



COTSWOLD
INGREDIENTS
where flavour begins...

Cardamom Pods - Product Specification

PRODUCT INFORMATION	
Product Description	The whole dried pods of the plant Elettaria cardamomum
Product Code	12CAR
Ingredient Declaration	Cardamom Pods
Flavour and Odour	Characteristic of Cardamom, string and aromatic – Slight Eucalyptus aroma
Appearance	A long green capsules like pods
Country of Origin	Guatemala

PRODUCT PROFILE	
Particle Size	5.2mm – 20mm
Extraneous Matter %	<2
Foreign Matter %	<2
Metal Detection (minimum)	Passed through magnets
Moisture %	<12
Volatile Oil %	3 min
Pesticides & Heavy Metals	Meets EU regulations

MICROBIOLOGICAL - MAXIMUM LEVELS ACCEPTED	
E Coli /g	<100
Salmonella /25g	Negative in 25g

NUTRITIONAL INFORMATION / 100G	
Energy kJ	311
Energy kcal	1303
Protein (g)	10.76
Fat (g)	6.7
of which Saturates (g)	0.68
Carbohydrate (g)	68.47
Fibre (g)	28
Sodium (mg)	18
Salt (g)	0.045



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INTOLERANCE AND ALLERGEN INFORMATION	
Please ensure you have read our Allergen Policy statement available here .	
Key: ✓ Indicates where a product is an allergen or where an allergen has intentionally been added to the final product.	
Cereal/Wheat products	
Nut and nut products	
Peanuts and products thereof	
Soybean and products thereof	
Sesame seed and products thereof	
Mustard and products thereof	
Milk and Dairy Products	
Products containing Sulphur dioxide and sulphites >10mg/kg	
Celery and products thereof	
Molluscs (including squid and octopus)	
Seafood and shellfish	
Egg products	
Fish and fish products	
Lupin (ie leguminous plants, lupin flour)	
Colours	
Flavourings	
Preservatives	



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ALLERGEN STATEMENT

Cotswold Ingredients supplies a range of products that are internationally sourced from approved suppliers. Information is gathered from all suppliers to enhance knowledge of the product and supplier handling procedures.

The following products which are or may contain allergens are regularly handled by Cotswold Ingredients and their approved suppliers. Handling procedures are in place to reduce the likelihood of allergens being present, but we cannot guarantee our ingredients are totally free of traces in the products supplied. If in doubt, please email technical@cotswoldingredients.co.uk.

- Cereals containing gluten (wheat, rye, barley, oats, spelt, kamut and their hybrid strains)
- Peanuts
- Soybeans
- Nuts
- Celery
- Mustard
- Milk and dairy products
- Sesame seeds
- Products containing sulphur dioxide and sulphites at concentrations of more than 10mg/kg or 10mg/litre expressed as sulphur dioxide.

ADDITIONAL INFORMATION

Key: ✓ Indicates that the product is suitable or certified. For further details on the specific certifications of each product, please email technical@cotswoldingredients.co.uk.

Vegetarian (Suitable)	✓
Vegan (Suitable)	✓
Organic (Certified)	
Kosher (Suitable)	✓

Storage & shelf life

Shelf Life	Typical shelf life is 2 years.
Storage	Store in cool dry conditions away from direct sunlight
Labelling	Product name, Weight. Batch/lot code. Best before date. Allergen information as applicable



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PESTICIDE STATEMENT

Cotswold Ingredients do not knowingly supply material containing pesticide residues above the legal maximum residue levels (MRL's), Codex recommendation or at a level that could cause a food safety risk under the Food Safety Act. Suppliers risk assess the materials supplied to Cotswold Ingredients and where a pesticide issue is considered a risk the supplier arranges applicable testing and issuing of results before the materials are accepted by Cotswold Ingredients. Where pesticide residues are assessed as 'low risk' the supplier may carry out random testing.

All our Organic products are certified by the Soil Association. EU law defines the minimum standards for organic products that are produced, manufactured, imported into, sold or traded within the EU - in the Organic Regulation. In many areas, the Soil Association's standards are stricter and exceed these EU standards.

HEALTH & SAFETY

A non-hazardous product if used under normal circumstances. Buyers of our products are aware that if our products are used for food use, **goods must be cooked thoroughly before use/consumption**. If you are unsure of the suitability of our product for your specific use, you should not use and seek further information from our technical team technical@cotswoldingredients.co.uk

HEAT TREATMENT

This product has not been heat treated by the manufacturer. Herbs and spices are naturally sourced agricultural products, which may contain naturally high microbiological flora. This product is not sterile. Where low levels of microorganisms are a specific requirement, then customers are advised to use raw materials which have undergone a method of heat treatment to reduce the microbial load. Buyers should seek further information from our technical team by emailing technical@cotswoldingredients.co.uk. Cotswold Ingredients will not accept any responsibility for the incorrect application of products which result in final products being rejected. (See also 'Use in Production' clause below.)

USE IN PRODUCTION

If the goods or any part thereof supplied under the contract are processed, altered or tampered with in any way by the buyer or receiver of the goods or any other person, the quality of the goods shall be deemed to be acceptable to the buyer. All customers' quality control checks are to be completed on the entire load prior to use in production or resale to 3rd parties in original state or as a blend.

TERMS OF SALE

All sales are subject to our terms and conditions. For a copy please email sales@cotswoldingredients.co.uk.



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For internal use only. Please contact technical@cotswoldingredients.co.uk if you require a signed specification.

For and on behalf of Supplier: Cotswold Ingredients.		For and on behalf of Customer
Signature:		
Print Name:	Jess Kenyon-May	
Position:	Technical & Compliance Coordinator	
Company name:	Cotswold Ingredients	
Date:	17/03/2026	