

100%

JUICE FROM FRESH APPLES AND SEA BUCKTHORN



**APPLE
SEA BUCKTHORN**

Sea buckthorn is one of the most nutritious plants in the world. Chemical analyzes have confirmed that it is the best (so far known) single source of a natural grouping of more than 190 substances. These include 10 different vitamins, 18 amino acids, 24 minerals and trace elements.

It contains up to 10 times more vitamin C than citrus fruits. 100g of sea buckthorn contains up to 400% of the daily dose. Whether as a preventive measure or as an aid to various health problems, these are the main advantages of this plant.

Effects:

- Strongly supports immunity - vitamins C, A, E and B group in cooperation with organic acids significantly help the immune system to stay in good shape. They protect the body against flu, tonsillitis, and other viruses and bacteria... they accelerate healing.
- Protects cells from free radicals that have a negative effect on the body.
- Acts as a prevention against cancer and cardiovascular diseases.
- Has antiseptic effects, helps the body fight microorganisms and bacteria.
- Detoxifies the body not only thanks to its fiber content, which helps to "cleanse" the digestive tract, but also helps the body to get rid of waste products, for example by supporting liver function.
- Promotes the release of mucus and coughing.
- Helps the body fight high cholesterol, which is currently a modern "scourge" of humanity, supports the patency of blood vessels and improves their strength and elasticity.
- Supports the nervous system.
- Improves memory, concentration and relaxes the body in times of stress and exhaustion.
- Supports digestion and improves regular bowel movements.
- Supports liver function.
- Thanks to the content of all B vitamins, it improves the condition of the skin and the appearance of hair.
- Palmitoleic acid helps to improve the condition of cardiovascular and cerebrovascular diseases.

100 grams of sea buckthorn contains:

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| - Vitamin C 304 mg | - Vitamin A 25 mg | - Vitamin E 133 mg |
| - Vitamin K 12,9 mg | - Carotenoid 324 mg | - Linoleic acid 17,8 mg |
| - B vitamins (B1 - 0,5 mg, B2 - 0,13 mg, B6 - 0,54 mg) | | |
| - Essential oils 8,4 g | | |

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