

HORTA DOS PEIXINHOS

GREEN SALT

www.hortadospeixinhos.com/en/

100% bio



Horta dos Peixinhos - the main Samphire producer in Portugal

From the heart of Ria de Aveiro, Horta dos Peixinhos is a **pioneer in professional Salicorn (Samphire) production in Portugal.**

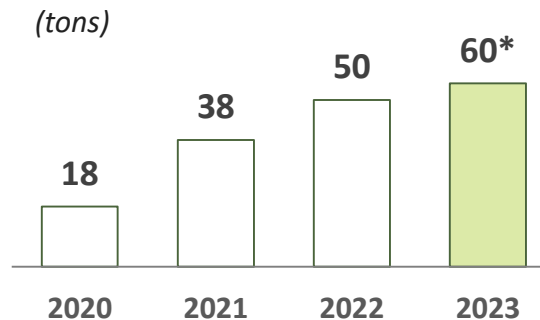
Originally a salt production site since 1891, Horta dos Peixinhos is **producing Salicorn since 2015.**

Salicorn is organically produced, with **no environmental impact**, and **complies with all Food Safety & Hygiene requirements.**

Horta dos Peixinhos holds an **Organic Production Certification** for this biological product. The production techniques applied are the result of years of **Research & Development in collaboration with the University of Aveiro.** The strong collaboration with the biology department at the University of Aveiro ensures the production's quality.

A **biologist and an agronomist engineer are always present** in the fields, conducting extensive tests on the water and the plants themselves, as well as assisting with their maintenance.

Production of fresh Salicorn



* Equivalent to 10 tons dehydrated Salicorn

Ria de Aveiro



Samphire – description & nutritional value

Description:

Green Salt, also known as dehydrated Salicorn (Samphire), is a **product of vegetable origin, 100% natural.**

It is obtained from the dehydration and crushing of the Salicorn plant, found in the Peixinhos and Pontinha salt marshes, close to the channels of the Ria de Aveiro - Portugal.

In addition of being a **tasty plant and pleasant condiment**, Green Salt is a **healthy substitute for traditional salt**, due to its high nutritional value.



Fresh



Dehydrated



Powder

Content for 100g of Green Salt:

In addition to the nutrients shown in the table, it also has vitamins E, K, B1, B2, B3, B5, B6, B8, B9 and B12 in undefined amounts.



Nutrients	Average Value	Unit
Energy	143 / 589	Kcal / Kj
Humidity	14,2	%
Proteins	6,9	g
Carbohydrates	7,7	g
Total Sugars	7,7	g
Fat	2,0	g
Saturated F.A.	0,6	g
Monounsaturated F.A.	0,2	g
Polyunsaturated F.A.	1,2	g
Food Fibers	33,4	g
Ashes	35,8	g
Salt	23	g
Sodium	9,2	g
Calcium	419	mg
Magnesium	856	mg
Potassium	1340	mg
Iodine	< 0,01	mg
Vitamin A	< 0,07	mg
Vitamin C	< 0,8	mg
Vitamin D	< 4	µg

Samphire – an alternative to traditional salt

Traditional Salt

Sodium/100g

40g

Green Salt

Sodium/100g

9,2g

✓ **75 % less Sodium:**

World Health Organization (WHO) sodium intake recommendation:

< 2 g/day (< 5 g/day of salt) => 22g of Green Salt

Samphire – an alternative to traditional salt

Traditional Salt

Traditional Salt is mainly composed of sodium chloride (NaCl). Although sodium is an essential mineral for the human body, its excessive consumption can cause several health problems, such as:


- X Stomach cancer
- X Heart failure
- X Fluid retention
- X Hypertension
- X Osteoporosis
- X Kidney stones
- X Swelling
- X Headache
- X Obesity

Therefore, it is **extremely important to moderate salt consumption and replace it with other seasonings.**

Benefits of Green Salt

Green Salt is one of these alternatives, as it has a **significantly lower sodium** compared to common salt, while maintaining a salty taste and **high nutritional value:**

- ✓ **Rich in Vitamins A, C and D and Mineral Salts**
- ✓ **Antioxidant**
- ✓ **Anti-inflammatory**
- ✓ **Diuretic**
- ✓ **Antidiabetic**
- ✓ **Reduces high blood pressure**



**Unlocking the
Potential:
The Remarkable
Benefits of Salicornia
in Our Daily Lives**

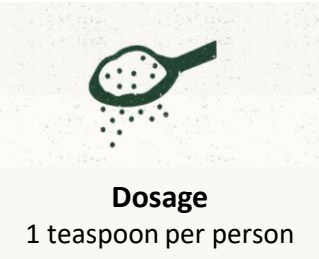
(Hells Kitchen)

Innovation: New Ingredient for Nutrition

Samphire is an **excellent healthy seasoning**, with the particularity of being an **alternative to salt** while also adding flavor to any dish.

In **Portugal**, there is **a company already selling our product** under the brand Salicornia Qampo.

On Instagram, **recipes** and various **testimonials from doctors** on different television channels.



Examples of brands/products using samphire



Innovation: Samphire's Role in the New Generation of Cosmetics

Used as a food due to its high content of vitamins and minerals, **samphire** also produces an oil perfect for skin care.

Rich in polyphenols, flavonoids and carotenoids, Samphire has antioxidant properties. In addition, it is rich in vitamins and minerals which help to firm and tone the skin for an anti-ageing action.

Boosts hydration

In cosmetics, Salicorn extract helps retain water within the cells of the epidermis in order to provide the skin with optimal hydration;

Protect problematic dry and itchy skin

With antioxidant, anti-inflammatory and anti-ageing properties, which are known to be beneficial for skin health;

Anti-ageing action

Samphire helps blur imperfections like fine lines & wrinkles while helping skin regain a smooth, unclogged finish, and with proven benefits comparable to retinol.

Examples of brands/products using samphire



Innovation: Samphire, a Connection to Sustainability

Salicornia (Samphire), the ferryboat in Portugal, **100% elétrico**.

Zero CO2 emissions.

"The name reflects concerns about **balance and environmental sustainability**, representing a significant asset, a testament to sustainability, and **good management of nature** and its relationship with mankind", testified Ribau Esteves, Mayor of Aveiro.

Examples of brands/products
using samphire



Testimonials

"Salicorn has emerged as a **promising addition to the diets of individuals with hypertension**. As the president of the Sociedade Portuguesa de Hipertensão, I believe that incorporating Salicorn into our daily routine can have **significant benefits for managing blood pressure levels**." **Luis Bronze, President of the Sociedade Portuguesa de Hipertensão**

"As someone who has struggled with hypertension for years, incorporating Salicorn into my diet has made a noticeable difference. Not only does it add a **unique and delicious flavor to my meals**, but its low sodium content helps to **manage my blood pressure levels**. I highly recommend Salicorn as a healthy alternative to regular salt." - **John D.**

"I've been using Salicorn as a **seasoning in my dishes** for a few months now, and I've seen a significant **improvement in my blood pressure** readings. It's incredible how this simple plant can have such a positive impact on my health. I no longer have to worry about excessive sodium intake while still enjoying flavorful meals." - **Julio S.**

"Since I started incorporating Salicorn into my diet, my **blood pressure has become more stable**, and I've been able to **reduce my dependence on medication**. It's amazing how nature provides us with such beneficial options. Salicorn has become a staple in my kitchen, and I highly recommend it to anyone dealing with hypertension." - **Raquel R.**

"As a hypertensive individual, I've always struggled with finding suitable alternatives to regular salt. Salicorn has been a game-changer for me. Not only does it provide a **natural salty taste to my meals**, but its **anti-inflammatory properties** have also helped in **reducing my blood pressure**. I'm grateful to have discovered this incredible plant." - **Sarah B.**

"Living with hypertension, I've had to make significant dietary changes to manage my condition. Incorporating Salicorn into my meals has been one of the best decisions I've made. Not only does it enhance the flavor of my dishes, but its low sodium content has **positively impacted my blood pressure readings**. Salicorn has become an essential part of my healthy eating routine." - **Michael B.**



Contacts:

Horta dos Peixinhos, LDA – Portugal

info@hortadospeixinhos.com

+351 919 470 333

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Scientific articles (non-exhaustive):

- Halophytes as Medicinal Plants against Human Infectious Diseases
- Isolation of Polyphenols from Aqueous Extract of the Halophyte *Salicornia ramosissima*
- Anti-inflammatory and regenerative effects of Halophyte Bioactive Extracts on common skin diseases
- Pharmacological Insights into Halophyte Bioactive Extract on Anti-Inflammatory, pain relief and antibiotics
- *Salicornia* as a sustainable crop
- *Salicornia ramosissima*: A New Green Cosmetic Ingredient with Promising Skin Effects
- *Salicornia ramosissima*: protective effect against acute testicular toxicity
- Can samphire be the new salt?
- From the saltpan to the plate
- Halophytes as novel marine products
- Seaweeds as Preventive Agents for Cardiovascular Diseases
- Plantas Halófitas: Extração de Bioativos
- *Salicornia* – O “Sal Verde” amigo do coração

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