	Macadamian Nut Butter	400g	23.00	3.22	26.22
NUB-3	Peanut Butter smooth / crunchy - roasted	380g	12.00	1.68	13.68
NUR-3	Peanut Butter smooth / raw	380g	12.00	1.68	13.68
TAH-3	Tahini - sesame sauce	350g	27.00	3.78	30.78

SEEDS

LIN-2	Linseed - flax seed	1 kg	18.40	2.58	20.98
LIN-3	Linseed - flax seed	500g	10.10	1.41	11.51
LIN-4	Linseed - flax seed	250g	6.00	0.84	6.84
MIB-3	Mineral Boost - sesame, linseed & sunflower	500g	17.00	2.38	19.38
MIH-3	Mineral Hight - sesame, linseed, sunflower & pumpkin	500g	19.00	2.66	21.66
POP-2	Poppy Seed	1 kg	44.00	6.16	50.16
POP-4	Poppy Seed	250g	12.50	1.75	14.25
PUM-2	Pumpkin Seed - green, raw & shelled	1 kg	82.00	11.48	93.48
PUM-3	Pumpkin Seed - green, raw & shelled	500g	42.00	5.88	47.88
PUM-4	Pumpkin Seed - green, raw & shelled	250g	22.00	3.08	25.08
PUW-2	Pumpkin Seed - white in shell / to be roasted	1 kg	52.00	7.28	59.28
PUW-3	Pumpkin Seed - white in shell / to be roasted	500g	27.00	3.78	30.78
PUW-4	Pumpkin Seed - white in shell / to be roasted	250g	14.25	2.00	16.25
PSY-5	Psyllium Husk	100g	16.00	2.24	18.24
NES-2	Sesame Seed - brown, natural	1 kg	28.98	4.06	33.04
NES-3	Sesame Seed - brown, natural	500g	15.80	2.21	18.01
NES-4	Sesame Seed - brown, natural	250g	9.00	1.26	10.26
SES-2	Sesame Seed - white	1 kg	29.00	4.06	33.06
SES-3	Sesame Seed - white	500g	15.50	2.17	17.67
SES-4	Sesame Seed - white	250g	8.25	1.16	9.41
SUN-2	Sunflower Seed - raw, decorticated	1 kg	30.00	4.20	34.20
SUN-3	Sunflower Seed - raw, decorticated	500g	16.00	2.24	18.24
SUN-4	Sunflower Seed - raw, decorticated	250g	9.00	1.26	10.26

MISCELLANEOUS

MUW-7	Wild Mushrooms (Stein Pilz) - dried	25 g	11.25	1.58	12.83
VIN-4	Vinegar - apple cider 5%	250ml	11.25	1.58	12.83

VEGETABLE POWDERS

AGA-6	Agar Agar powder, vegetable gelling agent	50 g	16.50	2.31	18.81
CAP2	Carob powder - cocoa substitute	1 kg	30.80	4.31	35.11
CAP-4	Carob powder - cocoa substitute	250g	9.00	1.26	10.26
COP-5	Coconut Milk Powder	150g	16.00	2.24	18.24
GUA-5	Guar Gum	100g	5.50	0.77	6.27
TOR-3	Torula Yeast Powder - nutritional	500g	18.60	2.60	21.20
TOR-4	Torula Yeast Powder - nutritional	250g	10.00	1.40	11.40

Item Number	Description	Pack	Price	VAT	Total
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DAIRY PRODUCTS & DAIRY-FREE PRODUCTS

RIM-2	Rice Milk Powder - 10 litres	1 kg	50.00	7.00	57.00
RIM-3	Rice Milk Powder - 5 litres	500g	26.00	3.64	29.64
RIM-4	Rice Milk Powder - 2.5 litres	250g	13.50	1.89	15.39
SYM-2	Soya Milk Powder - 10 litres	1 kg	49.40	6.92	56.32
SYM-3	Soya Milk Powder - 4 litres	400g	21.00	2.94	23.94
WHE-2	Whey Powder	1 kg	17.60	2.46	20.06
WHE-3	Whey Powder	500g	9.50	1.33	10.83
WHE-4	Whey Powder	250g	6.00	0.84	6.84

PRODUCTS FROM THE SEA

KEL-2	Kelp Powder - coarse, organic - not certified	1 kg	20.00	2.80	22.80
KEL-3	Kelp Powder - coarse, organic - not certified	500g	11.00	1.54	12.54
KEL-4	Kelp Powder - coarse, organic - not certified	250g	6.00	0.84	6.84
SEA-5	Sea Vegetable, Kombu, organic - not certified	50 g	10.00	1.40	11.40
SEA-2	Sea Salt coarse - no additives	1 kg	5.50	0.77	6.27
SEA-3	Sea Salt coarse - no additives	500g	3.50	0.49	3.99
SEA-4	Sea Salt coarse - no additives	250g	2.85	0.40	3.25
SEF-2	Sea Salt fine - no additives	1 kg	18.00	2.52	20.52
SEF-3	Sea Salt fine - no additives	500g	9.80	1.37	11.17
SEF-4	Sea Salt fine - no additives	250g	5.90	0.83	6.73

SPICES

ANI-5	Aniseed	100g	10.00	1.40	11.40
WAY-4	Caraway Seed	250g	19.00	2.66	21.66
WAY-5	Caraway Seed	100g	8.00	1.12	9.12
MON-6	Cardamom in shell	50 g	14.00	1.96	15.96
MOP-6	Cardamom Powder	50 g	18.50	2.59	21.09
CAY-5	Cayenne Pepper	100g	6.00	0.84	6.84
CEL-2	Celery Seed	1 kg	28.00	3.92	31.92
CEL-4	Celery Seed	250g	9.00	1.26	10.26
CEL-5	Celery Seed	100g	6.00	0.84	6.84
CIN-5	Cinnamon Powder	100g	7.00	0.98	7.98
CIS-5	Cinnamon Sticks	100g	7.00	0.98	7.98
CLO-6	Clove	50 g	15.20	2.13	17.33
COR-5	Coriander	100g	7.00	0.98	7.98
CPW-5	Coriander Powder	100g	7.00	0.98	7.98
CUM-5	Cumin	100g	8.20	1.15	9.35
CUP-5	Cumin Powder	100g	6.50	0.91	7.41
NEL-5	Fennel	100g	5.00	0.70	5.70
GAP-5	Garlic Powder	100g	7.00	0.98	7.98
GIN-4	Ginger Powder	250g	15.00	2.10	17.10
GIN-5	Ginger Powder	100g	8.00	1.12	9.12
MUS-5	Mustard Seed - black	100g	7.00	0.98	7.98
YMU-5	Mustard Seed - yellow	100g	8.00	1.12	9.12
MEG-6	Nutmeg - whole	50 g	12.00	1.68	13.68
NPW-5	Nutmeg Powder	100g	18.00	2.52	20.52
IKA-5	Paprika Powder	100g	6.00	0.84	6.84
BPP-5	Pepper Powder -black	100g	13.00	1.82	14.82
BPE-5	Peppercorn - black	100g	13.00	1.82	14.82
WPE-5	Peppercorn - white	100g	17.00	2.38	19.38
TUM-5	Tumeric	100g	6.00	0.84	6.84

TEA'S

CAM-5	Chamomile flowers - loose, organic not certified	100g	24.00	3.36	27.36	
CAM-6	Chamomile flowers - loose, organic not certified	50 g	12.50	1.75	14.25	
CAM-7	Chamomile flowers - loose, organic not certified	25 g	6.50	0.91	7.41	
BUS-2	Honey Bush Tea - loose, organic not certified	1 kg	46.50	6.51	53.01	
BUS-3	Honey Bush Tea - loose, organic not certified	500g	24.25	3.40	27.65	
BUS-4	Honey Bush Tea - loose, organic not certified	250g	13.00	1.82	14.82	
LEM-5	Lemon Grass Tea - loose, organic not certified	100g	6.00	0.84	6.84	

DRIED HERBS - ORGANIC

SIL-5	Basil	100g	15.00	2.10	17.10	
SIL-6	Basil	50 g	9.00	1.26	10.26	
BAY-5	Bay Leaves	100g	10.00	1.40	11.40	
BAY-6	Bay Leaves	50 g	6.00	0.84	6.84	
BAY-7	Bay Leaves	25 g	4.00	0.56	4.56	
HIV-5	Chives	100g	15.00	2.10	17.10	
HIV-6	Chives	50 g	9.00	1.26	10.26	
COM-5	Comfrey	100g	15.00	2.10	17.10	
COM-6	Comfrey	50 g	9.00	1.26	10.26	
DIL-5	Dill Tips	100g	16.50	2.31	18.81	
DIL-6	Dill Tips	50 g	10.00	1.40	11.40	
LEM-5	Lemon Grass	100g	15.00	2.10	17.10	
LEM-6	Lemon Grass	50 g	9.00	1.26	10.26	
Mar-05	Marjoram	100g	15.00	2.10	17.10	
Mar-06	Marjoram	50 g	9.00	1.26	10.26	
NET-5	Nettle	100g	15.00	2.10	17.10	
NET-6	Nettle	50 g	9.00	1.26	10.26	
ORI-5	Origanum	100g	15.00	2.10	17.10	
ORI-6	Origanum	50 g	9.00	1.26	10.26	
PAR-5	Parsley	100g	15.00	2.10	17.10	
PAR-6	Parsley	50 g	9.00	1.26	10.26	
PEP-5	Peppermint	100g	15.00	2.10	17.10	
PEP-6	Peppermint	50 g	9.00	1.26	10.26	
ROS-5	Rosemary	100g	15.00	2.10	17.10	
ROS-6	Rosemary	50 g	9.00	1.26	10.26	
SAG-5	Sage	100g	15.00	2.10	17.10	
SAG-6	Sage	50 g	9.00	1.26	10.26	
THY-5	Thyme	100g	15.00	2.10	17.10	
THY-6	Thyme	50 g	9.00	1.26	10.26	

SPROUTERS & SPROUTING SEEDS

BOT-1	EL-ZD Sprouter - 3 compartments	each	48.00	6.72	54.72
SPS-4	Starter Pack	250g	19.50	2.73	22.23
ALF-2	Alfalfa	1 kg	92.00	12.88	104.88
ALF-3	Alfalfa	500g	48.00	6.72	54.72
ALF-5	Alfalfa	100g	13.50	1.89	15.39
BUC-4	Buckwheat in husk	250g	3.80	0.53	4.33
BUC-5	Buckwheat in husk	100g	2.75	0.39	3.14
CHI-4	Chick Peas	250g	5.00	0.70	5.70
CHI-5	Chick Peas	100g	3.07	0.43	3.50
FEN-2	Fenugreek	1 kg	22.00	3.08	25.08
FEN-3	Fenugreek	500g	11.80	1.65	13.45
FEN-4	Fenugreek	250g	6.50	0.91	7.41
FEN-5	Fenugreek	100g	3.80	0.53	4.33
SPS-4	Starter Pack	250g	14.50	2.03	16.53
JAP-2	Japanese Radish	1 kg	38.50	5.39	43.89
JAP-3	Japanese Radish	500g	20.95	2.93	23.88
JAP-4	Japanese Radish	250g	11.50	1.61	13.11
JAP-5	Japanese Radish	100g	5.50	0.77	6.27
BEN-4	Lentils - brown	250g	3.51	0.49	4.00
BEN-5	Lentils - brown	100g	2.02	0.28	2.30
LEN-4	Lentils - green	250g	3.51	0.49	4.00
LEN-5	Lentils - green	100g	2.19	0.31	2.50
GOL-4	Millet with husk	250g	3.00	0.42	3.42
MUN-4	Mung Beans	250g	5.31	0.74	6.05
MUN-5	Mung Beans	100g	2.50	0.35	2.85
RED-2	Red Clover	1 kg	119.52	16.73	136.25
RED-3	Red Clover	500g	61.00	8.54	69.54
RED-4	Red Clover	250g	31.50	4.41	35.91
RED-5	Red Clover	100g	13.50	1.89	15.39
SUS-2	Sunflower Seed - whole	1 kg	10.80	1.51	12.31
SUS-5	Sunflower Seed - whole	100g	3.00	0.42	3.42

LEGUMES

ADU-2	Azuki Beans	1 kg	31.00		31.00
ADU-3	Azuki Beans	500g	16.00		16.00
BLA-2	Black Eye Beans	1 kg	20.00		20.00
BLA-3	Black Eye Beans	500g	11.00		11.00
BRO-2	Broad Beans	1 kg	30.00		30.00
BRO-3	Broad Beans	500g	16.00		16.00
BUT-2	Butter Beans	1 kg	18.00		18.00
BUT-3	Butter Beans	500g	10.00		10.00
CHI-2	Chick Peas	1 kg	18.00		18.00
CHI-3	Chick Peas	500g	10.00		10.00
HAR-2	Haricot Beans	1 kg	13.50		13.50
HAR-3	Haricot Beans	500g	7.25		7.25
BEN-2	Lentils - brown	1 kg	13.00		13.00
BEN-3	Lentils - brown	500g	7.00		7.00
LEN-2	Lentils - green	1 kg	16.00		16.00
LEN-3	Lentils - green	500g	9.00		9.00
RLE-2	Lentils - red	1 kg	14.00		14.00
RLE-3	Lentils - red	500g	7.50		7.50
MUD-2	Moong Dhall - polished mung beans	1 kg	17.00		17.00
MUD-3	Moong Dhall - polished mung beans	500g	9.00		9.00
MUN-2	Mung Beans	1 kg	19.00		19.00
MUN-3	Mung Beans	500g	10.50		10.50
RON-2	Peas - green whole	1 kg	10.00		10.00

LEGUMES continued...

RON-3	Peas - green whole	500g	5.60		5.60
GSP-2	Peas - green split	1 kg	12.00		12.00
GSP-3	Peas - green split	500g	6.50		6.50
YSP-2	Peas - yellow split	1 kg	10.00		10.00
YSP-3	Peas - yellow split	500g	6.00		6.00
SOY-2	Soya Beans	1 kg	9.00		9.00
SOY-3	Soya Beans	500g	5.30		5.30
	<u>Textured vegetable protein uncoloured, unflavoured</u>				
MIN-2	Soya Mince	1 kg	19.50	2.73	22.23
MIN-3	Soya Mince	500g	10.60	1.48	12.08
MIN-4	Soya Mince	250g	6.50	0.91	7.41
CHU-2	Soya Chunks	1 kg	19.50	2.73	22.23
CHU-3	Soya Chunks	500g	10.60	1.48	12.08
CHU-4	Soya Chunks	250g	6.50	0.91	7.41
SUG-2	Sugar Beans	1 kg	15.00		15.00
SUG-3	Sugar Beans	500g	8.25		8.25

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	12.00	1.68	13.68
BAL-3	Barley - pearled	500g	7.00	0.98	7.98
BUC-2	Buckwheat - whole Kernels	1 kg	14.70	2.06	16.76
BUC-3	Buckwheat - whole Kernels	500g	8.00	1.12	9.12
KAS-2	Buckwheat - dehusked (Kasha)	1 kg	24.88	3.48	28.36
KAS-3	Buckwheat - dehusked (Kasha)	500g	13.20	1.85	15.05
COU-2	Couscous	1 kg	29.97	4.20	34.17
COU-3	Couscous	500g	16.00	2.24	18.24
MAI-2	Maize Kernels - yellow / white	1 kg	7.68	1.08	8.76
MAI-3	Maize Kernels - yellow / white	500g	4.50	0.63	5.13
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	18.00	2.52	20.52
MIL-3	Millet - decorticated	500g	10.00	1.40	11.40
OAT-2	Oats - whole groats	1 kg	19.40	2.72	22.12
OAT-3	Oats - whole groats	500g	11.00	1.54	12.54
ROA-2	Rolled Oats	1 kg	19.67	2.75	22.42
ROA-3	Rolled Oats	500g	11.00	1.54	12.54
POL-2	Polenta - maize grits, gluten-free, pre-cooked	1 kg	22.00	3.08	25.08
POL-3	Polenta - maize grits, gluten-free, pre-cooked	500g	11.85	1.66	13.51
POU-2	Polenta - maize grits, gluten-free, un-cooked	1 kg	14.40	2.02	16.42
POU-3	Polenta - maize grits, gluten-free, un-cooked	500g	8.00	1.12	9.12
POC-2	Popcorn Kernels	1 kg	9.60	1.34	10.94
POC-3	Popcorn Kernels	500g	5.50	0.77	6.27
POC-4	Popcorn Kernels	250g	3.50	0.49	3.99
RYE-2	Rye Kernels	1 kg	8.10	1.13	9.23
RYE-3	Rye Kernels	500g	5.00	0.70	5.70
AGO-2	Sago Kernels - gluten-free	1 kg	11.00	1.54	12.54
AGO-3	Sago Kernels - gluten-free	500g	6.00	0.84	6.84
SOR-2	Sorghum Kernels	1 kg	8.00	1.12	9.12
SOR-3	Sorghum Kernels	500g	4.50	0.63	5.13
WHA-2	Wheat Kernels	1 kg	5.80	0.81	6.61
WHA-3	Wheat Kernels	500g	3.30	0.46	3.76

WHOLE GRAINS continued...

WHG-2	Wheat Wheat Germ	1 kg	12.60	1.76	14.36
WHG-3	Wheat Wheat Germ	500g	7.00	0.98	7.98
WHG-3	Wheat Wheat Germ	250g	4.50	0.63	5.13
WHR-2	Wheat Bran - digestive	1 kg	6.60	0.92	7.52
WHR-3	Wheat Bran - digestive	500g	4.10	0.57	4.67
WHR-3	Wheat Bran - digestive	250g	3.50	0.49	3.99

RICE

BAW-2	Basmati Rice - white, polished	1 kg	18.00		18.00
BAW-3	Basmati Rice - white, polished	500g	10.00		10.00
BAS-2	Basmati Rice - brown, polished	1 kg	22.00		22.00
BAS-3	Basmati Rice - brown, polished	500g	11.90		11.90
SRI-2	Short Grain Rice, brown - unpolished	1 kg	16.00		16.00
SRI-3	Short Grain Rice, brown - unpolished	500g	9.00		9.00
LRI-2	Long Grain Rice, brown - unpolished	1 kg	16.00		16.00
LRI-3	Long Grain Rice, brown - unpolished	500g	9.00		9.00

WHOLE FLOUR-FRESHLY GROUND ON OUR PREMISES *

BAF-2*	Barley - whole flour	1 kg	13.00	1.82	14.82
BAF-3*	Barley - whole flour	500g	7.00	0.98	7.98
BUF-2*	Buckwheat flour - gluten-free	1 kg	16.70	2.34	19.04
BUF-3*	Buckwheat flour - gluten-free	500g	9.00	1.26	10.26
CPF-2	Chick Pea flour - gluten-free	1 kg	17.00	2.38	19.38
CPF-3	Chick Pea flour - gluten-free	500g	9.00	1.26	10.26
GUT-2	Gluten flour - high protein	1 kg	23.50	3.29	26.79
GUT-4	Gluten flour - high protein	250g	7.50	1.05	8.55
KAF-2*	Kasha flour - gluten-free, dehusked buckwheat	1 kg	26.88	3.76	30.64
KAF-3*	Kasha flour - gluten-free, dehusked buckwheat	500g	14.20	1.99	16.19
* 4 Grain Cereal: Rice, Wheat, Millet & Sorghum.					
GRC-2*	4 Grain Cereal - whole flour, fine/coarse	1 kg	14.27	2.00	16.27
GRC-3*	4 Grain Cereal - whole flour, fine/coarse	500g	7.80	1.09	8.89
MAM-2*	Maize meal - yellow, gluten-free, fine/coarse	1 kg	12.00	1.68	13.68
MAM-3*	Maize meal - yellow, gluten-free, fine/coarse	500g	6.50	0.91	7.41
MAW-2*	Maize meal - white, gluten-free, fine/coarse	1 kg	12.00	1.68	13.68
MAW-3*	Maize meal - white, gluten-free, fine/coarse	500g	6.50	0.91	7.41
MIF-2*	Millet flour - gluten-free	1 kg	20.00	2.80	22.80
MIF-3*	Millet flour - gluten-free	500g	11.00	1.54	12.54
PEF-2	Pea flour - green	1 kg	12.00	1.68	13.68
PEF-3	Pea flour - green	500g	6.50	0.91	7.41
POT-2	Potato flour - starch, gluten-free	1 kg	15.20	2.13	17.33
POT-3	Potato flour - starch, gluten-free	500g	8.40	1.18	9.58
RIF-2*	Rice - whole flour, unpolished, gluten-free	1 kg	18.00	2.52	20.52
RIF-3*	Rice - whole flour, unpolished, gluten-free	500g	10.00	1.40	11.40

WHOLE FLOUR-FRESHLY GROUND ON OUR PREMISES *

RYC-2*	Rye - crushed	1 kg	9.10	1.27	10.37
RYC-3*	Rye - crushed	500g	5.50	0.77	6.27
RYF-2*	Rye - whole flour	1 kg	9.10	1.27	10.37
RYF-3*	Rye - whole flour	500g	5.50	0.77	6.27
GOF-2*	Sago - whole flour, gluten-free	1 kg	12.00	1.68	13.68
GOF-3*	Sago - whole flour, gluten-free	500g	7.00	0.98	7.98
SOF-2*	Sorghum flour - whole flour, fine/coarse	1 kg	10.00	1.40	11.40
SOF-3*	Sorghum flour - whole flour, fine/coarse	500g	5.90	0.83	6.73
SYF-2	Soya flour - whole flour, gluten -free	1 kg	10.40	1.46	11.86
SYF-3	Soya flour - whole flour, gluten -free	500g	6.00	0.84	6.84
TAF-2	Tapioca flour - gluten-free, Cassava root	1 kg	9.20	1.29	10.49
TAF-3	Tapioca flour - gluten-free, Cassava root	500g	5.20	0.73	5.93
WHC-2*	Wheat - crushed	1 kg	7.80		7.80
WHC-3*	Wheat - crushed	500g	4.60		4.60
WHF-2*	Wheat - whole flour	1 kg	7.80		7.80
WHF-3*	Wheat - whole flour	500g	4.60		4.60

PLEASE KEEP GRAINS & FLOURS REFRIGERATED!

GLUTEN-FREE MIXES (with instructions)

TAS-2	Baking Powder - substitute / healthy alternative	1 kg	49.00	6.86	55.86
TAS-4	Baking Powder - substitute / healthy alternative	250g	14.00	1.96	15.96
GLH-2	Bread Mix - high protein, gluten-free	1 kg	37.00	5.18	42.18
GLH-3	Bread Mix - high protein, gluten-free	500g	19.50	2.73	22.23
GLH-4	Bread Mix - high protein, gluten-free	250g	10.76	1.51	12.26
<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	37.00	5.18	42.18
GLL-3	Bread Mix - lactose-free, gluten-free	500g	19.50	2.73	22.23
GLL-4	Bread Mix - lactose-free, gluten-free	250g	10.76	1.51	12.26
<i>Ingredients: Corn starch, dextrose, modified starch, soy flour, raising agents, sodium chloride, stabilizers & thickeners.</i>					
CRM-3	Buckwheat Crumpets Mix - gluten-free	500g	14.00	1.96	15.96
<i>Ingredients: buckwheat, rice, potato, sago & pea flours, sea salt.</i>					
CSM-3	Cake Sweet Muffin Mix - gluten-free	500g	13.00	1.82	14.82
<i>Ingredients: sago, tapioca, soy, rice & potato flours, sea salt.</i>					
COM-3	Corn Pizza Bread Mix - gluten-free	500g	14.80	2.07	16.87
<i>Ingredients: maize, potato & chick pea flours, sea salt.</i>					
CWM-3	Corn Waffle Mix - gluten-free	500g	15.00	2.10	17.10
<i>Ingredients: maize, potato & pea flours, sea salt.</i>					
CHR-3	Fruit Cake & Muffin Mix - gluten-free	500g	13.80	1.93	15.73
<i>Ingredients: rice, tapioca, sago, soy & potato flours, sea salt.</i>					
MMM-3	Magic Muffin Mix - gluten-free	500g	14.70	2.06	16.76
<i>Ingredients: rice, tapioca, sago, buckwheat, soy & potato flours, sea salt.</i>					
PAN-3	Pan Cake Mix - gluten-free	500g	14.30	2.00	16.30
<i>Ingredients: chick pea, potato & rice flours, sea salt.</i>					
POM-3	Polenta Bread & Muffin Mix - gluten-free	530g	14.50	2.03	16.53
<i>Ingredients: polenta, tapioca, soy & potato flours, soy milk, sea salt.</i>					
SOB-3	Soya Bread & Rusk Mix - gluten-free	500g	14.00	1.96	15.96
<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	27.00	3.78	30.78
LICE B-007	Bio Head Lice Hair Shampoo	125ml	23.00	3.22	26.22

CONDITIONS OF TRADE - WHOLESALE

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.

The following conditions of sale are related to Organic World (the Seller) and any customer of Organic World.

DELIVERY TO WHOLESALERS

- HOME INDUSTRIES HAVE TO ORDER A MINIMUM OF R 1200.00 AT A TIME -

1.0 - The minimum amount for our van delivery or collection in the:

1.1 Johannesburg areas R 600.00 or collecting from our premises R 600.00

1.2 Pretoria Central R 700.00 or collecting from our premises R 700.00

1.3 Orders under the required minimum amount will carry a R 80.00 delivery charge.

1.4 Deliveries

Organic World delivers to the following areas as follows:

Once a week - Midrand, Pretoria

Once a week JHB areas

1.5 Orders must be received 48 hours prior to delivery. Orders will only be processed & packed when ordered to ensure freshness, quality and high Nutritional values.

POSTAGE & RAILAGE

1.6 Orders outside the Gauteng area will be sent by rail or post and the relevant transport costs passed on. The minimum order amount for railage or postage is R 300.00.

1.7 Allow 10 working days for delivery.

TERMS of PAYMENT

1.8 - PAYMENT MUST BE MADE ON INVOICE, AS NO STATEMENT WILL BE ISSUED.

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

ACCOUNT HOLDER:	ORGANIC WORLD
BANK:	ABSA
BRANCH:	NORTHRIDING
ACCOUNT:	912-351-2040
BRANCH CODE:	632005
S.W.I.F.T. CODE	ABSAJJ

2.0 - PAYMENT DETAILS MUST BE CONFIRMED TO US IMMEDIATELY.

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

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

GOODS RETURNED

2.3 We do not accept any perishable goods older than 4 weeks from date of despatch. Goods sent back to us in good order and before 4 weeks carry a 20 % handling charge .

2.4 Short deliveries must be reported within 48 hours of receipt.

GUARANTEE

- 2.5 Our products are clean and unpreserved ,though by their very nature is easily contaminated by insects.
- 2.6 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.
- 2.7 - The relevant **INVOICE NUMBER** must accompany Claims !
- 2.8 - Please keep all food articles **REFRIGERATED**.
- 2.9 **CERTIFIED ORGANIC** products will be labelled accordingly.

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

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-Oko-Kontrollstelle

OCI 500g
unpolished

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

Wash rice, to 1 cup of rice add 2 1/2 cups of water, add above water and cook longer if you prefer rice to be softer. Add sea salt and simmer for 45 min. and leave 10 min. 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, 22g carb, 1g fibre. Imported from the USA.

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

BASO-3 1mcted: 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, licothenic 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 1mcted: 29 March, 2000

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



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 1mcted: 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