



*Good for nature*  
**Good for you**



[www.islefresh.com](http://www.islefresh.com)

# *Good for nature* **Good for you**

*Handpicked with care and bundled fresh from the fields, we draw upon years of experience in growing the purest organic fruits, to transform them into the most delectable tropical products, to share just with you.*

## **Who We Are**

Islebound Ceylon was established to inspire healthy living while promoting the sustainable coexistence between humans and nature. Established in 2009, Islebound is an export-oriented agro and agro-processing based enterprise, with a focus purely on organic fruits, vegetables, herbs and nuts.

Islebound is ably supported by a dedicated workforce of professionals in the organic farming and food processing industry, all of whom work tirelessly towards the company's quest in guaranteeing fresh, all-natural products.

The raw materials for ISLEfresh products are only produced by small-scale organic farmers, going back to agriculture's holistic roots, as opposed to the more common widespread and harmful large-scale farming with the use of synthetic material.

Sri Lanka's organic produce is renowned globally for its taste and excellent quality, and ISLEfresh taps into that, with all raw materials sourced from the biologically diverse Tropical Island of Ceylon.

## **Our Mission**

At Islebound, our Mission is to promote Sri Lankan Organic Food Products, made by adhering to the strictest Safety and Quality Standards, while upholding Organic, Environmentally-friendly and Innovative practices. This allows us to provide our customers with produce enriched with ethical qualities beyond the physical product.



Fans of organic produce can enjoy the freshest and the best through "ISLEfresh Organics", Islebound's very own brand of organic, sustainably harvested range of products ranging from Jams to Purees to Oils with no artificial flavors or preservatives added. ISLEfresh products assure you you're getting the healthiest, best and of course, the most delicious!





## Delectable Jams and Chutneys

Handpicked at the perfect ripening stage from small farm clusters across the country, our Jams and Chutneys are made from the freshest produce, with absolutely no preservatives, flavours or colours added, assuring you of the perfect natural taste and aroma. Unlike Traditional Jams, ours are low in sugar. Therefore, refrigeration is necessary after opening.



organic

# JAM PINEAPPLE organic spreadable fruit

## Handmade spreadable pineapple

Made with the Mauritius variety which has better flavor and Colour. Loaded with Nutrients and disease fighting antioxidants. Delicious and low in calories.

### INGREDIENTS

Organic Pineapple, Organic Cane Sugar,  
Fruit Pectin.



More Fruit  
Less Sugar  
Vegan Friendly

natural

**NO**  
chemicals  
artificial flavours  
artificial colours

Net wt: **300g** (10.5 Oz)

NUTRITION INFORMATION			
Servings per pack: 20    Serving Size: 15g			
Nutrition	Per Serving 15g	% DI* per serving	Per 100g
Energy	104 kJ(25kcal)	1.20%	699 kJ(167kcal)
Protein	<0.1g	<1%	<0.5g
Fat total	0.01g	<1%	0.05g
Saturated	<0.01g	<1%	<0.05g
Carbohydrates	6.75g	2%	45g
Sugars	4.8g	5.30%	30g
Sodium	0.3mg	<1%	2mg

\*\* Percentage daily intake are based on an average adult diet of 8700kJ (2000 kcal) diet.

< means less than



# organic **JAM** PAPAYA & COCONUT organic spreadable fruit

## Handmade spreadable papaya-coconut

Papaya is an incredibly healthy tropical fruit. Sweet in taste and vibrant in colour. It is an excellent source of Vitamin C.

### INGREDIENTS

Organic Papaya, Organic Coconut,  
Organic Cane Sugar, Fruit Pectin, Citric Acid.



More Fruit  
Less Sugar  
Vegan Friendly

natural

**NO**  
chemicals  
artificial flavours  
artificial colours

Net wt: **300g** (10.5 Oz)

NUTRITION INFORMATION			
Servings per pack: 20    Serving Size: 15g			
Nutrition	Per Serving 15g	% DI* per serving	Per 100g
Energy	113 kJ(27kcal)	1.80%	753 kJ(180kcal)
Protein	<0.1g	<1%	<0.5g
Fat total	0.1g	<1%	<0.5g
Saturated	0	<0%	0
Carbohydrates	5.75g	2%	45g
Sugars	4.5g	5.00%	30g
Sodium	0.5mg	<1%	3.4mg

\*\* Percentage daily intake are based on an average adult diet of 8700kJ (2000 kcal) diet.

< means less than

# organic **JAM** MANGO & PASSIONFRUIT organic spreadable fruit

## Handmade spreadable mango - passionfruit

Mango is one of the healthiest fruits with unique flavor, fragrance, taste and a lot of health promoting qualities. It is also known as to boost immunity and is a good source of Vitamin E.

### INGREDIENTS

Organic Mango, Organic Passionfruit,  
Organic Cane Sugar, Fruit Pectin



More Fruit  
Less Sugar  
Vegan Friendly

natural

**NO**  
chemicals  
artificial flavours  
artificial colours

Net wt: **300g** [10.5 Oz]

NUTRITION INFORMATION			
Servings per pack: 20    Serving Size: 15g			
Nutrition	Per Serving 15g	% DI* per serving	Per 100g
Energy	117 kJ[28kcal]	1.3%	774 kJ[185kcal]
Protein	<0.1g	<1%	<0.4g
Fat total	0.1g	<1%	<0.16g
Saturated	0	0%	0
Carbohydrates	6.75g	2%	45g
Sugars	5.25g	5.80%	35g
Sodium	0.24mg	<1%	1.64mg

\*\* Percentage daily intake are based on an average adult diet of 8700kJ [2000 kcal] diet.

< means less than

# organic **JAM** PASSIONFRUIT organic spreadable fruit

## Handmade spreadable passion fruit

Pleasantly sweet and tart Passionfruit is a great source of dietary fibre. Among many other benefits it is a great source of Vitamin A, C and also low in glycemic index.

### INGREDIENTS

Organic Passionfruit,  
Organic Cane Sugar, Fruit Pectin



More Fruit  
Less Sugar  
Vegan Friendly

natural

**NO**  
chemicals  
artificial flavours  
artificial colours

Net wt: **300g** [10.5 Oz]

NUTRITION INFORMATION			
Servings per pack: 20    Serving Size: 15g			
Nutrition	Per Serving 15g	% DI* per serving	Per 100g
Energy	146 kJ[35kcal]	2.3%	950 kJ[227kcal]
Protein	0.15g	<1%	<0.4g
Fat total	<0.1g	<0%	<0.5g
Saturated	0	0.0%	0
Carbohydrates	8.85g	2.9%	59g
Sugars	6.3g	7.0%	42g
Sodium	0.3mg	<1%	0.19mg

\*\* Percentage daily intake are based on an average adult diet of 8700kJ (2000 kcal) diet.

< means less than



# organic **JAM** WOODAPPLE & COCONUT organic spreadable fruit

## Handmade spreadable woodapple & coconut

Delicious sweet and sour fruit with a unique flavour. This fruit is an excellent source of Vitamins, Minerals, Phosphorus, Iron and also provides a host of health benefits.

### INGREDIENTS

Organic Woodapple, Organic Coconut,  
Organic Cane Sugar, Fruit Pectin



More Fruit  
Less Sugar  
Vegan Friendly

natural

**NO**

chemicals  
artificial flavours  
artificial colours

Net wt: **300g** (10.5 Oz)

NUTRITION INFORMATION			
Servings per pack: 20    Serving Size: 15g			
Nutrition	Per Serving 15g	% DI* per serving	Per 100g
Energy	100 kJ(24kcal)	1.2%	661 kJ(158kcal)
Protein	0.01g	<1%	<0.05g
Fat total	<0.05g	<0%	<0.35g
Saturated	0	0.0%	0
Carbohydrates	6g	2.66%	40g
Sugars	4.5g	6.6%	30g
Sodium	0.22mg	<0%	1.5mg

\*\* Percentage daily intake are based on an average adult diet of 8700kJ (2000 kcal) diet.

< means less than





## Organic Coconut Products...

Created from newly plucked Coconuts to ensure freshness and taste, our Coconut products are second to none and will enhance your cooking with flavor and Nutrition.



organic

## COCONUT & TREACLE SPREAD

### Handmade organic coconut-treacle spread

We have combined Coconut Milk and Coconut Treacle, two of our great products, to achieve this sumptuous, creamier and silkier spread.

#### INGREDIENTS

Organic Coconut Milk, Organic Coconut Treacle,  
Fruit Pectin, Citric Acid.

- ✓ No added Sugar
- ✓ No Preservatives
- ✓ Vegan Friendly
- ✓ No artificial Flavours



natural

**NO**

chemicals  
artificial flavours  
artificial colours

Net wt: **300g** (10.5 Oz)



NUTRITION INFORMATION			
Servings per pack: 20    Serving Size: 15g			
Nutrition	Per Serving 15g	% DI* per serving	Per 100g
Energy	284 kJ[68kcal]	1%	1863 kJ[445kcal]
Protein	0.5g	<1%	3.96g
Fat total	3.45g	5.30%	22.7g
Saturated	0	0%	0
Carbohydrates	8.5g	1.9%	56.43g
Sugars	8.5g	9.4%	56.43g
Sodium	0.015mg	<1%	0.1mg

\*\* Percentage daily intake are based on an average adult diet of 8700kJ (2000 kcal) diet.

< means less than



organic

COCONUT TREACLE coconut syrup

Handmade organic coconut treacle

Coconut Treacle is a natural sweetener made by refining the sap extracted from the coconut tree, that offer immense health benefits ...

INGREDIENTS  
Organic Coconut Treacle (100%)

- ✓ Low in Glycemic Index
- ✓ Rich in Minerals and Amino Acids
- ✓ No Preservatives
- ✓ Vegan Friendly
- ✓ No artificial Flavours



natural  
**NO**  
chemicals  
artificial flavours  
artificial colours

Net wt: **300g** (10.5 Oz)

NUTRITION INFORMATION			
Servings per pack: 20    Serving Size: 15g			
Nutrition	Per Serving 15g	% DI* per serving	Per 100g
Energy	234kJ(56kcal)	2.7%	1170 kJ(280kcal)
Protein	4g	8.00%	20g
Fat total	0g	0.00%	0g
Saturated	0g	0.0%	0g
Carbohydrates	11g	3.6%	55g
Sugars	4g	4.4%	20g
Sodium	0mg	0.00%	0mg

\*\* Percentage daily intake are based on an average adult diet of 8700kJ (2000 kcal) diet.  
< means less than

organic

## PREMIUM COCONUT MILK - extra creamy



### COCONUT MILK

Created from newly plucked coconuts to ensure freshness and taste, our coconut milk will enhance your cooking with flavour and nutrition, making it a must-have addition to your kitchen!

INGREDIENTS : Organic Coconut Milk, Water

NUTRITION INFORMATION			
Servings per pack : about 04 Serving Size: 105ml			
Nutrition	Per Serving 105ml	% DI* per serving	Per 100ml
Energy	920kJ(220 kcal)	10.6%	870kJ(209kcal)
Protein	2.68g	5.36%	2.54g
Fat total	21.9g	33.60%	20.55g
Saturated	17g	69.9%	16.15g
Carbohydrates	6g	2.0%	5.7g
Sugars	3.3g	3.6%	3.135g
Iron	1.6mg	5.4%	1.52mg
Sodium	14mg	<1%	13.3mg

\*\* Percentage daily intake are based on an average adult diet of 8700kJ (2000 kcal) diet.

< means less than

- ✓ No added Sugar
- ✓ No Preservatives
- ✓ Vegan Friendly
- ✓ No Artificial Flavours



Net wt: **400ml**

no chemicals | 100% natural | soy & dairy free



**organic**

**VIRGIN COCONUT OIL**



Net wt: **900g**



Net wt: **300g**

### **VIRGIN COCONUT OIL**

The benefits of coconut are many and we strive to bring them all to you in a number of ways! Our 100% natural Virgin Coconut Oil is packed with nutrients and can be used to add goodness to your culinary experiments or topical use by numerous means.

**INGREDIENTS : Organic Coconut**

- ✓ Extra Virgin
- ✓ No Added Colours or Flavours
- ✓ Raw & Cold Pressed
- ✓ Vegan Friendly
- ✓ No Chemicals
- ✓ No Preservatives or Additives



**organic**

## KING COCONUT - PURE king coconut water

Acclaimed as the wonderful fluid of life, Have a sip of our King Coconut Water to be re-energized and rejuvenated!

### INGREDIENTS :

Organic King Coconut Water, Organic Lime Juice

✓ No added Sugar

✓ Vegan Friendly

✓ No Preservatives

✓ No artificial Flavours

NUTRITION INFORMATION			
Servings per container about 3.5    Serving Size: 15g			
Nutrition	Per Serving 100ml	% DI* per serving	Per serving by Bottle 350ml
Energy	90 kJ(22kcal)	1.20%	314 kJ(77kcal)
Protein	0.7g	<2%	2.44g
Fat	<0.0g	<0%	0mg
Saturated	0	0.00%	0mg
Carbohydrates	4.9g	1.60%	17.1g
Sugars	3mg	3.30%	10.49g
Salts	13mg	1.00%	45.48mg
Potassium	184mg	5.20%	643.8mg

\*\* Percentage daily intake are based on an average adult diet of 8700kJ (2000 kcal) diet.  
< means less than



Net : **350ml**

**all Natural | not from concentrate | enjoy chilled**





## Quality Certifications

Our promise is to bring to you the highest quality produce, fresh from the fields. We give our customers the quality that we ourselves want to have on our table. The team at ISLEfresh is extremely motivated to improving quality every single day and to make our offerings better, so that you will have nothing but the best. This adherence to the highest standards of quality has seen us receive top Organic certifications from the European Union and the US. All our production facilities are also ISO certified and adhere to the standards set by HACCP, GMP.

At a fair price, we give you the best organic quality – premium products rich in flavor and nutrients.



## FAIR

Fair trade for us is not a mere trend – it is a sign of responsibility.

In line with our stance on organically harvested produce, we believe in Agriculture hand-in-hand with Nature, where one serves the other instead of it being a one-way street.

To this end, we work closely with our farmers from across the island, creating employment opportunities and coaching them in sustainable farming methods and agricultural techniques that adhere to high standards. Through this, we support our hardworking farmers by creating viable revenue streams for them, as well as fulfilling our society. It is an education in both the protection of biodiversity as well as doing our social responsibility by the farmers.

Nature present us with delicious produce, and we believe in giving back equally by caring for nature, our base of life and our farmers.



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