

Wellness Bread AKTIV D



With chia, quinoa and pumpkin seeds



source of
vitamin D

source of
fibre



Premium improvers
Bread mixes & Bread bases
Cake mixes
Custards & Fonds
Organic & Gluten-free products
Kosher & Halal products
Sourdoughs & Malts

NOW YOU HAVE A CHOICE!


IREKS

Wellness Bread

AKTIV D

Premium base for the production of excellent tasting wellness bread and buns, qualifying for a vitamin D claim on the finished baked products.

INA is proud to announce WELLNESS BREAD AKTIV D from our WELLNESS line. It contains vitamin D yeast, which has been approved for baked products. The use of this special baker's yeast in the correct quantity means that the baked products made using this are a source of vitamin D and can make a contribution to the daily intake of vitamin D. This special bread is trendy and made with high-quality raw materials for your enjoyment. Over and above the vitamin D yeast, the bread base contains the popular trend raw materials chia and quinoa. Together with the pumpkin seeds and the option to add roasted sesame seeds, they do not only provide a visually attractive crumb, but also a slightly coarser texture.

Product profile:

- ♥ Constantly high raw material quality
- ♥ Stable, machinable doughs
- ♥ Reliable, reproducible baking results

Baking character:

- ♥ Moist crumb with long softkeeping
- ♥ Aromatic, full aroma and flavour
- ♥ Coarse bite
- ♥ Attractive crumb appearance due to seeds of the red quinoa, chia and pumpkin seeds
- ♥ Source of vitamin D

Possible nutrition claims on the final baked goods:

- ♥ Source of vitamin D
- ♥ Source of fibre

Possible health claims on the final baked goods using WELLNESS BREAD AKTIV D:

- ♥ Vitamin D is a factor in the formation and maintenance of bones and teeth
- ♥ Vitamin D enhances calcium and phosphorus absorption and utilization
- ♥ Vitamin D helps build strong bones and teeth
- ♥ Vitamin D builds and maintains strong bones and teeth
- ♥ Vitamin D improves calcium absorption
- ♥ Vitamin D improves calcium and phosphorus absorption

Vitamin D is sometimes called the "sunshine vitamin" because it is produced in your skin in response to sunlight. It is a fat-soluble vitamin in a family of compounds that includes vitamins D1, D2, and D3.

Your body produces vitamin D naturally when it is directly exposed to sunlight. You can also get it through certain foods and supplements to ensure adequate levels of the vitamin in your blood.

Vitamin D has several important functions. Perhaps the most vital is regulating the absorption of calcium and phosphorus. Getting a sufficient amount of vitamin D is important for the normal growth and development of bones and teeth.



Specialty Bread

using WELLNESS BREAD AKTIV D

Strong baker's flour	10.000 kg	100 %	22 lb	0 oz
WELLNESS BREAD AKTIV D	9.000 kg	90 %	19 lb	13.5 oz
Sesame, roasted	1.000 kg	10 %	2 lb	3.5 oz
Vegetable oil	0.200 kg	2 %	0 lb	7 oz
Salt	0.400 kg	4 %	0 lb	14 oz
Fresh yeast	0.500 kg	5 %	1 lb	1.5 oz
Water, approx.	12.400 kg	124 %	27 lb	5.5 oz
Total weight	33.500 kg		73 lb	13 oz

Mixing time: 5 minutes slow + 4 minutes fast (spiral mixer)

Dough temperature: 26° C (79° F)

Bulk fermentation time: 20 minutes

Scaling weight: 0.540 kg (1 lb 3 oz)

Intermediate proof: 10 minutes

Processing: long-shaped

Final proof: approx. 60 minutes

Baking temperature: 230° C (445° F), dropping to 200° C (390° F), giving steam

Baking time: approx. 35 minutes

Instructions for use: After the bulk fermentation time, scale the dough and mold round. Subsequently, process as desired, dip into the topping and allow to proof. Score before loading and bake giving steam.

Topping: WELLNESS BREAD AKTIV D

The addition of salt and roasted sesame seeds takes place individually.

source of
vitamin D

source of
fibre

Nutrition Facts

Per 2 slices (75 g)

Calories 190

% Daily Value*

Fat 4.5 g	6 %
Saturated 0 g	0 %
+ Trans 0 g	
Carbohydrate 29 g	
Fibre 3 g	11 %
Sugars 0 g	0 %

Protein 7 g

Cholesterol 0 mg

Sodium 370 mg 16 %

Potassium 50 mg 1 %

Calcium 30 mg 2 %

Iron 2.5 mg 14 %

Vitamin D 1.5 µg 8 %

* 5 % or less is a little, 15 % or more is a lot

The Nutrition Facts Table is based upon the preparation of the WELLNESS BREAD AKTIV D according to the standard recipe from IREKS.

Please note:

The nutritional values as well as the processing recipe have always to be shown on advertising materials which are meant for our customers. On advertising materials for final consumers, the nutritional values must be declared.



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12.5 kg PAPER BAG



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