

Yuzu

Yuzu is a citrus fruit originating in East Asia. It is used to enhance flavor and add sourness to dishes. Not only its pulp and juice but also its peel is used as spices and condiment. Furthermore, it's used as an ingredient of perfumes for its refreshing fragrance

Organic Yuzu Shiro Miso

Made from organic white miso and Japanese citrus



No additives
No preservatives
Non GMO
All natural

Ingredients:
Organic Shiro (white) Miso,
Yuzu (Japanese citrus)

How to use:
For soup, salad, bread or sweets.



Organic Yuzu Juice

Made from Japanese citrus



No additives
No preservatives
Non GMO
All natural

Ingredients:
Organic Yuzu
How to use:
As a replacement of vinegar or
lemon juice, for salad,
sweets, etc



Benefits of YUZU

Vitamin C, P, A, D and Flavonoid (Antioxidant Properties)

Yuzu is most abundant in vitamin C among citrus fruits, 40 times as much as apple and 3 to 4 times as much as lemon or orange. There are other types of vitamin found in Yuzu such as P, A, D and Flavonoid.

They are also said to help:

- 1) remove active oxygen that is known to be a cause of diseases
- 2) reduce cholesterol in blood and provide antiviral action and anticancer effect
- 3) lower blood pressure and prevent stroke or heart attack
- 4) detoxify the liver and prevent allergies

Pectin (sticky component found on surface of its seed)

It is said to help:

- 1) lessen the blood sugar level and control cholesterol level
- 2) reduce fleck and wrinkles and freckles by facilitating blood flow through capillary
- 3) reduce swelling and pain from rheumatism or arthritis with synergy of citric acid and vitamins
- 4) relieve inflammatory problems such as backache, knee pain and neuralgia
- 5) ease constipation and diarrhea

Limonoid (basis of bitterness)

It is said to help suppress cancer development and bad cholesterol.

Calcium

It is said to help infants with bone formation and reduce the risk of osteoporosis.

Organic acids (citric acid, tartaric acid and apple acid)

They are said to help:

- 1) relieve fatigue
- 2) ease stiff shoulder and aching muscle
- 3) relieve heartburn and stomachache by stimulating the secretion of gastric juices
- 4) support the liver's function

Hesperidin (component found in peel)

It is said to strengthen blood capillary to reduce the risk of diseases associated with cerebral vascular diseases and provide anti-aging effect.

Amino acids

It is said that about 20% of human body consists of amino acids. The following are the types of amino acid found in Yuzu:

Serine: It is a main component for natural moisturizing

Alanine: It is involved in fat burning

Asparagine acid: It helps to pass waste material out of the body, assists liver activity and relieve fatigue.

Glutamine acid: It increases intelligence and is said to aid in healing a tumor.

Asparagine: It turns to Asparagine acid after Asparagine is hydrolyzed

Glutamine: It helps muscles synthesize protein

Proline: It is involved in burning fat

Histidine: It is engaged in body growth, assists the nerve function and protect from ill effects of the ultraviolet

*Please be advised that the above information, by no means, suggest any cures or prevention of specific diseases.

