

Recommendations for use

Chia seeds

When mixing with water the seeds are transformed into the gel (it is kept in a refrigerator for 6 days) that can be added to various products: confectionery products, muesli, cereals, smoothies, energy drinks, veggie burgers ... It is a perfect substitution for eggs in your dishes. Good flavor, gluten and GMO free.



Mulberry



Fragile mulberry is a perfect fit for pastries, cakes, tarts, confectionery crumbs, muesli, as well as dessert cream, mousse and home baked granola bars. It is an indispensable and natural product for sports breaks or kid-friendly brunches.

Cranberry

Dried cranberry is a conventional and favorable treat. It can be added to trail mixes, bread dough, muffins, desserts, sauces and salads. You can add dried cranberries to breakfast cereals, both hot and cold.



Mezereon (Lycium)



It is used with breakfast cereals, in cooking, baking and herbal infusions. Lycium is often used as a component of our diet. It is recommended to use at least 10 weeks to achieve a positive effect. It is required to repeat the course several times a year.

Physalis peruviana (Cape gooseberry)

Like cranberries, physalis can be added to various foods: a slightly acid flavor makes it a natural fruit ingredient for sour-sweet and exotic dishes. It can be used as a natural product or as a liqueur, if it is poured with hot boiled water.



Energy mix



It is used with breakfast cereals, in cooking, baking and herbal infusions. Lycium is often used as a component of our diet. It is recommended to use at least 10 weeks to achieve a positive effect. It is required to repeat the course several times a year.



Why are they called "superfood products"?

Superfood products are beneficial to health: they can be distinguished with a high content of phytonutrients and have properties that protect an immune system. Thanks to their nutritional qualities they can prevent illness and help your body to fight against signs of aging.

Grown in distant countries with a harsh climate, these plants have developed incredible properties in order to survive (high content of antioxidants, minerals, vitamins, amino acids etc.) thus adapting to severe climatic conditions.

In contrast to modified food, they contribute to a healthy and balanced diet enabling you to enjoy the flavor of natural fruit.

Despite the fact that these food products are well digested you should remember about their great nutritional value during the daily use. That's why you should observe the recommended daily intake and try to eat the food products in the morning or during the day.



Superfood Products

Nutrition – Safeguard – Health



Nutritional Wealth
for Everyday Pleasure





White mulberry contains a large amount of vitamin C, fiber, iron and proteins. It is used to fight fatigue.

It contains anthocyanins, a group of antioxidants known for their anti-inflammatory properties, as well as resveratrol, an antioxidant that is also found in peanuts and red wine.

Calories:	Proteins:	Carbohydrates:	Cholesterol:	Fibers:	Fats:	Sodium:	are in 100 g of the product.
320k	10g	73,5g	0g	10,5g	<1g	0mg	

Recommended daily intake: a handful per day

Mulberry



It is traditionally grown and used in Tibet thanks to its healing properties. Among other advantages, these berries are famous for their properties that enable to strengthen the immune system, to improve the eyesight and cerebation, as well as to protect the liver. They contain 21 microelements and 18 amino acids (6 times greater than in pollen), which are required for the body. They are contraindicative during treatment with anticoagulants.

Calories:	Proteins:	Carbohydrates:	Cholesterol:	Fibers:	Fats:	Sodium:	are in 30 g of the product.
100k	4g	21g	0mg	3g	0g	75mg	

Recommended daily intake: 25 g per day (in case of regular intake) and half of a daily intake within the first 10 days.

Mezereon (Lycium)



It is a perfect protection containing antioxidants and phytonutrients to strengthen the body. Cranberries contain proanthocyanidins that prevent frequent attacks of cystitis by preventing bacteria (e.g., Escherichia coli) to deposit on the bladder walls. These anti-glue properties can inhibit the growth of the bacteria that cause periodontal diseases and stomach ulcers.

Calories:	Proteins:	Carbohydrates:	Cholesterol:	Fibers:	Fats:	Sodium:	are in 100 g of the product.
329k	0,23g	82,1g	<1mg	5,7g	<0,25g	6mg	

Recommended daily intake: handful per day. Gourmands will highly appreciate its slightly acid flavor.

Cranberry

Chia seeds

Chia seeds, traditionally grown and used by the Incas, are a unique source of Omega-3, vital fatty acids that can protect our bodies against inflammation, such as arthritis or cardiac disease. The seeds also act as a glycemia regulator: they contain large amounts of soluble fiber and thereby reduce the rate, at which our body converts carbohydrates into regular sugar. It is an indispensable component for weight loss: the seeds suppress appetite, their slimy content provides for the rapid satiation and has a beneficial effect on the digestive system.

Calories:	Proteins:	Carbohydrates:	Cholesterol:	Fibers:	Fats:	are in 100 g of the product.
524k	20g	37g	0mg	33g	31g	

Recommended daily intake: 2 tablespoons per day



Energy mix

It is an extremely healthy mix, 100% biobased product (Physalis - Chia seeds - Cranberries - White mulberries). Being hand-selected and thanks to its nutritional properties, this Energy mix is an indispensable product in any circumstances. The well balanced taste of four fruits will favor with a delightfully sweet feeling accompanied by a slightly acid flavor. The mix is adorable by athletes during diet and endurance training. It is your daily trump in diseases prevention ... and moreover a sweet delicacy!

Calories:	Proteins:	Carbohydrates:	Cholesterol:	Fibers:	Fats:	are in 100 g of the product.
226k	3,41g	50,8g	0g	5,6g	1,45g	

Recommended daily intake: handful per day



Physalis

Physalis is notable for complex nutritional properties. It contains a large amount of phosphorus, vitamins A, C, B1, B2, B6 and B12, as well as lots of nutritional fiber and pectin. In addition, it contains a large amount of proteins, 16% per each fruit.

It is known for lots of carotene and bioflavonoid (vitamin P), substances that according to the studies have good anti-inflammatory properties with an antioxidant effect. Thanks to a large amount of potassium and fiber this fruit has diuretic and cleansing properties.

Calories:	Proteins:	Carbohydrates:	Cholesterol:	Fibers:	Fats:	Sodium:	are in 100 g of the product.
280k	7g	59,5g	0g	10,5g	0g	88mg	

Recommended daily intake: dozens of berries per day

