



PEFA FOODS NIGERIA LIMITED

Ingredient Transparency & Quality Assurance

Premium Ingredients. Zero Mystery. 100% Authentic.

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1. OUR COMMITMENT TO TRANSPARENCY

At PEFA Foods Nigeria Limited, we believe that every Nigerian household deserves to know exactly what goes into the food on their table. Our instant soup mixes are crafted to bring the rich, authentic taste of traditional Nigerian soups into your kitchen — quickly, conveniently, and without compromise.

We publish this Ingredient Transparency Document because we have nothing to hide. Every component in our mixes is intentionally selected, responsibly sourced, and rigorously quality-checked. We do not rely on artificial preservatives, synthetic flavour enhancers beyond what is disclosed, or any additive that does not serve a clear culinary purpose.

Why We Disclose Our Ingredients

- To empower consumers to make informed dietary choices
- To uphold the highest standards of food safety transparency
- To demonstrate that premium quality and clean labels go hand-in-hand
- To comply with Nigeria's food labelling regulations (NAFDAC)
- To build enduring trust with every family we serve
- To set the industry benchmark for African food authenticity

Our Quality Standards

All PEFA Foods products are produced in compliance with Nigerian food safety regulations and undergo multi-stage quality assurance checks — from raw material inspection through to finished goods testing — before any product reaches your hands.

2. PRODUCT INGREDIENT DISCLOSURES

PRODUCT 1 — EGUSI SOUP MIX

Our Egusi Soup Mix captures the bold, nutty richness of freshly ground egusi, slow-cooked with traditional accompaniments. Simply add your protein and water — we handle the rest.

Ingredient	Description & Sourcing
Egusi (Melon Seeds)	Sun-dried, de-hulled <i>Citrullus lanatus</i> seeds — the soul of the dish. Sourced directly from smallholder farmers in Benue and Kogi States, Nigeria, known for producing large, oil-rich seeds with superior flavour.
Dry Ugwu Leaves (Fluted Pumpkin)	<i>Telfairia occidentalis</i> leaves, harvested at peak nutrition and carefully shade-dried to preserve colour, flavour, and nutritional profile. Sourced from South-East and South-South Nigeria.



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Ingredient	Description & Sourcing
Palm Oil	Unrefined, cold-pressed red palm oil — a cornerstone of West African cooking. Rich in beta-carotene and natural antioxidants. Sourced from certified plantations in Rivers and Cross River States.
Stock Fish (Gadus morhua)	Premium Atlantic cod, traditionally dried and cured. Adds the characteristic umami depth that defines authentic Nigerian soups. Imported through licensed seafood traders and inspected upon receipt.
Crayfish	Sun-dried freshwater/estuary crayfish, ground to a fine powder. Contributes natural oceanic flavour and essential amino acids. Sourced from the Niger Delta fishing communities.
Seasoning Cubes	A trusted Nigerian kitchen staple used in measured quantities to balance the seasoning blend..
Salt	Food-grade iodised table salt. Sourced from NAFDAC-approved salt processing facilities within Nigeria.
Pepper (Capsicum spp.)	A proprietary blend of dried red and yellow peppers, ground for consistent heat and colour. Sourced from Plateau and Kaduna State pepper farmers.
Okpei (Dawadawa / Locust Bean)	Fermented Parkia biglobosa seeds — a traditional West African flavour catalyst. Processed by artisan producers in Kwara and Kogi States using age-old fermentation methods.

Quality Notes — Egusi Soup Mix

Egusi seeds are sourced at harvest season and stored in climate-controlled conditions to prevent oxidation of their natural oils. Each batch is tested for moisture content, microbial load, and aflatoxin levels before processing. The final mix undergoes sensory evaluation by our culinary team to ensure authentic taste profile in every pack.

What Is NOT In Our Egusi Soup Mix

X No artificial preservatives (no BHA, BHT, sodium benzoate, or sorbates)
X No artificial colourants or food dyes
X No hydrogenated or trans fats
X No monosodium glutamate (MSG) added independently
X No starch fillers or binding agents
X No flavour masking compounds

PRODUCT 2 — OGBONO SOUP MIX

Our Ogbono Soup Mix delivers the beloved silky, draw texture of freshly made ogbono, enriched with aromatic spices and leafy greens. No lengthy preparation — just authentic flavour on demand.



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Ingredient	Description & Sourcing
Ogbono (Bush Mango Seeds)	Irvingia gabonensis seeds — the signature ingredient responsible for the distinctive mucilaginous texture. Sourced from wild-harvested bushes in Cross River, Edo, and Delta States. Seeds are dried, cracked, and processed under hygienic conditions.
Dry Ugwu Leaves (Fluted Pumpkin)	Telfairia occidentalis leaves, shade-dried to retain nutrients and vibrant colour. Sourced from South-East and South-South farming communities.
Palm Oil	Unrefined cold-pressed red palm oil for authentic colour and flavour. Sourced from certified plantations in Rivers and Cross River States. Free from bleaching or deodorising treatments.
Stock Fish (Gadus morhua)	Premium dried Atlantic cod providing deep umami character. Imported via licensed seafood traders and inspected upon receipt for quality and safety.
Crayfish	Freshwater/estuary crayfish, sun-dried and finely ground. Adds natural marine flavour and protein. Sourced from Niger Delta fishing communities.
Seasoning Cubes (Maggi Brand)	Used in measured quantities to harmonise the seasoning blend. Full ingredient information is available on the Maggi manufacturer's label.
Salt	Food-grade iodised salt from NAFDAC-approved processing facilities in Nigeria.
Pepper (Capsicum spp.)	Dried ground pepper blend for consistent heat. Sourced from Plateau and Kaduna State farmers.
Okpei (Dawadawa / Locust Bean)	Traditionally fermented Parkia biglobosa seeds. Contributes umami complexity unique to Southern Nigerian cuisine. Processed by artisan producers in Kwara and Kogi States.
Uziza Seed (Piper guineense)	Dried and ground West African black pepper — a distinctive aromatic spice that gives Ogbono its characteristic warmth and peppery finish. Sourced from farmers in the South-South and South-East zones of Nigeria.
Onion Powder	Dehydrated Allium cepa, ground to a fine powder for consistent flavour distribution. Sourced from Kano State — Nigeria's premier onion-growing region.

Quality Notes — Ogbono Soup Mix

Ogbono seeds are especially susceptible to rancidity due to their high fat content. Our seeds are processed promptly after harvest, tested for free fatty acid levels, and stored in nitrogen-flushed packaging to maintain freshness throughout shelf life. Draw-texture performance is tested on every production batch to guarantee consistent results in your pot.

What Is NOT In Our Ogbono Soup Mix

- ✗ No artificial preservatives of any kind
- ✗ No synthetic thickeners or guar gum additives
- ✗ No artificial colourants or caramel colour



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X No hydrogenated or trans fats

X No added MSG beyond what is contained in disclosed seasoning cubes

X No anti-caking chemicals



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PRODUCT 3 — OHA SOUP MIX

Our Oha Soup Mix honours the treasured Igbo classic — a delicate, slightly bitter leaf soup thickened with cocoyam paste. We have done the hard work so you can enjoy this traditional delicacy with ease and confidence.

Ingredient	Description & Sourcing
Oha (Pterocarpus mildbraedii) Stems & Stalks	The structural plant material of Oha, which carries the tree's characteristic mild, slightly bitter flavour compounds into the mix. Sustainably harvested from native trees in Anambra, Enugu, and Imo States.
Elubo Ede (Cocoyam Flour)	Dried and milled Colocasia esculenta (cocoyam/taro) — the authentic thickener for Oha soup, providing its characteristic body and smooth texture. Sourced from cocoyam farmers in Anambra and Enugu States and milled under food-safe hygienic conditions.
Oha Leaves (Pterocarpus mildbraedii)	The prized, flavourful leaves of the African Rosewood tree — the defining ingredient of this soup. Carefully harvested young, shade-dried to preserve colour and delicate flavour, and processed without chemical treatment. Sourced exclusively from South-East Nigeria.
Stock Fish (Gadus morhua)	Premium dried Atlantic cod for depth of flavour and umami character. Imported through licensed seafood traders and subject to quality inspection upon receipt.
Crayfish	Sun-dried and ground freshwater/estuary crayfish. Adds natural marine notes and amino acids. Sourced from Niger Delta fishing communities.
Seasoning Cubes (Maggi Brand)	Used in measured quantities to complete the seasoning profile. Manufacturer's full ingredient list is available on the Maggi product label.
Salt	Food-grade iodised table salt sourced from NAFDAC-approved facilities within Nigeria.
Pepper (Capsicum spp.)	Dried ground pepper for gentle heat. Sourced from Plateau and Kaduna State pepper farmers.

Quality Notes — Oha Soup Mix

Oha leaves are one of the most delicate ingredients in Nigerian cuisine. Our leaves are harvested seasonally when flavour compounds are at their peak, then dried under controlled conditions to preserve their distinct colour and gentle bitterness. Cocoyam flour is tested for moisture content and particle size consistency to guarantee reliable thickening performance in every preparation.

What Is NOT In Our Oha Soup Mix

- ✗ No artificial preservatives of any kind
- ✗ No synthetic thickeners (no cornstarch, modified starch, or xanthan gum)
- ✗ No artificial colourants or green food dye
- ✗ No hydrogenated or trans fats



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X No added MSG beyond what is contained in disclosed seasoning cubes

X No chemical flavour enhancers independent of named ingredients

3. GENERAL QUALITY ASSURANCE

Testing & Safety	Freshness & Packaging	Storage Instructions
<ul style="list-style-type: none">• Microbial testing (TPC, E. coli, Salmonella)• Aflatoxin screening on all grain/seed inputs• Moisture content analysis per batch• Heavy-metal spot testing (quarterly)• Sensory evaluation per production run• NAFDAC-compliant manufacturing	<ul style="list-style-type: none">• Sealed, moisture-barrier packaging• Nitrogen-flush on selected SKUs• Best Before date on all packs• QA sign-off before dispatch• Traceability codes on every pack• Cold-chain protocols during distribution	<ul style="list-style-type: none">• Store in a cool, dry place away from sunlight• Keep tightly sealed after opening• Do not store near strong odours or moisture• Use within 4–6 weeks of opening• Do not refrigerate sealed packs• Keep out of reach of children under 3 years

★ PEFA FOODS 100% SATISFACTION GUARANTEE

If any PEFA Foods product does not meet your expectations in taste, quality, or freshness, please contact us within 30 days of purchase. We will replace the product or refund your money — no questions asked. Your trust is our most important ingredient.

4. ALLERGEN INFORMATION

PEFA Foods products contain or may contain the following allergens. Consumers with known food allergies or sensitivities should review this information carefully before use.

Allergen	Present In	Notes
Fish (Cod — Stock Fish)	All three products	Dried Atlantic cod is present in all variants.
Crustaceans / Shellfish (Crayfish)	All three products	Dried freshwater crayfish used in all variants.
Celery / Spice derivatives	All products (via seasoning cubes)	Maggi seasoning cubes may contain spice derivatives.
Soya (possible trace)	All products (via seasoning cubes)	Possible trace from shared seasoning manufacturing lines.

Manufactured in a facility that processes fish, shellfish, and seasoning ingredients. If you have severe food allergies, please consult your healthcare provider before use.



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PEFA FOODS NIGERIA LIMITED Email: info@pefasolutions.com Phone: +234 904 416 7546 Website: www.pefa.food/our-shop	REGULATORY COMPLIANCE All products are registered with NAFDAC. Manufactured in compliance with SON standards and Nigerian food safety regulations.	EXPERIENCE AUTHENTIC NIGERIA Follow us: @PEFAFoodsNG Available at major supermarkets, online retailers, and our website.
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