



EQUILIBRIUM
intelligent food

www.equilibriumfood.com



**DON'T SETTLE FOR ORGANIC FOOD,
DEMAND SUPERIOR QUALITY STANDARDS**

Why are Equilibrium Intelligent Food products functional to body health?



Raw Materials & Formulations

Equilibrium Food is born from the need for functional foods, for a truly healthy and balanced diet.

The raw materials are selected **for their compatibility with the human organism and their particular nutritional properties. No food uses ingredients that have undergone artificially induced genetic manipulation (no GMO, no irradiation).**

The high presence of bioactive substances, such as turmeric and polyphenols, promotes the proper functioning of the body and reduces the risk of contracting food-related diseases.



Production Processes & Safety

Equilibrium Food follows the rules of organic and biodynamic agriculture by **verifying that no harmful herbicides to your health are used.**

Throughout the supply chain, from production to storage, traditional processes respect raw materials **to preserve their active ingredients and nutritional characteristics.**

In order to guarantee total transparency for the consumer, **we test the DNA of the wheat used.** The analyses and certifications of the supply chain are carried out by independent laboratories and can be consulted by anyone who wishes to do so.



Healthy & Tasty

Who said healthy foods can't be tasty too?

A balanced diet is the first step in taking care of yourself, but taste also has its share. That's why, during our research, we have selected **only the ingredients with the best taste and nutritional qualities.**

This is also the reason why we define our products 100% BIO+. **In fact, in addition to being good and genuine, they bring real benefits to your health.** With Equilibrium Food products, with high digestibility, low glycemic index, rich in nutrients and active ingredients useful to the body, **you'll finally follow a healthy and balanced diet without sacrificing the pleasure of food.**

Why settle for organic food? Demand higher quality standards

	 INDUSTRIAL	 ORGANIC	 EQUILIBRIUM
 Residual absence of pesticides	✗	✓	✓
 Absence of <0.9% of GMOs	✗	✗	✓
 Absence of high molecular weight gluten	✗	✗	✓
 Check on the glycemic index	✗	✗	✓
 DNA testing on ancient grains	✗	✗	✓
 Monitor the amount of AGEs	✗	✗	✓
 Control of the amount of mycotoxin	✗	✗	✓

Benefits & Features of Pasta Bio+

DRYING AT LOW TEMPERATURES

to prevent the production of AGEs (Advanced glycation end-products) which can be harmful, leading to the development of degenerative conditions associated with ageing¹

ANCIENT ORGANIC DURUM WHEAT:

Proven to reduce cholesterol and blood glucose levels²

Rich in minerals and antioxidants³

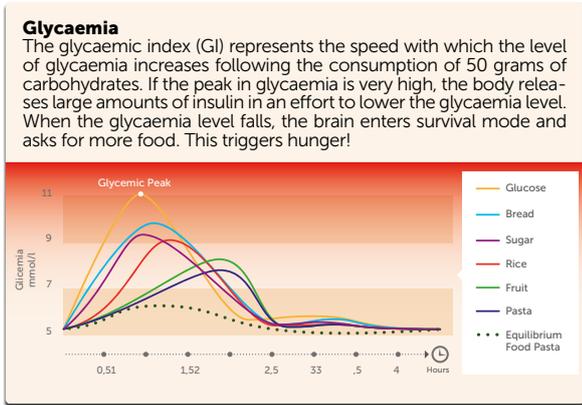
TURMERIC:

Has an anti-inflammatory effect⁴

Reduces the build up of fat⁵

CERTIFIED SUPPLY CHAIN

from the seed to your table, 100% made in Italy



PORTIONS*	XS	S	M	L
kcal/day	1200/1400	1500/1700	1800/2000	2200/2400
kg	45/55	60/70	75/85	90/100
BREAKFAST	-	-	-	-
LUNCH	60 gr 219 kcal	80 gr 292 kcal	120 gr 438 kcal	150 gr 547 kcal
SNACK	-	-	-	-
DINNER	-	-	-	-

*Portions are defined using the Harris-Benedict formula to estimate daily calorie intake, which defines calorie requirements as 1kcal per hour, per kg of body weight (calculation should be made based on ideal body weight). For example, if you weigh 100kg but want to lose 15 Kg of fat, you would fall into category M.

References
 1. Yamamoto M, et al. Curr Osteoporos Rep. 2016; Di Pino A, et al. J Clin Lipidol. 2016 Sep-Oct.
 2. Int J cibo Sci Nutr 2016 9 agosto: 1-7
 3. Int J Mol Sci. 2016 Agosto; 17 (8): 1217.
 4. Drug Des Devel Ther . 20 settembre 2016; 10: 3.029-3.042
 5. Nutr Res Pract . 2016 Ottobre; 10 (5): 487-493

Benefits & Features of Cantucci Bio+

BAKED AT LOW TEMPERATURES

to prevent the production of AGEs (Advanced glycation end-products) which can be harmful, leading to the development of degenerative conditions associated with ageing¹

CERTIFIED SUPPLY CHAIN

from the seed to your table, 100% made in Italy

TURMERIC:

Has an anti-inflammatory effect¹²

Reduces the build up of fat¹³

ZEOLITE:

Aids the expulsion of potential mycotoxins from the body¹⁰

Improves intestinal permeability¹¹



ANCIENT ORGANIC WHOLEMEAL DURUM WHEAT:

Proven to reduce cholesterol and blood glucose levels²

Rich in minerals and antioxidants³

EXTRA VIRGIN OLIVE OIL:

Proven to reduce the risk of cardiovascular disease⁴

Contains anti-inflammatory and antioxidant properties⁵

Reduces glycaemia⁶

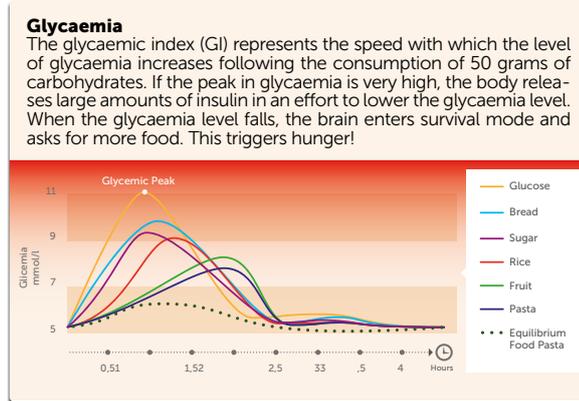
Reduces LDL and triglycerides. Increases HDL⁷

Reduces blood pressure⁷

INULIN:

Improves intestinal function and immunity⁸

Improves cholesterol and blood glucose levels⁹



PORTIONS*	XS	S	M	L
kcal/day	1200/1400	1500/1700	1800/2000	2200/2400
Kg	45/55	60/70	75/85	90/100
BREAKFAST	60 gr 228 kcal	80 gr 304 kcal	100 gr 380 kcal	120 gr 456 kcal
LUNCH	-	-	-	-
SNACK	30 gr 114 kcal	40 gr 152 kcal	50 gr 190 kcal	60 gr 228 kcal
DINNER	-	-	-	-

*Portions are defined using the Harris-Benedict formula to estimate daily calorie intake, which defines calorie requirements as 1kcal per hour, per kg of body weight (calculation should be made based on ideal body weight). For example, if you weigh 100kg but want to lose 15 kg of fat, you would fall into category M.

Riferimenti Scientifici

1. Yamamoto M, et al. Curr Osteoporos Rep. 2016; Di Pino A, et al. J Clin Lipidol. 2016 Sep-Oct.
 2. Int J cibo Sci Nutr 2016 9 agosto: 1-7
 3. Int J Med Sci. 2016 Agosto; 17 (8): 1217
 4. Br J Clin Pharmacol 2016 29 febbraio doi: 10.1111/bcp. 12925
 5. Food Chem Toxicol 18 febbraio 2016; 90:171-180 doi: 10.1016
 6. Diabetes Care 9 febbraio 2016. Pii: dc152189
 7. Eur J Nutr. 12 dicembre 2015

8. Asia-Pacifico J Clin Nutr . 2016 Dec; 25 (4): 652- 675
 9. Eur J Clin Nutr. 2016 Settembre 14. doi: 10.1038
 10. J Int Soc Sport Nutr 2015 20 ottobre; 12: 40. doi: 10.1186;
 11. J Anim Sci Technol. 2016 Jun 22;58:24. doi: 10.1186
 12. Drug Des Devel Ther. 20 settembre 2016; 10: 3.029-3.042
 13. Nutr Res Pract . 2016 Ottobre; 10 (5): 487-493

Benefits & Features of Tagliatelle

DRYING AT LOW TEMPERATURES

to prevent the production of AGEs (Advanced glycation end-products) which can be harmful, leading to the development of degenerative conditions associated with ageing¹

ANCIENT ORGANIC DURUM WHEAT:

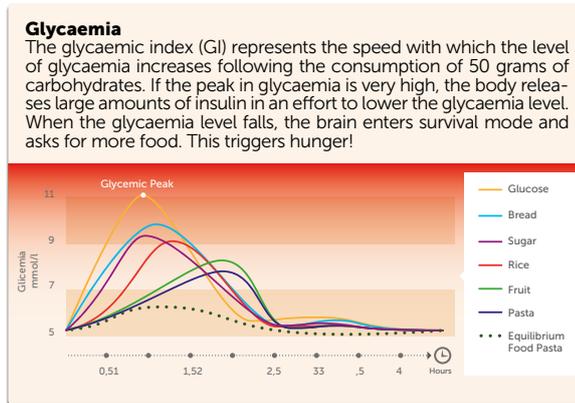
Proven to reduce cholesterol and blood glucose levels²

Rich in minerals and antioxidants³



CERTIFIED SUPPLY CHAIN
from the seed to your table,
100% made in Italy

WILD CHESTNUT FLOUR



PORTIONS* kcal/day kg	XS 1200/1400 45/55	S 1500/1700 60/70	M 1800/2000 75/85	L 2200/2400 90/100
BREAKFAST	-	-	-	-
LUNCH	60 gr 219 kcal	80 gr 292 kcal	120 gr 438 kcal	150 gr 547 kcal
SNACK	-	-	-	-
DINNER	-	-	-	-

*Portions are defined using the Harris-Benedict formula to estimate daily calorie intake, which defines calorie requirements as 1kcal per hour, per kg of body weight (calculation should be made based on ideal body weight). For example, if you weigh 100kg but want to lose 15 Kg of fat, you would fall into category M.

Riferimenti Scientifici

1. Yamamoto M, et al. Curr Osteoporos Rep. 2016; Di Pino A, et al. J Clin Lipidol. 2016 Sep-Oct.
2. Int J cibo Sci Nutr 2016 9 agosto: 1-7
3. Int J Mol Sci. 2016 Agosto; 17 (8): 1217.



PRODUCT CATALOG

Cantucci Bio+

Description

Cappelli ancient durum whole wheat flour with almonds, 100% from Italian organic farming, with the addition of turmeric. This herb boasts particularly high levels of its main active ingredient curcumin, known for its **anti-inflammatory, anti-oxidant and hypoglycaemic effects**. Zeolite, a volcanic mineral which facilitates the expulsion of mycotoxins from the body, and improves intestinal permeability. **Inulin**, a type of fibre which helps to lower blood cholesterol and blood glucose levels. Our biscuits are all baked at **low temperature** using only **organic Italian extra virgin olive oil**, to minimise as much as possible the risk of producing **AGEs**, harmful chemical substances which contribute to degenerative disease processes affecting the human body. **The DNA of ancient durum wheat is certified by independent research laboratories**. The quality certifications for the remainder of the production process are issued by a number of independent bodies (**Bio.inspecta, CCPB, Sidel CAB**), and guarantee the **absence of high levels of mycotoxins or any other type of pollutant found in food, even in organic products**.

Ingredients

40% organic ancient durum wheat flour Cappelli, eggs, brown sugar, almond, extra Virgin olive oil, 4% inulin, orange honey, salt, baking powder: cream of tartar, 0.2% Zeolite, turmeric powder, black pepper

Packaging unit

12 pz.

Dimensions

L 38cm, P 26cm, H 18cm

Weight

2,0 kg



Crackers Bio+

Description

Cappelli ancient grain durum wheat flour, 100% from Italian organic farming, with the addition of a high quantity of organic linseeds, making these crackers particularly rich in omega-3 fatty acids and lignans. Numerous scientific studies have shown the beneficial effects of these two nutrients in reducing conditions such as high cholesterol, inflammatory processes, and high blood pressure. (Nutrients 2016,8(3), 136. The crackers are free from raising agents and hydrogenated fats, containing only organic extra virgin olive oil. The DNA of ancient durum wheat is certified by independent research laboratories. The quality certifications for the entire production process (ICEA, QCertificazioni, Bio.inspecta) guarantee the absence of any artificially induced DNA manipulation of the raw materials, and the absence of high levels of mycotoxins, AGEs, or any other type of pollutant found in food, even in organic products.

Ingredients

48.2% Cappelli ancient grain durum wheat flour, 35% wholemeal ancient grain durum wheat semolina, 8.7% extra virgin olive oil, 6.9% linseeds bio, 0.9% barley malt extract, salt, malted barley flour, natural rosemary flavouring

Packaging unit

12 pz.

Dimensions

L 28 cm, P 26.5 cm, H 32 cm

Weight

4.5 kg



Ancient durum wheat Tagliatelle with chestnut flour

Description

Cappelli Italian durum wheat semolina 100% from Organic Farming and wild chestnut flour from Canton Ticino (Switzerland). The Equilibrium intelligent Food Tagliatelle, are produced with Cappelli durum wheat flour grown in Italy. The low glycemic index of ancient grains and the addition of wild chestnut flour make this pasta unique in its kind thanks to the contribution of nutrients beneficial to the body. The pasta making according to the artisanal method enhances the nutritive characteristics and the genuine taste of the wheat. Produced according to tradition, rigorously bronze-drawn and dried at low temperature to avoid altering the nutritional properties and to minimize the possibility of producing AGEs, harmful chemical substances at the base of the degenerative processes of the human body. The DNA of ancient durum wheat is certified by independent research laboratories. The quality certifications of the supply chain are entrusted to several independent bodies (Bio.inspecta, CCPB, ICEA) and guarantee the absence of high quantities of mycotoxins or any other type of pollutant that can be found in food.

Ingredients

90.9% Cappelli Italian durum wheat semolina, 9.1% wild chestnut flour from Canton Ticino

Packaging unit

20 pz.

Dimensions

L 30 cm, P 30 cm, H 40 cm

Weight

6 kg



Spaghetti Bio+

Description

Cappelli ancient grain durum wheat semolina, 100% from Italian organic farming, with the addition of a type of **turmeric**, particularly high in its main active ingredient curcumin, a herb whose **anti-inflammatory, antioxidant and hypoglycaemic** effects have been demonstrated in over 1000 scientific studies. Our Spaghetti Bio+ are produced exclusively using ancient traditional methods, extruded using a bronze die and dried at low temperature so as not to alter its exceptional nutritional properties, and to minimise as far as possible the production of **AGEs**, harmful chemical substances responsible for degenerative disease processes in humans. **The DNA of ancient durum wheat is certified by independent research laboratories.** The quality of the rest of the supply chain is monitored and certified by several independent bodies (**Bio inspecta, CCPB**) and guarantee **the absence of high quantities of mycotoxins or any other type of pollutant found in food, even in organic products.**

Ingredients

87% Cappelli ancient grain durum wheat semolina, 10% water, 2% organic turmeric, 1% organic black pepper

Packaging unit

12 pz.

Dimensions

L 30 cm, P 20 cm, H 17 cm

Weight

6.5 kg



Linguine Bio+

Description

Cappelli ancient grain durum wheat semolina, 100% from Italian organic farming, with the addition of a type of turmeric, particularly high in its main active ingredient curcumin, a herb whose anti-inflammatory, antioxidant and hypoglycaemic effects have been demonstrated in over 1000 scientific studies. Our Linguine Bio+ are produced exclusively using ancient traditional methods, extruded using a bronze die and dried at low temperature so as not to alter its exceptional nutritional properties, and to minimise as far as possible the production of AGEs, harmful chemical substances responsible for degenerative disease processes in humans. The DNA of ancient durum wheat is certified by independent research laboratories. The quality of the rest of the supply chain is monitored and certified by several independent bodies (Bio inspecta, CCPB) and guarantee the absence of high quantities of mycotoxins or any other type of pollutant found in food, even in organic products.

Ingredients

87% Cappelli ancient grain durum wheat semolina, 10% water, 2% organic turmeric, 1% organic black pepper

Packaging unit

12 pz.

Dimensions

L 30 cm, P 20 cm, H 17 cm

Weight

6.5 kg



Penne Bio+

Description

Cappelli ancient grain durum wheat semolina, 100% from Italian organic farming, with the addition of a type of turmeric, particularly high in its main active ingredient curcumin, a herb whose anti-inflammatory, antioxidant and hypoglycaemic effects have been demonstrated in over 1000 scientific studies. Our Penne Bio+ are produced exclusively using ancient traditional methods, extruded using a bronze die and dried at low temperature so as not to alter its exceptional nutritional properties, and to minimise as far as possible the production of AGEs, harmful chemical substances responsible for degenerative disease processes in humans. The DNA of ancient durum wheat is certified by independent research laboratories. The quality of the rest of the supply chain is monitored and certified by several independent bodies (Bio inspecta, CCPB) and guarantee the absence of high quantities of mycotoxins or any other type of pollutant found in food, even in organic products.

Ingredients

87% Cappelli ancient grain durum wheat semolina, 10% water, 2% organic turmeric, 1% organic black pepper

Packaging unit

20 pz.

Dimensions

L 40 cm, P 27,5 cm, H 44 cm

Weight

11.6 kg



Fusilli Bio+

Description

Cappelli ancient grain durum wheat semolina, 100% from Italian organic farming, with the addition of a type of turmeric, particularly high in its main active ingredient curcumin, a herb whose anti-inflammatory, antioxidant and hypoglycaemic effects have been demonstrated in over 1000 scientific studies. Our Fusilli Bio+ are produced exclusively using ancient traditional methods, extruded using a bronze die and dried at low temperature so as not to alter its exceptional nutritional properties, and to minimise as far as possible the production of AGEs, harmful chemical substances responsible for degenerative disease processes in humans. The DNA of ancient durum wheat is certified by independent research laboratories. The quality of the rest of the supply chain is monitored and certified by several independent bodies (Bio inspecta, CCPB) and guarantee the absence of high quantities of mycotoxins or any other type of pollutant found in food, even in organic products.

Ingredients

87% Cappelli ancient grain durum wheat semolina, 10% water, 2% organic turmeric, 1% organic black pepper

Packaging unit

20 pz.

Dimensions

L 40 cm, P 27.5 cm, H 44 cm

Weight

11.6 kg



Organic Durum Wheat Semolina Bio+

Description	<p>Cappelli ancient grain durum wheat semolina, 100% from Italian organic farming, genetically intact since 1915. A number of recent scientific studies have shown lower inflammation and a reduction in blood cholesterol and glucose levels, as well as a reduction in the symptoms of irritable bowel syndrome following the consumption of these ancient grains for 6/8 weeks. (Eur J Nutr. 2016, Br J Nutr 2014). The DNA of ancient durum wheat is certified by independent research laboratories. The quality of the rest of the supply chain is monitored and certified by several independent bodies (Bio inspecta, CCPB) and guarantee the absence of high quantities of mycotoxins or any other type of pollutant found in food, even in organic products.</p>
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Ingredients	100% Cappelli ancient grain durum wheat semolina, from Italian organic farming
Packaging unit	8 pz.
Dimensions	L 24 cm, P 30 cm, H 21 cm
Weight	6 kg



Organic Durum Whole Wheat Semolina Bio+

Description

Cappelli ancient grain whole durum wheat semolina, 100% from Italian organic farming, genetically intact since 1915. A number of recent scientific studies have shown **lower inflammation and a reduction in blood cholesterol and glucose levels**, as well as a reduction in the symptoms of irritable bowel syndrome following the consumption of these ancient grains for 6/8 weeks. (Eur J Nutr. 2016, Br J Nutr 2014). **The DNA of ancient durum wheat is certified by independent research laboratories.**

The quality of the rest of the supply chain is monitored and certified by several independent bodies (**Bio inspecta, CCPB, ICEA**) and guarantee the **absence of high quantities of mycotoxins or any other type of pollutant found in food, even in organic products.**

Ingredients

100% Organic Durum Whole Wheat Semolina from Italian organic farming

Packaging unit

8 pz.

Dimensions

L 24 cm, P 30 cm, H 21 cm

Weight

6 kg



Chickpea flour Bio+

Description

Chickpea flour, stoneground, 100% from Italian organic farming. The chickpea varieties used to produce flour are generally not the same as those grown to be consumed whole. Varieties from Eastern and overseas countries are normally ground to make chickpea flour, for purely economic reasons. We, however, have decided to **use a premium variety, produced in Italy to be consumed whole, naturally rich in free amino acids, especially arginine.** This particular amino acid has aroused a great deal of interest over the last few years, because it acts as a **substrate for the synthesis of nitric oxide, an important signalling molecule, which helps to maintain vascular homeostasis, preventing high blood pressure, high blood cholesterol and vascular insufficiency, as well as chronic heart and kidney failure** (Front. Physiol. 2016). Reduced levels of arginine in the blood have also been associated with different types of tumours (Clin Sci Lond. 2016) and with necrotizing enterocolitis, a serious disease affecting the digestive system, more frequent in newborns (J Nutr Biochem 2016). The quality certifications for the entire production process (**Bio.inspecta**) **guarantee the absence of any artificially-induced DNA manipulation of the raw materials, and the absence of high levels of mycotoxins, AGEs, or any other type of pollutant found in food, even in organic products**

Ingredients

100% Chickpea flour

Packaging unit

12 pz.

Dimensions

L 24 cm, P 30 cm, H 21 cm

Weight

6 kg



Flaxseeds Bio+

Description

Flaxseeds 100% from Italian organic farming, a specially selected variety rich in **omega-3 fatty acids and lignans (phenolic antioxidants)**, as well as countless other components beneficial for human health, including cinnamic acid, p-coumaric acid, caffeic acid, ferulic acid, pelargonidin, cyanidin, delphinidin, herbacetin, kaempferol, luteolin and apigenin and their glycosides, such as orientin, isoorientin, vitexin, isovitexin, vicenin and lucenin (Muir A., Westcott N. 2003). **Flaxseed (*Linum usitatissimum*) is a plant which grows widely throughout temperate areas, therefore great care must be taken as to its origin.** Varieties such as Linola, for example, are grown in Poland and Northern Europe, and are often used to create transgenic lines. These varieties have a poorer nutritional profile, with a **lower content of alpha-linolenic fatty acid (omega-3), varying from 3% in cultivar such as Linola, to 73% in other varieties less readily available on the market** (M. Lukaszewics et al. J Food Chem. 2004). This often justifies the difference in price between apparently similar seeds. Locally grown foods play an important role in minimising mycotoxin content, because the further the seeds have to travel, the greater the unknown factors regarding transport and storage. We recommend consuming linseeds regularly, and making them a part of the everyday diet, grinding or crushing them just before eating, to prevent oxidation of their polyunsaturated fatty acids. Linseed oil is highly susceptible to oxidation and should be used with care to prevent the formation of potentially cancerogenous substances (BMC Biotechnol. 2015; 15:62), and we recommend using whole linseeds for this reason.



Ingredients

100% Flaxseeds

Packaging unit

12 pz.

Dimensions

L 22 cm, P 14.5 cm, H 32 cm

Weight

6 kg



Extra Virgin Olive Oil Bio+

Description

Extra virgin olive oil with a high phenolic content (>500mg/kg), obtained exclusively from 100% organic Italian olives. With this incredible polyphenol content, the EFSA (European Food Safety Authority) allow to highlight the health benefits of this oil on the product label. These benefits can be obtained from the consumption of just 20 gr. per day, and include anti-inflammatory, antioxidant and hypoglycaemic effects, as well as helping to lower blood pressure and prevent tumours, as described in many scientific studies (J Nutr. 2016; Curr Vasc Pharmacol. 2016; Mol Nutr. Food Res 2016). Qualifying an extra virgin olive oil requires knowledge of its objective parameters, such as polyphenol content at time of bottling, and its subjective parameters, such as flavour. Since polyphenols are heat-sensitive molecules, affected by excessive changes in temperature, **this oil must always be stored at temperatures between 14°C and 21°C, in a cool dry place away from sources of heat and light**, requirements which suggest just how difficult it can be to find a good-quality product in regular stores. Indeed, **polyphenol levels are higher in cold-pressed olive oil**, and in products where the entire process from production to consumer has been designed to ensure maintenance of the correct handling conditions, including temperature-controlled warehouses and means of transport. Our extra virgin olive oil is sold only from April onwards, when temperatures permit correct transportation between place of production and storage warehouses, all rigorously temperature-controlled.

Ingredients

100% organic Italian olives

Packaging unit

6 pz.

Dimensions

L 22 cm, P 14.5 cm, H 32 cm

Weight

6.1 kg



IL VINUM, ancient vine species rich in resveratrol

Description

Monferrato Rosso DOC is a red wine produced using the best grapes from an **ancient species of vine**, one which has enjoyed new-found popularity due to its incredible **resveratrol content (50/60 ml/L)**. Used only by the wealthiest and most illustrious families in the nineteenth century, owning bottles of this wine was a mark of prosperity. Today we would call it a status symbol. It was used as a remedy for many illnesses, a legacy which has prevented it from being considered a wine for celebrations; indeed, recent studies have demonstrated that the greater the phenolic content of a wine, **the greater its ability to prevent illnesses** (Thromb Res 2016). The beneficial effects of red wine, thanks to its high phenol content, have been widely demonstrated in many scientific studies, benefits which include its ability **to increase the antioxidant barrier in the blood in both young and old** (Nutr. J 2007), in those who regularly consume an amount considered to be healthy (**≤ 2 glasses per day**). A number of studies have shown the highest concentration of polyphenols in the blood just 30 minutes after consumption (125ml), followed by a steady decrease for up to 240 minutes, with a noticeable improvement in antioxidant levels. Additional benefits have been demonstrated in a meta-analysis of 25 studies, suggesting that polyphenols positively affect the mechanisms that **slow down aging, help to prevent diseases such as diabetes and tumours, and also reduce the incidence of cardiovascular disease** (Thromb Res Jan 2016; Br J Nutr 2015; Am J Clin Nutr 2015). It has also recently been demonstrated that resveratrol requires all the other polyphenols in order to exert an effective antioxidant action (J Nutr. Health Aging 2016).

Packaging unit

6 pz.

Dimensions

L 31 cm, P 26 cm, H 18.8 cm

Weight

8.5 kg



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