



Healthy Raw  
Materials

A sustainable mine gains

# Banana Peel Powder



# Remarkable Characteristics

Banana fruit is high in carbs, potassium, and vitamins C and B. The peel also boasts an impressive health profile.

Here's a breakdown of the nutrients:

Potassium

Calcium

Iron

Magnesium

Manganese

Bromine

Phenolic compounds

Carotenoids like beta-carotene and lutein

You'll also find trace amounts of some inert metals, including strontium.





# **Benefits Underrated**



# Friendly Antioxidants

In 2011, researchers looked at the antioxidant capacities of different peels. They found unripe, green peels have more antioxidants than riper peels. The higher the antioxidant levels, the more free radical scavenging it can do.

That's not to say ripe peels don't have their benefits, they are better at inhibiting nitric oxide activity.

Nitric oxide works as a signaling molecule in the body and plays an important role in certain functions.



# Germ-Fighters

Like elderberry syrup, oregano, and other plants, bananas are high in antioxidant phenols. Not only that, bananas have potent germ-fighting properties.

Researchers found compounds in banana peels fight a variety of microbes that cause wound infections.





# Banana Peel 4 Better Sleep

Both the banana and the peel contain amino acids that our body needs to make melatonin, the sleep hormone.

Potassium and magnesium are natural muscle relaxants, and bananas are a good source of both.

They also contain the amino acid L-tryptophan, which gets converted to 5-HTP in the brain.

The 5-HTP is then converted to serotonin (a relaxing neurotransmitter) and melatonin.



# Liver and Prostate Support

The carotenoids and antioxidants in bananas can also help other organ systems. In a 2016 study in *Experimental and Therapeutic Medicine*, researchers looked at banana peels for liver protection.

Polyphenols from bananas increased glutathione, the body's main detox hormone. **The peels also reduced inflammation and protected liver cells.**

Research indicates banana peel extract may support prostate health.





**Unparallel  
solutions for a  
world ready to  
get it**



# Banana Peel Powder for the Garden

## Seedling food

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Pour powder into the hole when planting seedlings. This gives them a nutrition boost when they're first starting off.

## Fertilizer

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Pour into the soil or spread on. Your plants will absorb the best nutrients to grow healthy.

## Attract butterflies

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Add some banana peel powder to a butterfly garden to attract these beautiful insects.

## Compost

Like all fruits and veggies, banana peel powder enriches compost.



# Banana Peel Powder

## 4 Animal Food

In sight is so high in nutrition, scientists have studied banana peel powder for animal feed.

You can also add banana peel powder to chicken feed, goats, cattle, rabbits, fish, porks, and shrimps, and for aquaculture productions; also as a milk fortifier for calves.



# Banana Peel Powder to purify water

Banana peel powder can be used to purify drinking water contaminated with toxic heavy metals such as copper and lead.

Researchers from the Bioscience Institute at Botucatu, Brazil, said that the flour of skins can outperform even conventional purifiers such as aluminum oxide, cellulose, and silica.

Banana peels contain sulfur, nitrogen, and carboxylic acids. Researchers at São Paulo State University in Brazil have found that when banana peel flour is pressed and added to water (used as a filter), they can remove copper and lead, making the water a lot purer than it was before.





# Banana Peel Powder for skin care

Banana peel is also loaded with many properties that are beneficial for skin health since is a rich source of antioxidant properties, which can provide several benefits to the skin such as protection from sun damage and free radicals.

That's not all, it also brightens skin, calms irritation, and even smooths fine lines. It is also a rich source of fatty acids which can treat issues such as eczema and psoriasis. In addition, it's rich in potassium and moisture which help hydrate dry skin and make it soft and supple.

It is furthermore loaded with many nutrients such as vitamin A, zinc, and manganese which are anti-inflammatory.





**We can avoid  
enviromental  
pollution**



# **We can help the world**

Bananas are one of the most wasted fruits in the world, some calculations remark that over 50 million kilograms are thrown away yearly only because they don't match export standards.

Ripe bananas generate toxic gases, which are precursors for the greenhouse effect.

By using that rejected raw material we can support a million persons through:

- 1.- A healthier environment, free of toxic gases.
- 2.- New ways of income for producers, distributors, small farmers, and heavy haulers.
- 3.- Using the whole raw material.
- 4.- Starting a new scalable and sustainable industry.



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