

Fermenting is fantastic!

Fermented foods are not only preserved over long periods of time, but also acquire original and increased organoleptic and nutritional properties. What makes them superfoods are all the nutrients and antioxidants which are created, multiplied, and have become highly bioavailable.

Fermented foods see their nutritional profile rebalanced with a reduced sugar content as well as with a strengthened protein and polyunsaturated fatty acid profile. Their digestibility is enhanced by the probiotic effect, which also improves intestinal flora, provides vitamins, and support the immune system.

In addition, fermentation tends to acidify foods, making their minerals more easily absorbed. Finally, fermentation eliminates pathogenic organisms—through bacteriocins or lactic acid—and inhibits antinutritional or potentially harmful substances.

The universal and age-old uses of fermentation not only inspire confidence, but also find their legitimacy in modern science observations, which validate the extraordinary potential that fermentation brings to your health.

Try our fermented
products to spice up
your daily life!

Fermented Ginger

P0761-R1
Code 2279



Fermented Turmeric

P0760-R1
Code 2281



Fermented Maca

P0791-R1
Code 2318



Fermented Red Beet

P0796-R1
Code 2340



Organic Fermented Products

New Roots
HERBAL

newrootsherbal.com

HPL0005



Tested in our
ISO 17025
Accredited Laboratory

Feel the difference fermentation makes for better nutrition



Fermented Ginger

Fermented ginger root is a highly bioavailable form of this cornerstone botanical of Ayurvedic and traditional Chinese medicine.

Our fermented ginger will amplify the taste and health benefits of your smoothies, soups, or innovative cuisine. It is also ideal to prepare delicious, soothing teas.



Fermented Maca

Native from the Andes plateau, maca—which in Quechua means “fortifying food cultivated in mountains”—strives to grow in extreme environments, and therefore produces the compounds necessary for its adaptation.

It was primarily used as food by local populations. A very nutritional ancestral root, maca, also known as “Peruvian ginseng,” is a real nutrient cluster. This traditional

Highly bioavailable phytonutrients

- Enhance the nutritional value of your smoothies, soups, and other culinary creations
- Organic and naturally fermented for superior bioavailability
- Amazing taste!

superfood will yield maximum benefits if its powder is not cooked.

Simply add it on your meals, muesli, smoothies, yogurt, juice, or blended to an energy- and endurance-inspired hot beverage.



Fermented Red Beet

An excellent source of nutrients, fermented red beet root powder has a sweet and subtle earthy flavour.

The fermentation process naturally reduces its carbohydrate load while increasing the bioavailability of its other nutrients.

An alkaline food and a source of antioxidants, minerals (potassium, magnesium, phosphorus, manganese, etc.), and vitamins (A, B complex, C), red beet brings a burst of oxygen to your cells and an easy-to-use nutritional boost.

Very versatile, it will brighten your meals, beverages, or pastries with a nice red colour.

Fermented Turmeric

Rich in antioxidants, turmeric rhizome ranks among the world’s superfoods, both for its health benefits and for its culinary versatility. Its active components have become very popular and have been the subject of numerous clinical trials that demonstrate its many benefits.



Naturally fermented, it’s easily digested and assimilated, with an improved flavour profile.

It’s a great way to invigorate the nutritional quotient of your smoothies and soups, while being a great fit for countless culinary applications.