



BLUE ZONES™ NICOYA

FOOD

Product Catalogue



— Food as Mother Nature intended —

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WHAT IS A BLUE ZONE?

According to research conducted by National Geographic, there are 5 zones in the world, which are characterized by their high life expectancy. That means, that are places where its inhabitants exceed 100 years of life.

These areas are: Icaria-Greece, Okinawa-Japan, Sardinia-Italy, Loma Linda California-USA and Peninsula of Nicoya-Costa Rica. The last one is the most extensive Blue Zone, which is characterized by a unique cuisine and the joy of its inhabitants.

The inhabitants of the Blue Zones share 9 factors in common:





BLUE ZONES NICOYA

BLUE ZONES NICOYA was born in 2014, 100% Costa Rican company, that for the past 6 years has been highlighted by the research of local foods from the NICOYA-GUANACASTE BLUE ZONE. The purpose of the company is to promote and raise awareness of the consumption of high-quality products, with nutritional value and great health benefits. In addition, promote and rescue the values, culture and traditions of this region.

BLUE ZONES NICOYA is the result of a National Geographic research that is based on the discovery of the Blue Zones, which describe the parts of the world where people live longer. Specifically, these are areas where the population exceeds 100 years of life expectancy.





NICOYA BLUE ZONES STORE

On November 1st 2018, BLUE ZONES NICOYA opened its first store in the Daniel Oduber Quirós Airport, located in Liberia. Dedicated to the well-being and secret of the Nicoyan longevity, under the brand BLUE ZONES NICOYA.



Two new stores were opened at Juan Santamaría International Airport, in Alajuela this year.

The stores offer a gastronomic and lifestyle experience, through attractive and healthy products. Everything has a connection to our culture. They are foods based on scientific studies led by Dr. Luis Rosero of the University of Costa Rica, with representatives of CITA and CIPRONA, on the healthy diet of the centennial population of Nicoya.





Blue Zones Nicoya is more than a brand,
It is part of a movement that celebrates the
constant search for a balanced lifestyle
and well-being.



Brand Concept

To inspire wellbeing





DIFFERENTIATION AND BENEFITS





MISSION

A company with sustainable and profitable growth, leader in the production and distribution of products of the highest natural quality, in order to improve the quality of life and contribute to a healthier future for individuals and families.

VISION

Contribute to a healthier future for our consumers. Continue to grow in an innovative and avant-garde way, as well as maintain the commitment with our collaborators, the community and the care of the environment.





BLUE ZONES™
NICOYA

FOOD



BLUE ZONES HERBAL TEAS

- 100% Natural: Caffeine free, sugar free and no preservatives.
- Gluten Free.
- Presentation: 60 g.



**BLUE ZONES
ORGANIC
HERBAL TEA
LIPPIA, ALBA
AND HIBISCUS**
60 g
COD. 100-30



**BLUE ZONES
ORGANIC
HERBAL TEA
GUAVA**
60 g
COD. 100-33



**BLUE ZONES
HERBAL TEA
MAYA NUT AND
CINNAMON**
60 g
COD. 100-28



**BLUE ZONES
ORGANIC
HERBAL TEA
BURBARK AND
SPEARMINT**
60 g
COD. 100-32



**BLUE ZONES
ORGANIC
HERBAL TEA
CHAN AND
LEMONGRASS**
60 g
COD. 100-31



BLUE ZONES MORNING BREW

• A blend of Costa Rican Seeds & Nuts.



**BLUE ZONES
100% GRANULATED
MAYA NUT**
500 g
COD. 850-30



**BLUE ZONES
MAYA NUT
WITH CACAO**
500 g
COD. 850-31



**BLUE ZONES
MAYA NUT
WITH SPICES**
500 g
COD. 850-32



**BLUE ZONES
MAYA NUT
WITH COFFEE**
340 g
COD. 850-03



**BLUE ZONES
MAYA NUT,
COFFEE & CACAO**
340 g
COD. 700-09



**BLUE ZONES
MAYA NUT,
COFFEE & SPICES**
340 g
COD. 700-08



**BLUE ZONES
100% GROUND
ARABICA COFFEE**
340 g
COD. 850-33



**BLUE ZONES
100% WHOLE BEAN
ARABICA COFFEE**
340 g
COD. 850-34

BLUE ZONES CENTENARIOS COFFEE

BLUE ZONES CENTENARIOS
COFFEE RED HONEY 250 g
Whole bean: COD. 700-10
Ground: COD. 700-11



CENTENARIOS RED HONEY
Light Roast

Our Centenarios Red Honey has an intense aroma of summery red berries and flower fields.

BLUE ZONES CENTENARIOS
COFFEE CERRO NEGRO 250 g
Whole bean: COD. 700-13
Ground: COD. 700-14



CENTENARIOS CERRO NEGRO
Medium Roast

Centenarios Cerro Negro is a coffee processed through natural fermentation, which gives it a delicate aroma of nuts and caramel, with a slight herbal tone. A delicate and very interesting cup!

BLUE ZONES CENTENARIOS COFFEE
MATAMBU-CHOROTEGA 250 g
Whole bean: COD. 700-17
Ground: COD. 700-18



CENTENARIOS MATAMBU CHOROTEGA
Medium Roast

Our specialty coffee is handpicked and sun dried. Harvested by the Chorotega tribe, the largest pre-Columbian ethnic group in Costa Rica, native to Nicoya, Guanacaste.



100% PURE BLUE ZONES RAW BEE HONEY

- 100% Pure • Natural antiseptic, anesthetic, anti-inflammatory, diuretic and antibacterial. • Contains minerals such as sodium, potassium, magnesium, calcium, iron, copper, phosphorus, zinc, selenium, vitamins A, C and B complex.
- Honey can sweeten up to 25 times more than ordinary sugar. • Gluten Free.
- Unprocessed. No chemical alterations.



BLUES ZONES
RAW BEE HONEY
100% PURE
350 g
600-02



BLUE ZONES
RAW BEE HONEY
100% PURE
500 g
600-07



BLUE ZONES
RAW BEE HONEY
100% PURA
SINGLE ORIGIN
RESERVA CONCHAL
500 g
600-12

* Limited edition product



BLUE ZONES
RAW BEE HONEY
100% PURE
SINGLE ORIGIN
RESERVA PALO VERDE
500 g
600-11

* Limited edition product

WHIPPED HONEY

Behold honey lovers, whipped honey will take you to a whole new level and will make you fall even more in love (if possible!) with honey. Sometimes referred to as spun or creamed honey, whipped honey has undergone a process of crystallization, it is whipped until completely smooth and almost velvety. It's creamy, smooth, spreadable and out of this world delicious.

Whipped honey goes through a controlled churning crystallization process.

Blue Zones Whipped Honey line has three flavors:

- Original: 100% raw bee honey
- Citrus: 100% raw bee honey with fresh citrus essential oils. Tasty, refreshing and addictive!
- Cacao: 100% raw bee honey with raw powdered cacao, for a chocolatey antioxidant spreadable boost! ‘



**WHIPPED HONEY
ORIGINAL
BLUE ZONES**
200 g
600-23



**WHIPPED HONEY
CACAO
BLUE ZONES**
200 g
600-25



**WHIPPED HONEY
CITRUS
BLUE ZONES**
200 g
600-24



BLUE ZONES HONEY SPREAD

- 100% Natural • Made with fresh tropical fruits.
- Made with raw bee honey.
- Gluten Free. • Presentation: 190 g.



**TAMARIND
WITH BEE HONEY
BLUE ZONES
190 g
COD. 650-16**



**BLACKBERRY
WITH BEE HONEY
BLUE ZONES
190 g
COD. 650-17**



**GUAVA
WITH BEE HONEY
BLUE ZONES
190 g
COD. 650-14**



**PINEAPPLE AND PASSION FRUIT
WITH BEE HONEY
BLUE ZONES
190 g
COD. 650-15**

HONEY & FRUITS

Honey is perfect as is, eternally sweet without cloying, and definitely a visual delight.

There are few ways to enhance it but at Blue Zones Nicoya we take the time to research and explore how to enhance flavors while maintaining the health benefits of each natural ingredient we use. That is why we developed Honey & Fruits, the perfect combination of raw and natural honey with tropical fruits.

The fruits are dried under the Guanacaste sun, thus preserving their properties and organoleptic qualities.

Our Honey & Fruits are perfect to accompany any breakfast recipe, with tea, with a cheese board or alone as the ideal and healthy dessert.



**BLUE ZONES
HONEY & FRUITS
RAW BEE HONEY
WITH DRIED PINEAPPLE**
350 g
600-20



**BLUE ZONES
HONEY & FRUITS
RAW BEE HONEY
WITH DRIED BERRIES**
350 g
600-22



**BLUE ZONES
HONEY & FRUITS
RAW BEE HONEY
WITH DRIED FRUITS**
350 g
600-21



DARK CHOCOLATE

Dark chocolate can vary from sweet to bitter and its aroma from roasted to fruity, however, we can be sure that you will always experience a creamy and exquisite mouthful.

At Blue Zones Nicoya we have created 6 different flavors of dark chocolate that combine all the benefits of the Costa Rican tropical cocoa with delicious pairings of fruits, herbs and honey, that make us explore the different ranges of chocolate with the flavors of the Blue Zone of Costa Rica.



**BLUE ZONE
DARK CHOCOLATE
WITH LEMONGRASS
60% COCOA BAR
80 g
920-01**



**BLUE ZONE
DARK CHOCOLATE
WITH LIPPIA ALBA
& HIBISCUS
60% COCOA BAR
80 g
920-02**



**BLUE ZONE
DARK CHOCOLATE
WITH HONEY
75% COCOA BAR
80 g
920-03**



**BLUE ZONE
DARK CHOCOLATE
WITH COFFEE
AND RAW SUGAR
75% COCOA BAR
80 g
920-04**



**BLUE ZONE
DARK CHOCOLATE
WITH SALTED CARAMEL
85% COCOA BAR
80 g
920-05**



**BLUE ZONE
DARK CHOCOLATE
WITH MAYA NUT
CINAMMON- ORANGE
60% COCOA BAR
80 g
920-06**



BLUE ZONES HOT SAUCES

- 100% Natural • Made with fresh ingredients.
- Without sugar, preservatives or artificial colors.
- Gluten Free • Naturally smoked.



BLUE ZONES
MILD
HOT SAUCE
NALGA DE PERRO
155g
COD. 200-01



BLUE ZONES
MEDIUM
HOT SAUCE
CONGO
155g
COD. 200-02



BLUE ZONES
EXTRA SPICY
HOT SAUCE
KILLER
155g
COD. 200-03

BLUE ZONES SEA SALT

Unprocessed sea salt, naturally conserving magnesium (helps the normal function of muscles and nerves) and iodine (helps the normal function of thyroids) Better and richer taste than regular table salt. Does not contain artificial ingredients. Delicious combinations that will enhance the taste of your dishes.



BLUE ZONES
SEA SALT
100% PURE
87 g
COD. 151-05



BLUE ZONES
SEA SALT
JAMAICA & ORANGE
87 g
COD. 151-04



BLUE ZONES
SEA SALT
NALGA DE PERRO
87 g
COD. 151-01



BLUE ZONES
SEA SALT
ROSEMARY & THYME
87 g
COD. 151-02



BLUE ZONES
SEA SALT
CHILLI & LEMON
87 g
COD. 151-03



BLUE ZONES ALKALINE MINERAL WATER

The Nicoyan water's unique journey through this pristine underground environment provides Blue Zones® water with natural high alkalinity, the country's highest calcium content, and other mineral nutrients to strengthen and replenish your body and to quench your thirst.

Enjoy this gift from the earth!



**BLUE ZONES
ALKALINE MINERAL
WATER
1 L
COD. 901-04**



**BLUE ZONES
ALKALINE MINERAL
WATER
500 mL
COD. 901-07**



BLUE ZONES PUJAGUA PURPLE CORN FLOUR

- 100% Natural • Alternative purple corn flour.
- High natural content of antioxidants.
- High content of dietary fiber.
- Without sugar, preservatives, or artificial colors.
- Gluten Free. • Presentation: 454 g.



**BLUE ZONES
PUJAGUA PURPLE
CORN FLOUR.**
454 g
COD. 300-01



**BLUE ZONES
PUJAGUA PURPLE
CORN FLOUR.
TORTILLA MIX**
454 g
COD. 300-02



BLUE ZONES™
NICOYA

HEALTH
SUPPLEMENTS



BLUE ZONES HEALTHY BLUE NATURAL SUPPLEMENT

- 100% Natural. • Nutritional drink made of Brosimum Alicastrum (Maya Nut).
 - Without preservatives, artificial colors or flavors. • Sugar free.
 - Contains protein, natural fiber, amino acids, vitamins and minerals.
- Helps strengthen muscles. Good source of energy for physical exercise and a nutritious complement for daily consumption.
 - Gluten Free. • Presentation: 500 g.



100%
NATURAL



DELICIOUS
TASTE OF
CHOCOLATE



GLUTEN
FREE



CAFFEINE
FREE



LACTOSE
FREE



BLUE ZONES
HEALTHY BLUE
Natural
Supplement
500 g
COD. 400-03



BLUE ZONES YUMMY BLUE KIDS BEVERAGE

Yummy Blue is a mixture pure cacao, purple corn, spices and tropical superfoods. This blend is characterized by its high antioxidant content. Our formula contains carao, a fruit that helps with the absorption of iron and strengthens bones and teeth, it's also a daily source of energy. The mix also contains chia seeds which is a super food high in fiber and omega 3.

Enjoy it and offer your children a tasty nutritious and balanced drink with great health benefits.



GLUTEN
FREE



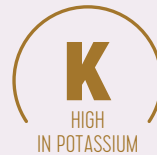
NO SUGAR
ADDED



HIGH
IN CALCIUM



HIGH
IN IRON



HIGH
IN POTASSIUM



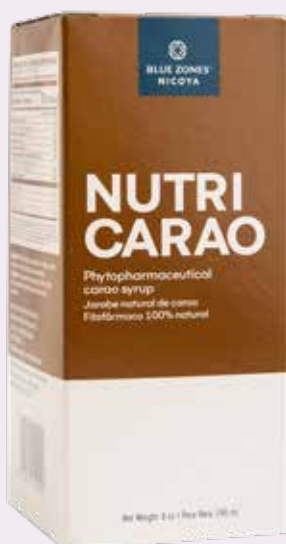
NO
PRESERVATIVES



BLUE ZONES
YUMMY BLUE
Kids Beverage
500 g / 17.6OZ
COD. 400-02

BLUE ZONES NUTRI-CARAO NATURAL SYRUPS

- 100% Natural • Product from Carao honey (Cassia grandis).
 - Helps relieve anemic states due to iron deficiency. • Helps strengthen bones and teeth.
- Good source of energy for physical exercise and a nutritious complement for daily consumption. • Gluten Free. • Presentation: 240 mL.



BLUE ZONES
NUTRI-CARAO
NATURAL SYRUP
240 mL
COD. 500-01



BLUE ZONES
SUGAR FREE
NUTRI-CARAO
NATURAL SYRUP
WITH ALOE VERA
240 mL
COD. 500-02

- Sugar free.
- With Aloe vera, special for digestion.



**“Eat and live like the healthiest
people in the planet”.**

Dan Buettner



BLUE ZONES™
NICOYA

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