

FUNCTIONAL INGREDIENTS



Kauai has included a range of functional ingredients in our smoothies and meals. These ingredients are selected as they have super nutrient density – this may be because they are high in antioxidants, vitamins, minerals, proteins, healthy fats, or a combination of all of these. These ingredients are not essential in a regular diet, however incorporating these is an easy and interesting way to boost the nutrients in meal or snack.



DRAGON FRUIT

Dragon Fruit or pitaya is a tropical fruit that originates from Central America. Dragon fruit is extremely nutrient dense. Nutrient density is a measure of how many nutrients there are in a food compared to how many kilojoules. This means that this fruit is low in kilojoules but very rich in antioxidants and micronutrients, like vitamin C.



CHIA SEEDS

Chia seeds are very high in fiber, which helps promote the healthy bugs that live in your tummy. They are also a source of omega-3 fatty acids and various micronutrients.



COLLAGEN

Collagen is a type of protein that is naturally found in our bodies. It's found in muscles, bones, skin, blood vessels, digestive system and tendons. It's what helps give our skin strength and elasticity, along with replacing dead skin cells. When it comes to our joints and tendons, in simplest terms, it's the "glue" that helps hold the body together. Dietary collagen can help strengthen skin, nails and hair, it can assist with tissue repair and aid digestive health.



QUINOA

Quinoa is actually a seed, but when it is cooked it has a similar consistency to a grain, like rice. Quinoa is gluten free, high in protein and one of the few plant foods that is a complete protein, meaning it contains all nine essential amino acids (protein). Quinoa is much higher in fiber than most grains and it is low GI carbohydrate, meaning it is digested slowly and helps keep blood sugar levels stable.



CACAO

Cacao powder has a higher antioxidant content than cocoa, and has been linked to a variety of health benefits. Cacao is also rich in fiber, magnesium and antioxidants.



CACAO NIBS

Cacao nibs are cacao beans that have been roasted, separated from their husks and broken into smaller pieces. Like cacao these crunchy nibs are rich in magnesium which is important for muscle function. They are also a great source of fiber, so good for the tummy too!



TURMERIC

Curcumin, the main active ingredient in turmeric, has very powerful anti-inflammatory effects. Regular consumption of curcumin can help moderate chronic inflammation and help reduce risk associated with the development of chronic diseases like type 2 diabetes, obesity, high blood pressure and metabolic syndrome.



ACAI

This low sugar berry is one of the most antioxidant rich fruits available, it has more than double the amount of antioxidants than found in blueberries. The low sugar, high antioxidant properties of this fruit make it very beneficial for healthy skin and anti-inflammatory benefits.



GOJI BERRIES

These pink berries are rich in healthy plant chemicals (phytonutrients) particularly beta-carotene. They are also high in minerals such as iron, magnesium, zinc and selenium and high in vitamins A, C, B₂ all of which can help improve the function of the immune system.



SPIRULINA

Spirulina is rich in protein, in fact 50-70% of its weight is made up of protein! It is a source of healthy fats including omega 3 fatty acids. It also contains the plant chemical (phytochemical) called phycocyanin which gives Spirulina its lovely colour, it is a powerful antioxidant and also helps the body regulate the inflammatory response.



HEMP SEEDS

These delicious, nutty seeds are made up of 30% fat and are particularly rich in omega 3 and 6 fatty acids. They are also loaded with nutrients especially vitamin E, and protein.



HIMALAYAN SALT

Himalayan salt has a higher potassium content compared to regular table salt, as well as a great flavour, which is why we choose it over other salts.



CAYENNE PEPPER

This hot pepper contains an active ingredient called capsaicin, which gives this spice its beneficial properties. The warming effect of cayenne can help break up sinus congestion making it helpful during winter months. It can also act as an anti-inflammatory and help regulate the inflammatory process.



GINGER

Ginger gets its unique flavour and fragrance from its natural oil, gingerol. This compound is responsible for its many valuable effects, primarily anti-nausea and anti-inflammatory benefits.
