



## PRODUCT SPECIFICATION

ORGANIC MAPLE SYRUP



## **PRODUCT DESCRIPTION:**

**Product:** Maple Syrup

**Botanical Name:** Acer saccharum

**Country of Origin:** United States

**Cultivation Method:** Certified Organic, Halal and Kosher

**Flavor/Aroma Profile:** Mild and sweet with hints of caramel, vanilla, with nutty and butterscotch notes.

## **PACKAGING:**

50ml pre-printed glass

236ml pre-printed glass

500ml pre-printed glass

1L pre-printed glass

## **SHELF-LIFE GUIDANCE:**

Products are supplied with a minimum of 2 years shelf life. To maintain product integrity, it is best that all product is stored in dry conditions.

## **USAGE**

Maple Syrup is used as a healthy natural topping and ingredient in and on everything from breakfast foods to bakery items to coffee & tea to even meats (caramelized Maple Syrup on broiled salmon is extraordinary!) Retail customer and food service use is practically unlimited.

## **MAPLE BENEFITS**

*Source: United States Department of Agriculture – Agricultural Research Service*

### *1. Contains Numerous Antioxidants*

*According to studies comparing the total antioxidant content of natural sweeteners to refined sugar products like white sugar or corn syrup, substantial differences in total antioxidant content were found. Refined sugar, corn syrup and agave nectar contain minimal antioxidant activity, but maple syrup, dark and blackstrap molasses and raw honey showed higher antioxidant capacity (with maple syrup having the highest).*

*A strong reason to use switch your sweetener? Maple syrup nutrition is impressive when it comes to supplying protective antioxidants. The medical journal Pharmaceutical Biology revealed that pure maple syrup contains up to 24 different antioxidants (4). These antioxidants, in the form of phenolic compounds, are beneficial for reducing free radical damage that can cause inflammation and contribute to the formation of various chronic diseases.*

*Some of the primary antioxidants found in maple syrup include benzoic acid, gallic acid, cinnamic acid, and various flavanols like catechin, epicatechin, rutin and quercetin.*

### *2. Gets a Lower Score on the Glycemic Index*

*Refined sugar, and refined carbohydrates in general, are known to be rapidly metabolized by the liver — causing a “sugar high,” followed by a quick “sugar crash.” Not so with Maple syrup which is metabolized very slowly in the body.*

### *3) Prevent Disease*

*Because maple syrup nutrition supplies inflammation-reducing polyphenol antioxidants, it can be considered part of a healthy diet that’s helpful in preventing certain diseases like arthritis, inflammatory bowel disease or heart disease. Maple syrup’s plant-based compounds reduce oxidative stress, which is responsible for aging us at a quicker rate and reducing the strength of our immune system.*

### *4. Helps Protect Skin Health*

*Many people swear by using maple syrup topically, directly on their skin. Similarly to raw honey, maple syrup can help to lower skin inflammation, redness, blemishes and dryness. Combined with raw milk or yogurt, rolled oats and raw honey, this natural mixture applies to the skin as a mask can hydrate skin while reducing bacteria and signs of irritation.*

### *5. Alternative To Sugar For Improved Digestion*

*Maple syrup contains zinc and manganese in fairly high amounts, in addition to potassium and calcium. Zinc can help fight illness and improve immunity since it keeps your level of white blood cells up, while manganese plays a crucial role in fat and carbohydrate metabolism, calcium absorption, blood sugar regulation, brain and nerve function.*

### *6. Healthier Alternative to Artificial Sweeteners*

*If you typically use artificial sweeteners or refined sugar products like dangerous splenda, sucralose, agave, aspartame or sugar, you should think about switching these out for maple syrup as soon as possible. Artificial sweeteners, while they may be calorie-free, are tied to numerous health problems including weight gain, fatigue, anxiety, depression, learning disabilities, short-term memory loss and much more.*

*Many existing illnesses can be worsened by repeatedly using artificial sweeteners over time, and they also show unfavorable results when it comes to weight loss, too. It’s very possible to form an addiction to artificial sweeteners used in many diet or light foods, since they affect your food cravings and your ability to manage your body’s signs of hunger and fullness.*

*Maple syrup isn’t linked to any of those health problems, plus it triggers more satisfaction because of its natural sweet taste.*

## **NUTRITION SPECIFICATIONS:**

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
pour 1/4 tasse (60 ml)	
Per 1/4 cup (60 ml)	
<b>Calories 220</b>	<b>% valeur quotidienne*</b>
	<b>% Daily Value*</b>
<b>Lipides / Fat</b> 0 g	0 %
saturés / Saturated 0 g	0 %
+ trans / Trans 0 g	0 %
<b>Glucides / Carbohydrate</b> 54 g	
Fibres / Fibre 0 g	0 %
Sucres / Sugars 53 g	53 %
<b>Protéines / Protein</b> 0 g	
<b>Cholestérol / Cholesterol</b> 0 mg	
<b>Sodium</b> 0 mg	0 %
Potassium 200 mg	4 %
Calcium 75 mg	6 %
Fer / Iron 0,4 mg	2 %
Thiamine 0,05 mg	4 %
Riboflavine / Riboflavin 0,35 mg	27 %
Niacine / Niacin 0,2 mg	1 %
Magnésium / Magnesium 15 mg	4 %
Zinc 0,3 mg	3 %
Cuivre / Copper 0,15 mg	17 %
Manganèse / Manganese 1,65 mg	72 %
* 5% ou moins c'est <b>peu</b> . 15% ou plus c'est <b>beaucoup</b>	
* 5% or less is <b>a little</b> . 15% or more is <b>a lot</b>	

## **ALLERGEN & ADDITIVE INFORMATION**

Maple Syrup is free from the following:

Any meat or bovine products or by products (including milk and milk derivatives)
Eggs or egg derivatives
Fish/crustaceans/molluscs and their derivatives
Cochineal

Gluten, wheat or wheat derivatives
Maize or maize derivatives
Soya or soya derivatives
Artificial colours and artificial flavourings
Added natural colours and natural flavourings
Preservatives (including benzoates, sulphur dioxide and/or sulphites at concentrations of more than 10mg/kg or 10mg/L (litre) etc)
Antioxidants
MSG and other glutamates
Yeast or yeast extract
Added salt and added sugars
Peanuts, Peanut Oil or derivatives
Other nuts and their derivatives including cold pressed nut derived oils
Sesame seeds, sesame seed oil or derivatives
Other seeds (with the exception of the species referred to on this specification) and their derivatives including cold pressed seed derived oils
Added mustard including derivatives

### **GM DECLARATION**

Maple Syrup is NON-GMO and does not contain GM processing agents. This has been verified through the NON\_GMO project, as well our as our Organic Certifier.

### **CERTIFICATION**

Cary & Main Co. Maple products are Certified Organic, Halal and Kosher.

### **DECLARATION**

We declare that all the information given is believed to be correct as of the date specified below.

Date of Issue: 12-13-22

Issued by: David Roth

Position: Owner

*The content of this Specification is based on typical information for this product and results obtained from our own due diligence sampling, assessment and testing protocols.*

*However, due to the nature of this product it is not completely homogenous. Consequently, test results may not be entirely representative of the product throughout the batch.*

*Our quality and technical documentation does not - in any way – relieve the customer of their responsibilities to check that the goods supplied are suitable and considered safe for their intended use. The data provided is for information only.*