

Organic Lotus Seeds



What are Organic Lotus Seeds?

Organic Lotus Seeds are harvested from the sacred *Nelumbo nucifera* plant, cultivated in certified organic aquatic farms. These nutrient-dense seeds are revered in Traditional Chinese Medicine (TCM) for their calming properties and digestive support. With a delicate sweetness and versatile texture, they serve as a sustainable protein source for global health-conscious consumers.

Key Highlights

1. Ancient Superfood:

- **Complete Protein:** 18g/100g with all 9 essential amino acids.

- **Mineral Rich:** Magnesium (30% DV), phosphorus (25% DV), and iron (15% DV).

1. **Holistic Wellness:**

- **TCM Benefits** ☐ Promotes restful sleep, reduces heatiness, and strengthens spleen function.
- **Dietary Fiber** ☐ 8g/100g to support gut microbiome balance.

1. **Clean & Ethical:** USDA Organic, EU Organic, vegan, no preservatives or irradiation.

Specifications

Parameter	Details
Source	Organic <i>Nelumbo nucifera</i> aquatic farms
Processing	Sun-dried, shelled, and graded
Appearance	Creamy white, oval-shaped seeds
Moisture	≤10%
Protein Content	≥18% (dry basis)
Shelf Life	24 months (store in cool, dry place)
Certifications	USDA, EU Organic, Non-GMO Project

Key Features & Benefits

1. **Plant-Based Nutrition:**

- **Vegan Protein Power:** Ideal for meat alternatives, protein bars, and milk substitutes.
- **Low Glycemic (GI 35):** Safe for diabetics and keto diets.

1. **Traditional & Modern Use:**

- **TCM Decoctions:** Simmer with longan and red dates for calming herbal tea.
- **Culinary Versatility:** Add to congee, salads, or blend into plant-based cheeses.

1. Sustainability:

- **Water Purification:** Lotus plants naturally filter heavy metals from aquatic ecosystems.
- **Zero-Waste:** Seed pods repurposed as biodegradable packaging material.

Applications

- **Functional Foods:** Protein-enriched snacks, vegan yogurts, and gluten-free baking.
- **TCM Formulas:** Herbal blends for insomnia, anxiety, and digestive health.
- **Beverages:** Lotus seed milk, plant-based smoothies, and adaptogenic lattes.
- **Cosmeceuticals:** Anti-aging facial masks and hair-strengthening serums.

Certifications & Quality Assurance

- **Organic Certifications:** USDA, EU 834/2007, JAS.
- **Purity:** Heavy metals (Pb <0.1ppm, As <0.05ppm), pesticide-free.
- **Microbial Safety:** Compliant with USP and ISO 22000 standards.

Why Choose Us?

- **Traceable Origin:** GPS-tracked organic lotus farms with blockchain transparency.
- **Custom Solutions:** Bulk orders, private labeling, or pre-mixed TCM herbal packs.
- **Cultural Expertise:** Partnering with TCM masters for authentic formulations.
- **Global Logistics:** Vacuum-sealed packaging for freshness across climates.

FAQs

Q: How to cook lotus seeds?

A: Soak 30 mins, simmer 20-30 mins until tender. Use in soups, desserts, or grind into flour.

Q: Can lotus seeds replace almonds in recipes?

A: Yes! Softer texture and neutral flavor make them ideal for nut-free alternatives.

Q: Are they safe during pregnancy?

A: Traditionally used to support fetal health. Consult a TCM practitioner for dosage.

Q: Do you offer pre-cooked or flavored options?

A: Yes! Custom roasted, salted, or honey-glazed versions available.

Packing



Want to learn more about this product or have any questions?

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