

# The ancient grain for modern life

**KAMUT® khorasan wheat, with its soft and nutty flavour, is appreciated for its high nutritional values and its light digestibility.**

## Nutritional value and energy.

KAMUT® khorasan wheat provides more energy than modern wheat and contains more proteins, amino acids, vitamins and minerals such as zinc, potassium, iron, phosphorus, magnesium and above all, selenium, a trace element that is known for its strong antioxidant properties.

## Digestibility and research.

KAMUT® khorasan wheat has never been genetically manipulated and contains a less complex gluten which is easier to digest. It is an excellent alternative for modern wheat. A study indicated that many people with non-coeliac modern wheat sensitivity had no or little problem eating KAMUT® khorasan products.



## Taste the difference.

Thanks to its unique flavour and ease of digestibility, KAMUT® khorasan wheat is the ideal grain for many different dishes from a quick snack to a complete meal. Also the softer taste of this grain eliminates the need for extra sugar added to many products.

Besides flour, which is the basic ingredient for bread, pancakes, biscuits, cookies and cake, this cereal is also ideal for snacks, breakfast cereals and muesli, pasta, bulgur, couscous, pizza, vegetable drinks, beer, wheatgrass juice, etc.

Recipes are available on [www.kamut.com](http://www.kamut.com)

## Origin.

An ancestor of modern wheat, khorasan wheat originated in Mesopotamia, which is situated within the Fertile Crescent, an area in the Middle East stretching from Egypt to the Tigris and Euphrates valleys.

## The KAMUT® brand guarantees:

- ancient khorasan grain
- always grown organic
- never genetically modified
- protein range of 12-18%
- between 400 to 1000 ppb ( $\mu\text{g}/\text{kg}$ ) selenium
- 98% free of all signs of disease
- 99% free of contaminating varieties of modern wheat

## What is the science saying:

- high nutritional value
- antioxidant and anti-inflammatory properties
- beneficial for gut health
- improvement of symptoms of irritable bowel syndrome
- reduction of cardiovascular risk factors
- beneficial for non-coeliac gluten sensitivity people
- protection against the development of diabetes complications

Complete research results can be found on [www.kamut.com](http://www.kamut.com)

## All this is possible thanks to:

- organic farming
- audits to distributors
- the high quality guarantee of the KAMUT® brand
- the possibility to check the purity of finished products

## Where to buy.

KAMUT® khorasan products are available in most organic shops, health food shops and bakeries. The flour in consumer packages is available in the online shop of Doves Farm Foods on [www.dovesfarm.co.uk](http://www.dovesfarm.co.uk) as well as recipes. All available KAMUT® khorasan products, by country and by category, can be found on [www.kamut.com](http://www.kamut.com)

Please email any questions to [nele.callebert@kamut.com](mailto:nele.callebert@kamut.com).

**KAMUT®**  
BRAND KHORASAN WHEAT

