



# Don Salvatore LLC

## Spirit, Wine & Beer Distributor & Manufacturer





# PULQUE: MEXICO'S MYSTERY DRINK







# OUR LINE OF PULQUES



# WHAT IS PULQUE



Pulque is a milk-colored, somewhat [viscous](#) liquid that produces a light foam. It is made by fermenting the [sap](#) of certain types of maguey (agave) plants. In contrast, [mezcal](#) is made from the cooked heart of certain agave plants, while [tequila](#), a variety of mezcal, is made all or mostly from the [blue agave](#). About six varieties of maguey are best used for the production of pulque.<sup>[3][4]</sup> The name *pulque* is derived from [Nahuatl](#). The original name of the drink was *iztāc octli* [\[ˈista:k ˈoktʃi\]](#) (white pulque), the term pulque was probably mistakenly derived by the Spanish from the *octli poliuhqui* [\[ˈoktʃi poˈliwki\]](#), which meant "spoiled pulque".<sup>[7]</sup>

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- The manufacturing process of pulque is complex and requires the death of the maguey plant.<sup>[10]</sup> As the plant nears maturity, the center begins to swell and elongate as the plant gathers stored sugar to send up a single flower stalk, which may reach up to 20 feet in height. However, plants destined for pulque production have this flower stalk cut off, leaving a depressed surface 12-18 inches in diameter. In this center, the maguey sap, known as [aguamiel](#) (honey water), collects.<sup>[11]</sup> It takes a maguey plant 12 years to mature enough to produce the sap for pulque.<sup>[12]</sup>







## Pulque, the most potent probiotic food in history?

- Martin Macouzet, Ph. D. on 04/06/12
- We struggle at developing new probiotic food products because they are never quite as potent as those consumed by Aztecs thousands of years ago.
- Pulque is an ancient sour and viscous drink originally from central Mexico, and is said to be the food product with the highest dose and variety of potential probiotic microorganisms.
- [Applied Microbiology and Biotechnology](#)
- January 2016, Volume 100, [Issue 1](#), pp 385–396 | [Cite as](#)
- Identification of novel anti-inflammatory probiotic strains isolated from pulque





# Pulque Probiotics: Benefits of an Ancient Mexican Beverage

- **“Popular wisdom” always understood and embraced pulque’s nutritional and curative properties. Recently, however, scientific studies carried out at the UNAM confirmed such knowledge by successfully isolating a microorganism that acts as a probiotic and will be used in future medications.**
- Pulque is an alcoholic beverage produced through fermentation of aguamiel, the sap from certain species of maguey. In late 2014, scientists from Mexico’s National University (UNAM) reported successfully isolating a microorganism within pulque, which has probiotic effects in the body. In other words, it can prevent bacteria from developing in the intestine and strengthens the immune system of people who drink it.
- The name of this "beneficent bug" is *Leuconostoc mesenteroides* P45, considered a lactic acid capable of inhibiting the proliferation of harmful microorganisms in the body.
- To identify it, Mexican scientists first carried out studies on several of Mexico’s traditional fermented beverages, detecting the benefits of the bacteria. They reconstructed their genetic sequens in order to isolate the probiotic and learn details about its structure.
- The second step after this discovery will be the implementation of the microorganism in gastrointestinal medications and treatments.
- All those grandparents and ancestors who claimed that pulque had curative properties were not so wrong, after all.







# Nearly a Steak! Properties of Pulque

- There are claims that pulque is the next best thing to meat. Actually, the agave and its aguamiel have a high nutritional value.
- Every 100 grams contains:
  - 1.99 mg of protein
  - 4.60 mg of vitamin C
  - 0.29 mg of vitamin B2
  - Also, a high content of amino acids, enzymes and minerals.
- Pulque is also a natural diuretic and is used to treat gastrointestinal ailments. Specifically, it helps in the treatment of ulcers and gastritis, due to the lactobacilli it contains and because it repairs intestinal flora.
- In pre-Hispanic cultures, the drink was given to women before giving birth to relieve their pains, and some Mazahua from Mexico State drink it when breastfeeding, to produce better milk.



# PULQUE FOR INSOMNIA



- Nutritional analysis of pulque shows that it is high in thiamin, riboflavin, niacin, pantothenic acid and minerals like iron and phosphorus. In addition, pulque is a source of beneficial probiotics which makes it good for the digestive system. Perhaps the best health benefit of pulque, however, is its rich source of melatonin.
- Due to its alcohol content, which is less than beer, and its melatonin content, pulque can help induce relaxation in preparation for sleep.







# PULQUE VS WINE BEER & SPIRITS

- Wine, Beer and Spirits make you happy, but the truth is that they do not have health benefits.
- Pulque makes you happier and healthier, and the truth is that has many health benefits



VS





# 10 AMAZING BENEFITS OF PULQUE

- 1) Pulque is effective in the treatment of gastro duodenal ulcers, gastritis and esophagitis because it has lactobacilli that repair the gastrointestinal mucosa and flora.
- 2) Mazahua indigenous women who breastfeed their children usually drink it to produce more and better milk.
- 3) Pulque has a high content of minerals, amino acids, enzymes, vitamins C and complex B. Hence the saying "You only need one degree to be meat!"
- 4) Pulque is used to quench thirst.
- 5) Pulque is diuretic.
- 6) Pulque can aid in the treatment of gastrointestinal disorders, loss of appetite, weakness and certain kidney diseases.
- 7) The ancient Indians used to mix some medicines with pulque.
- 8) Pulque is a probiotic.
- 9) Microorganisms that inhibit the growth of intestinal pathogenic bacteria have been found in this beverage, which prevents the development of stomach infections.
- 10) The possibility that pulque helps to reduce LDL or bad cholesterol is currently being studied, since it contains an enzyme that helps to break down bile salts.







## BENEFITS

### Probiotics

High content of minerals, amino acids, enzymes

vitamins C and complex B

Diuretic

Prevents the development of stomach infections

Rich source of melatonin treat Insomnia

Reduce LDL or bad cholesterol

Treatment of gastro duodenal ulcers, gastritis and esophagitis

Repair the gastrointestinal mucosa and flora

Women usually drink it to produce more and better milk

Aphrodisiac

Tastes delicious

PULQUE

BEER

WINE

SPIRITS

Yes

No

No

No

Yes

No

No

No

Yes

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Yes

No

No

No

Yes

No

No

No

Yes

No

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Yes

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Yes

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Yes

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Yes

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Yes

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Yes

Yes

Yes

Yes





## BENEFITS

Natural Fermentation

100% Natural

Prevents the development of stomach infections

Gets you drunk

PULQUE

BEER

WINE

SPIRITS

Yes

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?

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Yes

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?

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Yes

No

No

No

Yes

Yes

Yes

Yes







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