CAMPANELLI
FRUTTA SECCA

CAMPANELLI
ORTOFRUTTA

il benessere

ha la giusta quantitá

Roberto Campanelli

HISTORY

The company was founded in 1951 when Emidio Campanelli, its founder, began the cultivation and marketing of his fruit and vegetables. The innate passion and dedication for the fruits, passed on to the children, makes the business grow considerably, which makes a leap in quality by specializing in retail sales since 1985. The constant growth of sales led his son Roberto to inaugurate a wholesale warehouse in 1993, thus addressing a wider public. In the early 2000s, with the growth of Civitavecchia port traffic, the company supplied fruit and vegetables for cruise ships. In 2006, a synergy began that led the company to directly manage the fruit and vegetable department of some points of sale of large-scale retail trade, reaching a higher quality standard. Focusing our attention on the constant search for well-being, in the last three years, the company has expanded its range of products by marketing a line of dried fruit “Wellness has the right amount”. The company headquarters are located in Civitavecchia (Rome) present with a constantly expanding warehouse where the product is processed and packaged to be then shipped.

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quantitá
Pistacchi Tostati

PISTACCHI

Energia (KJ/Kcal)	2386/576
Grassi	44 g
Acidi grassi saturi	5,4 g
Carboidrati	19 g
Zuccheri	7,60 g
Proteine	21 g
Fibre	13,3 g
Sodio	1,5 mg

Pistachios are the seeds of the pistachio plant (Pistacia vera) belonging to the Anacardiaceae family. Rich in antioxidant substances, they are excellent allies for eye health and for preventing cardiovascular disorders.
As they are very energetic, pistachios are excellent for supplementing the diet of children or those who practice sports.
Regular intake of pistachios helps keep the cholesterol level in the blood under control and prevent cardiovascular disorders.
The natural antioxidants these fruits are rich in help keep skin and eyes healthy.
In folk medicine so practiced by our ancestors, pistachio was used against toothaches and liver disorders.
The healing and nutritional properties of the pistachio have been known since ancient times and this precious seed was one of man's first snacks.

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il
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ha la giusta
quantità
Anacardi Crudi

ANACARDI CRUDI

Energia (KJ/Kcal)	2504/603
Grassi	46 g
Acidi grassi saturi	9,2 g
Carboidrati	30 g
Zuccheri	5 g
Proteine	15 g
Fibre	3 g
Sodio	0,02 g

Cashews are the seeds of a plant native to Brazil, Anacardium occidentalis,
belonging to the Anacardiaceae family. The name comes from their shape, which resembles that of the heart.
Cashews help against osteoporosis, vascular fragility, joint problems and high cholesterol. They contain a flavonoid which is absorbed by the retinal macula, protecting the eyes from external aggressive agents and helping in the prevention of macular degeneration in old age.
According to recent scientific research, cashews help fight diabetes.
Cashews contain less fat than other types of nuts. Also, most of their fat is made up of unsaturated fatty acids. Cashews contain oleic acid, a substance considered healthy for the heart and blood vessels. They are also very rich in copper.

CAMPANELLI
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il
BENESSERE
ha la giusta
quantitá
Mix Benessere

mix benessere

Energia (KJ/Kcal)	2258,5/541,6
Grassi	40,89 g
Acidi grassi saturi	19,47 g
Carboidrati	30,14 g
Zuccheri	23,58 g
Proteine	10,82 g
Fibre	7,81 g
Sodio	0,08 g

Shelled walnuts, natural coconut and extra jambo grapes.
Rich in selenium, manganese and copper, coconut is an excellent food source, to be included in the daily diet. In fact, it is a food with strong antioxidant properties, which protect cells from free radicals and oxidative stress; it also helps the nervous system in its functioning.
Also rich in other minerals, such as calcium, potassium, phosphorus, iron and zinc, it is thanks to the presence of selenium
that coconut becomes a valid ally for the thyroid. There are also amino acids and vitamins,
which, however, are found in greater quantities in fresh coconut; in fact, in dry coconut we find above all
small amounts of B vitamins.

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il
BENESSERE
ha la giusta
quantitá
Arachidi salati
Tostati

ARACHIDI SALATI TOSTATI

Energia (KJ/Kcal)	2529/610
Grassi	48,87 g
Acidi grassi saturi	3,7 g
Carboidrati	18,4 g
Zuccheri	4,9 g
Proteine	19,57 g
Fibre	1,84 g

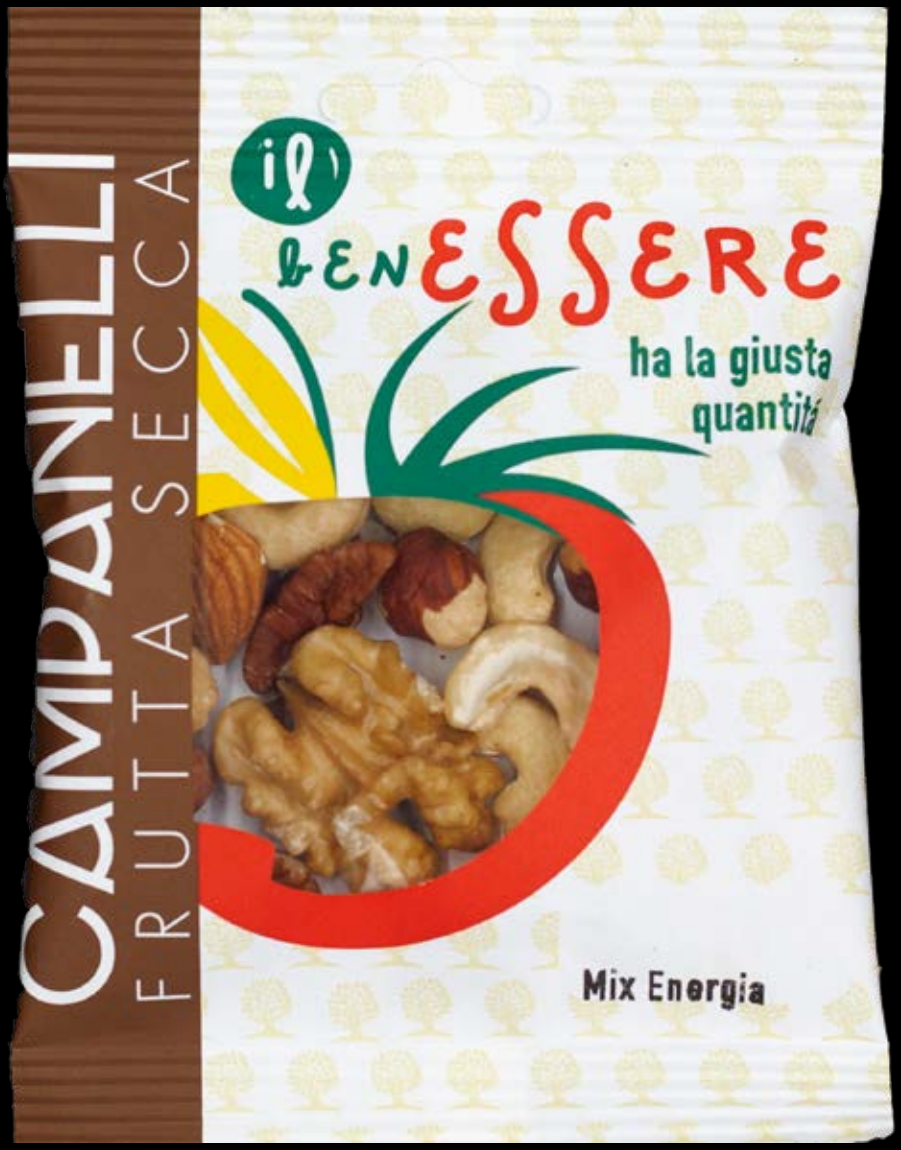
Peanuts are the fruit of an underground herbaceous plant (Arachis hypogaea) belonging to the Fabaceae family. The seeds are an important source of vitamins and mineral salts, useful for the health of the skin and the nervous system. Peanuts are very powerful natural antioxidants, like strawberries, blackberries and carrots. They keep the body young and preserve the beauty of the skin.
Their arginine content makes them precious for growing children, while that of vitamin PP is important for blood circulation and nervous system health.
The excellent concentration of folic acid makes peanuts a food that stimulates fertility and is essential during pregnancy.
Some studies have shown that peanuts, thanks to coenzyme Q10, are a valid aid for those suffering from headaches.

CAMPANELLI
FRUTTA SECCA
il
BENESSERE
ha la giusta
quantitá
Nocciole Tostate
Pelate

NOCCIOLE TOSTATE PELATE

Energia (KJ/Kcal)	2788/676
Grassi	63 g
Acidi grassi saturi	6,23 g
Carboidrati	4,02 g
Zuccheri	4,04 g
Proteine	9,7 g
Fibre	17,3 g
Sodio	0,155 mg

Hazelnuts are the fruit of the hazel tree (Corylus avellana). Rich in vitamins and mineral salts, they are very nutritious, energetic and useful against cardiovascular disorders. Of all the oilseeds, hazelnuts are the most easily digestible and stand out for their high vitamin E content, the natural antioxidant par excellence which counteracts the action of free radicals and helps to preserve beauty and health.
Hazelnuts are truly fruits very energetic, remineralizing and nourishing, therefore perfect during periods of convalescence, for those who
practice sports or for those who feel tired and out of tone, both physically and mentally. Habitually consuming hazelnuts (and dried fruit in general) helps prevent ailments cardiovascular disease and to fight LDL cholesterol, better known as “bad” cholesterol. The oil obtained from hazelnuts, due to its organoleptic, nourishing and emollient properties, is widely used for massages: it has a toning action and is curative in case of rashes or eczema. Great for nourishing children’s delicate skin.


CAMPANELLI
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il
benessere
ha la giusta
quantità
Mix Energia

MIX ENERGIA

Energia (KJ/Kcal)	2611/684
Grassi	58,2 g
Acidi grassi saturi	5,8 g
Carboidrati	12,4 g
Zuccheri	5 g
Proteine	13,1 g
Fibre	7 g
Sodio	0,6 g

Shelled almonds, raw cashews, toasted hazelnuts, pecans.
Pecans are the fruit of the "pecan", scientifically known as Carya illinoensis,
tree of the Juglandaceae family, native to the area on the border between Mexico and the United States,
today it is mainly cultivated in the southern United States, in Brazil, Australia and Israel.
In Italy it is present in small specialized plots in Sicily, Puglia and other southern areas.
Pecans are considered dried fruit, botanically speaking it is the nut of a drupe, very similar to the walnut.
Like dried fruit, it is the richest in calories. With its 87% fat content, it provides 750 calories for every 100 g of product.
Pecans began to be cultivated in 1846, their shape is oblong,
reaching up to 3 centimeters in length, and up to one centimeter wide.
It has a dark brown color and rough skin. Pecans are generally harvested from October to December.

CAMPANELLI
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il
BENESSERE
ha la giusta
quantitá
Semi di zucca
Tostati

Semi di zucca

Energia (KJ/Kcal)	2504/674
Grassi	49,6 g
Acidi grassi saturi	8,5 g
Carboidrati	14,45 g
Zuccheri	1,30 g
Proteine	29,7 g
Fibre	6,5 g
Sodio	2,66 g

Pumpkin seeds, collected from some plants of the Curcubitaceae family, are known for their vermifuge properties. Rich in minerals, they have a beneficial action against inflammation and cystitis. Pumpkin seeds have always been used as a natural remedy against worms: the effective vermifuge action of these seeds leads to the detachment of parasites from the intestinal walls, facilitating their expulsion The constant intake of these seeds also has a beneficial action on the muscle tone of the bladder: it helps prevent disorders related to prostate enlargement and is generally useful in combating disorders affecting the urinary tract, including in women. such as inflammation and cystitis.

CAMPANELLI
FRUTTA SECCA
il BENESSERE
ha la giusta quantità
Ginger a fette

GINGER A FETTE

Energia (KJ/Kcal)	1590/380
Grassi	0 g
Acidi grassi saturi	0 g
Carboidrati	94 g
Zuccheri	75 g
Proteine	0 g
Fibre	0 g
Sodio	0,35 g

Ginger (Zingiber officinale) is a perennial herbaceous plant of the Zingiberaceae family. Widely used in the kitchen, it has some anti-inflammatory and digestive properties that make it useful for the stomach and heart. Ginger is used as a natural anti-inflammatory and digestive and is among the most effective anti-nausea and anti-vertigo medicines. With ginger you can treat disorders such as motion sickness, seasickness, morning sickness. Its antiemetic properties seem to reside in local effects on the walls of the stomach and intestines. The active ingredients of the plant are all concentrated in its root: non-volatile substances, such as gingerols, resins and mucilages. In the traditional medicine of the Far East, ginger is used in the treatment of osteoarthritis, flu, as a heart stimulant , as a protector of the gastric mucosa. Thanks to its antibiotic properties, ginger is a valid ally of the stomach, intestines, heart and circulatory system. Ginger essential oil is also rich in important properties. In fact, it is anti-nausea, tonic, pain reliever, digestive, antiviral and aphrodisiac. Ginger is also useful against halitosis: in fact, sipping hot boiled water for 10 minutes with fresh ginger, a remedy that promotes digestion and counteracts the accumulation of toxins and bacterial fermentation.

CAMPANELLI
FRUTTA SECCA
il
BENESSERE
ha la giusta
quantitá
Mix Tropicale

MIX TROPICALE

Energia (KJ/Kcal)	2279,8/546,9
Grassi	37,9 g
Acidi grassi saturi	21,26 g
Carboidrati	17,31 g
Zuccheri	22,04 g
Proteine	5,22 g
Fibre	3,5 g
Sodio	0,206 g

Roasted cashews, natural coconut, dehydrated mango.
Dehydrated mango has many useful properties for the body.
It has a positive effect on the prostate, contains lupeol
which turns out to be a powerful antioxidant and lowers oxidative stress of the body and also seems to have an anticancer action.
It is used as an aphrodisiac for its ability to increase sexual desire.
It contains many vitamins and antioxidants that benefit teeth, eyes and mucous membranes
as well as stimulate the production of collagen. Dehydrated mango is also a precious helper
for the immune system because it helps the absorption of iron which is also useful in pregnancy.
Finally we must mention a very important property for all those who suffer from insomnia,
in fact, consuming the pulp of this fruit has shown an improvement in the quality of sleep.

CAMPANELLI
FRUTTA SECCA
il
BENESSERE
ha la giusta
quantitá
Mandrole sgusciate

MANDORLE SGUSCIATE

Energia (KJ/Kcal)	2547/616
Grassi	53 g
Acidi grassi saturi	4 g
Carboidrati	8,8 g
Zuccheri	4,6 g
Proteine	21,4 g
Fibre	9,9 g
Sodio	0,05 g

Almonds, seeds of the almond tree (Prunus dulcis), are oily seeds rich in vitamins and minerals. They help keep the heart, arteries and bones healthy, and are also a valid natural remedy for anemia. Almonds are the queens of dried fruit: they are a real panacea and a precious natural contribution to fight and prevent many diseases.
Thanks to the high percentage of "good" fats, almonds are among the most important anti-cholesterol foods because they lower the level of cholesterol in the blood, contributing to the health of the arteries and heart. They are a powerful natural antioxidant, they preserve youth, skin beauty and hair health.
Thanks to the high quantities of iron they are a good remedy against anemia, while the calcium makes them precious for bone health. Some studies have also shown that almonds have positive effects on those suffering from type 2 diabetes, improving sensitivity towards insulin. An oil widely used in natural cosmetics is also extracted from almonds for its soothing and emollient properties.

CAMPANELLI
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ha la giusta
quantità
Anacardi Tostati

ANACARDI TOSTATI

Energia (KJ/Kcal)	2476/597
Grassi	46 g
Acidi grassi saturi	8,9 g
Carboidrati	25 g
Zuccheri	4,7 g
Proteine	19 g
Fibre	3,1 g
Sodio	0,02 g

Cashews are the seeds of a plant native to Brazil, Anacardium occidentalis,
belonging to the Anacardiaceae family. The name comes from their shape, which resembles that of the heart.
Cashews help against osteoporosis, vascular fragility, joint problems and high cholesterol. They contain a flavonoid which is absorbed by the retinal macula, protecting the eyes from external aggressive agents and helping in the prevention of macular degeneration in old age.
According to recent scientific research, cashews help fight diabetes.
Cashews contain less fat than other types of nuts. Also, most of their fat is made up of unsaturated fatty acids. Cashews contain oleic acid, a substance considered healthy for the heart and blood vessels. They are also very rich in copper.

CAMPANELLI
FRUTTA SECCA
il
benessere
ha la giusta
quantità
Mix
Armonia

MIX ARMONIA

Energia (KJ/Kcal)	2165,4/621,8
Grassi	41,08 g
Acidi grassi saturi	5,04 g
Carboidrati	20,83 g
Zuccheri	16,64 g
Proteine	9,4 g
Fibre	14,93 g
Sodio	0,031 g

Cashews, shelled almonds, shelled pumpkin seeds, shelled sunflower seeds, cranberries.
Cranberry remains one of the most effective and most extraordinary medicinal plants.
Cranberry-based juices have a proven preventive effect in women suffering from cystitis.
Studies carried out in Finland have shown an important reduction of cystitis in women who drank it regularly.

CAMPANELLI
FRUTTA SECCA
il
BENESSERE
ha la giusta
quantità
Noci sgusciate

NOCI SGUSCIATE

Energia (KJ/Kcal)	2527/604
Grassi	53,1 g
Acidi grassi saturi	4,34 g
Carboidrati	12,34 g
Zuccheri	4,06 g
Proteine	19,18 g
Fibre	7,53 g
Sodio	0,058 g

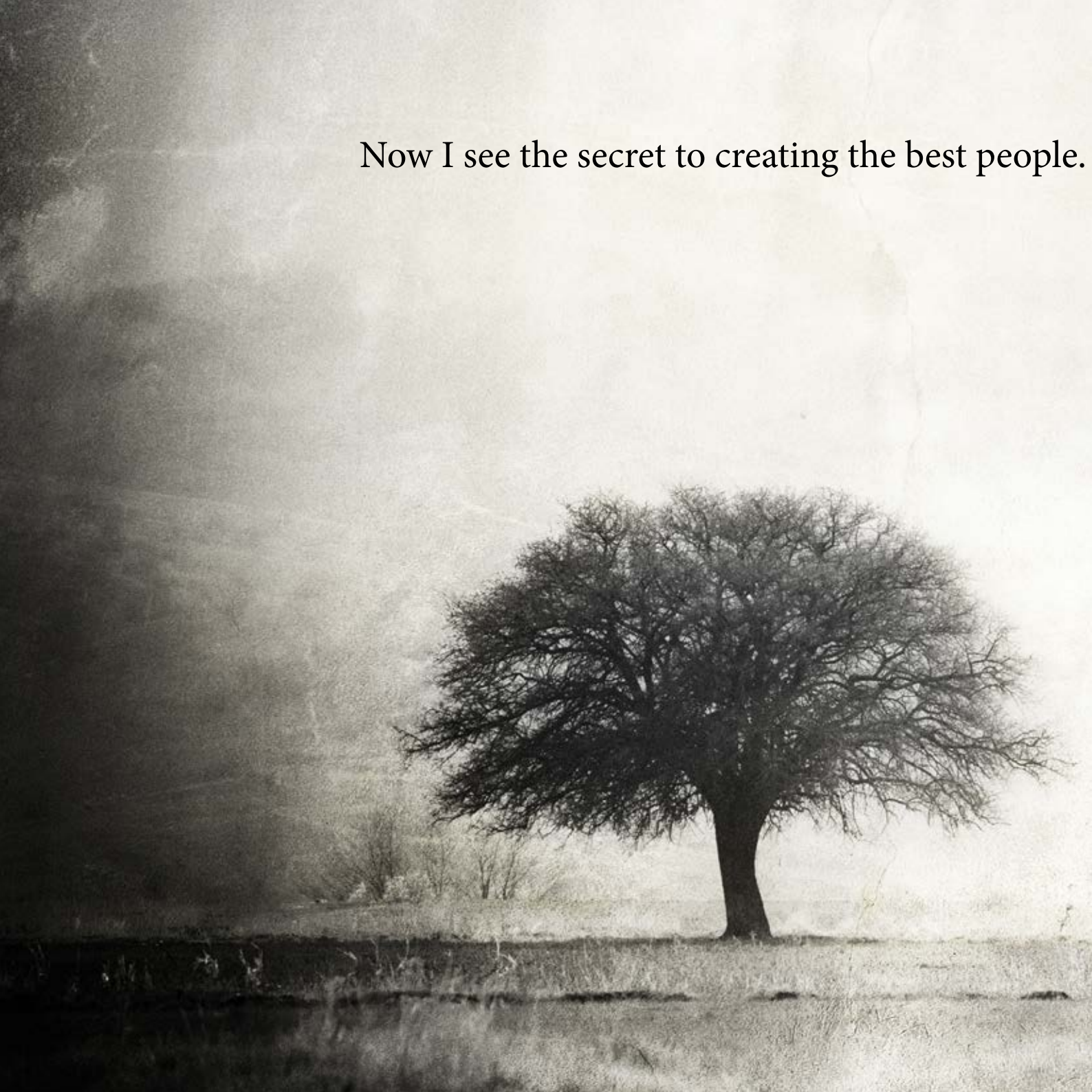
Walnuts are oily seeds rich in mineral salts, perfect for those who practice sports. Very useful as a source of zinc, calcium and magnesium, they are also excellent allies in the treatment of arteriosclerosis and stress. The omega 3 acids contained in walnuts help keep the level of "bad" cholesterol in the blood under control, prevent arteriosclerosis and, it would seem, also to combat stress.
Vitamin E makes walnuts small pearls of youth which, by fighting the action of free radicals, are excellent antioxidants. However, the most characteristic property of walnuts is that given by arginine, an amino acid which makes them perfect for those who practice sports: walnuts are in fact a very energetic food (therefore excellent for recharging in a healthy and light way) and dilate the blood vessels which, bringing more oxygen and nutrients to the muscles, improve physical performance. According to Paracelsus' theory of signatures, walnuts they are good for the brain. This property would be underlined by the appearance of the nut kernel which evokes the structure of the cerebral cortex: according to the theory of signatures, this correspondence would define a natural link between these two elements. The walnut has always been, in the popular imagination, a tree linked to witches and evil spirits. During the Middle Ages it was in fact believed that the sabbaths (the nocturnal meetings between witches and the devil) took place right under a walnut tree, for this reason this plant has remained inextricably linked over time to superstitions and fantastic stories: in many fairy tales, wonderful treasures are hidden inside walnuts and once, in Sicily, it was believed that a walnut in your pocket protected you from spells and fever.

CAMPANELLI
FRUTTA SECCA
il
BENESSERE
ha la giusta
quantitá
Mix
Caraibi

MIX CARAIBI

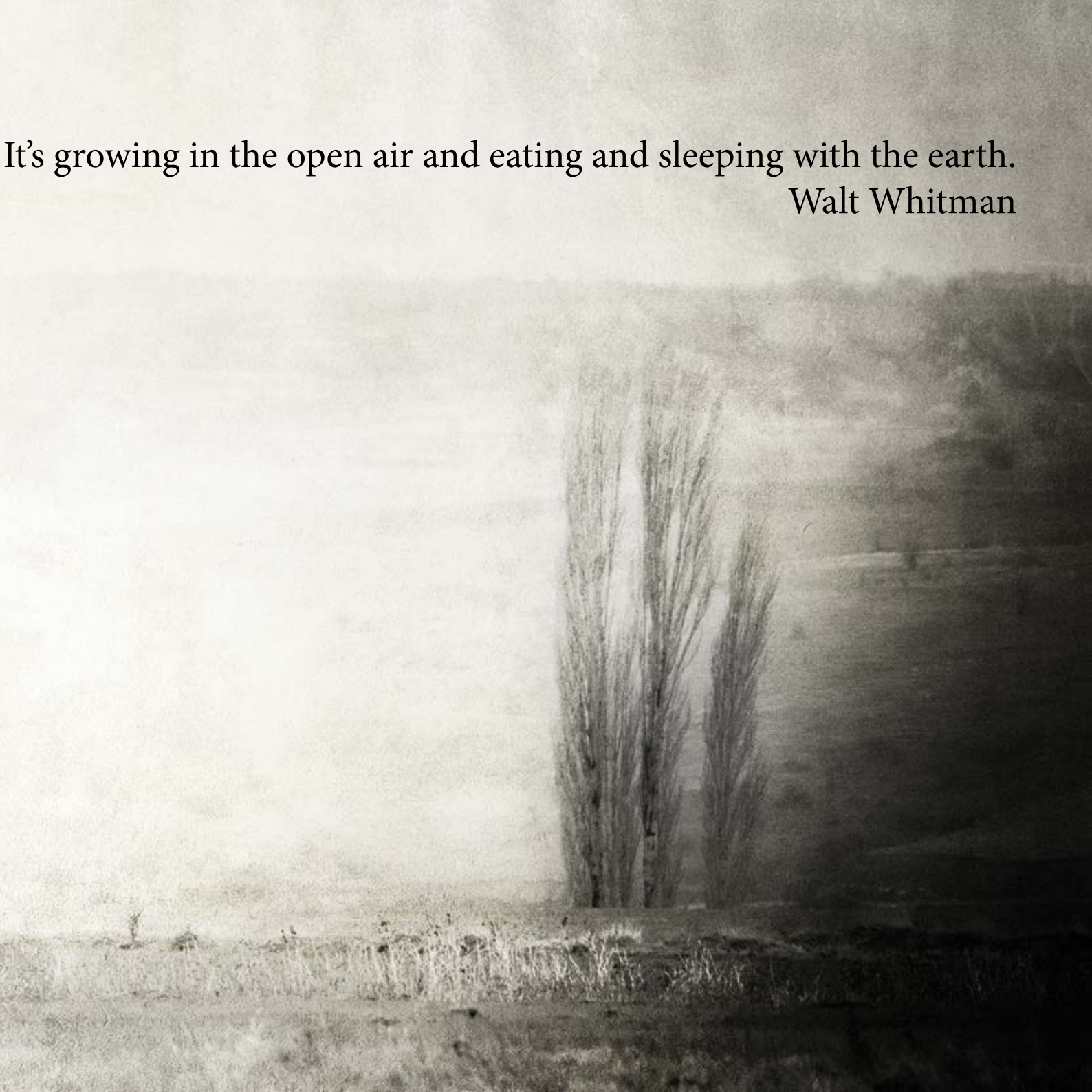
Energia (KJ/Kcal)	1978/470
Grassi	28,8 g
Acidi grassi saturi	2,8 g
Carboidrati	45,34 g
Zuccheri	36,34 g
Proteine	18,60 g
Fibre	8,11 g
Sodio	0,57 g

Shelled walnuts, cranberrires, extra jumbo grapes.
The Jumbo Golden Grape comes from Chile. Characterized by a light and, indeed, golden colour,
the Jumbo Grape is very sweet and tasty, larger and more fleshy than the classic sultana variant,
but always rich in vitamins and mineral salts such as potassium, iron, calcium, zinc and copper.
Good to be consumed alone or included in recipes.
Precisely thanks to its particular sweetness it is often used in sweet and sour preparations
and to tone down the strong flavors of curries in Indian cuisine.


Now I see the secret to creating the best people.

It's growing in the open air and eating and sleeping with the earth.

Walt Whitman



Sustainability is a key element in our project.

It is one of the drivers that drives the purchase of the product.
We have decided to be among the first in Italy to use completely recyclable paper, including paper in the transparent part of the packaging.
Furthermore, the production cycle is powered by a photovoltaic system which makes us completely autonomous in terms of energy.

il benessere

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Roberto Campanelli

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