

DRIED TIGERNUTS
SPECIFICATION SHEET**BOTANICAL DESCRIPTION**

Tigernut, *Cyperus Esculentus*, is an herbaceous perennial plant, with fasciculated roots, not lengthy and a diameter between 1 and 2 millimetres. It has a well developed rhizome system. The rhizomes have a variable appearance depending on their stage of development. The leaves are long, usually 40 to 60 centimeters and may sometimes exceed the length of 1 meter. The leaf margins are entire and smooth, its color is dark green and off the beam on the underside. Their arrangement around the stem is helical. The tubers are produced in the apical ends of the rhizomes, as a result of the progressive shortening of the rhizome, increasing its thickness and the accumulation of reserves. The shape of the tubers can be rounded or elongated and their average weight is usually between 0.6 and 1 gram.

REGISTRATION NUMBERS

Botanical/INCI Name: *Cyperus esculentus*
CAS NUMBER (for oil): 223748-92-3
EINECS NUMBER : -

SPECIFICATIONS/ TECHNICAL CHARACTERISTICS

Color: Pale
Taste: Characteristic
Odor: Characteristic
Moisture: Max. 8 %
Foreign matter: Max. 2 %
Pesticides: According to EU 396/2005 Regulation

Dried tigernuts are rich in energy-giving nutrients (carbohydrate and fats) and fairly high in proteins. It is also rich in phosphorus, potassium, magnesium and preventive or protective nutrients (fiber and vitamins C). They contain a moderate amount of calcium and a low amount sodium.

PROPERTIES AND USES

- ✚ **Food** : Tigernuts are used for different purposes in food dieatry (oil, beverages,...). These nuts can help restore balance to the digestive system and eliminate issues like constipation, diarrhea, acid reflux, and indigestion.
- ✚ **Health** : Tigernut possesses many health benefits. It may improve heart health, boost immune system, lower risk of cancer and promote bone health. Tigernut is also traditionnally well-known as an aphrodisiac.

Undesirable effects : A few cases of tigernuts side effects have been reported. However, allergies are uncommon for this product.

RECOMMANDED STORAGE CONDITIONS

The tigernuts should preferably be stored in dry and well-ventilated area. Under normal storage conditions, the product shelf life is about 02 years.