

puraśana
your natural protection

SUPER FOOD

Superfood, Superfood Mix,
Super Mix, Superfruit,
Super Sweet & Super Flavor





Discover the full range of
Purasana superfoods.
Index of all references at
the back of the booklet.

WHAT IS SUPERFOOD?

Purasana organic superfood / raw food are unprocessed, pure foodstuffs from grains, plants, algae, seeds, berries, fruits, vegetables, etc. They are free from pesticides, chemicals, colorants, flavourings, preservatives or any other synthetic or unnatural additives.

They are naturally rich in essential nutrients and phytonutrients such as nutritional fibre, fatty acids (omega 3/6/9), proteins, vitamins, minerals, amino acids, enzymes, antioxidants, chlorophyll, etc.

RAW FOOD?

Raw food is food that is heated at temperatures not exceeding our own body temperature (max. 40°C). That way all the vital and essential elements remain intact – 'life' is retained in the food – and they can be absorbed by your body optimally. Super food / raw food = receiving and radiating life force.

WHY EAT SUPERFOOD?

The unilateral use of agricultural land, artificial fertilizers and all kinds of other factors significantly reduce the nutritional value of many crops with regard to the essential nutrients and phytonutrients. Consuming as much unprocessed food as possible and eating a varied diet is recommended to provide your body with the nutrients it requires. Superfood is a perfectly natural way to replenish these nutrients. That is why superfood is increasing in popularity and why more people are eating them every day.

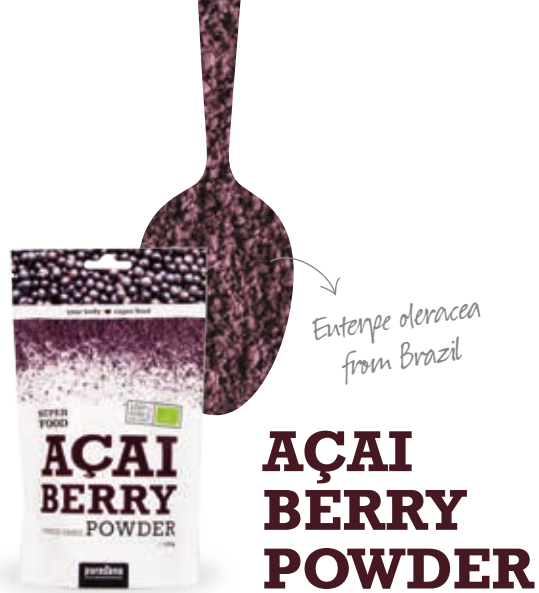
HOW TO USE SUPERFOOD?

There are plenty of possibilities to use superfoods. Generally you can mix 2 or 3 teaspoons of superfoods or superfoods mixes to 250 - 300 ml of smoothies, shakes, milk (vegetable), fruit juices or you can add these to your yoghurts, breakfast cereals or desserts. You can also combine several superfoods. Be inventive and don't hesitate to experiment by adding superfoods to your dishes and recipes.

SUPER FOOD

The Purasana superfood range is very wide, everyone will find the product or products he or she wants to taste or test in recipes. Each one of them is a full quality product and provides vital nutrients beneficial to your health.





AÇAÍ BERRY POWDER

Highly concentrated: 20kg fruit for 1kg powder.

The açai berries, resembling to raisins, grow along the banks of the Amazon river, on palm trees that get their strength from the rich soil of the tropical rainforest. When ripe, the berries, which are rich in nutrients, are ground to make a dark purple powder. This berry is considered one of the most nutritious fruits in the world and naturally contains numerous nutrients and phytonutrients. People in Brazil and Suriname have been eating the fruit for years, mainly as pulp. The hard berries are soaked. The entire fruit, including the skin, is then ground to a pulp and eaten cold. Purasana açai berry powder is obtained by freeze-drying to retain optimal nutritional value.

Rich in vitamin E, B1, B2, fibres and antioxidants.
Also contains potassium, calcium, magnesium, proteins and omega fatty acids.

- Properties**
- Good antioxidant (high ORAC value)
 - Increases immunity

2-3 tsp
250-300 ml



Be inventive and don't hesitate to experiment by adding superfoods to your dishes and recipes. A spoonful of powder can add an extra touch to your desserts and other dishes.



BAOBAB POWDER

The baobab tree is widespread in the savanna and drier areas of Africa and is also known as the monkey-bread tree. The tree grows to a height of 20 metres and has a particularly large trunk circumference (the diameter of the African baobab can go up to 11 metres, with a circumference of up to 34 metres) and has long been a major source of human nutrition. The fruit is harvested with minimum impact on the environment. Once harvested, the hard outer shell is broken open and the contents scooped out. Purasana baobab powder is made from these rich fruits. Baobab is known for its high level of vitamin C and fibres.

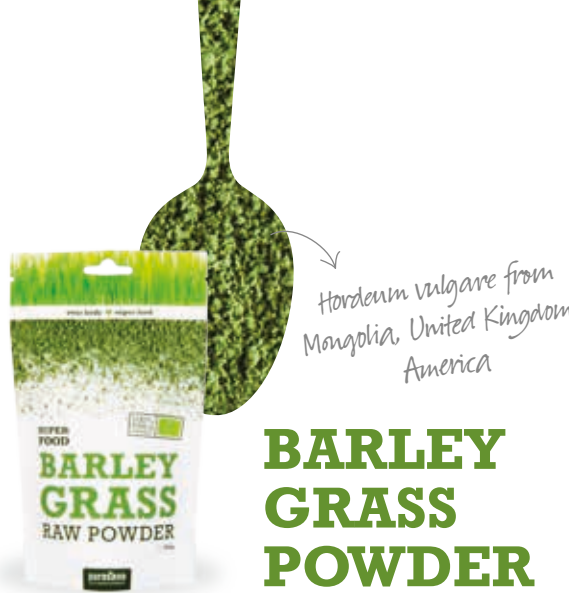
Rich in vitamin C, calcium, potassium, magnesium, fibres.
Also contains proteins.

- Properties**
- Highly nutritious, including for children
 - Produces a satisfied feeling quickly
 - Often used as part of a low-calorie diet
 - Nutritional supplement for sports
 - Is gaining popularity

2-3 tsp
250-300 ml



Be inventive and don't hesitate to experiment. Purasana organic Baobab powder is also delicious processed into cake mixture, bread, pancakes and other dishes.



BARLEY GRASS POWDER

Barley grass powder is made from young, fresh, barley grass and is brimming with vital substances. Barley grass powder is naturally exceptionally rich in nutrients and phytonutrients. It is one of the most effective means of balancing the pH value of your body. 100% purely organic powder, free of additives. The barley grass is dried and processed as soon as it is harvested.

Rich in fibres, potassium, folic acid, calcium and vitamins B1 and B5.
Also contains chlorophyll and beta-carotene.

- Properties**
- Strong detoxicant (chlorophyll)
 - Balances pH value in the body thanks to
 - better enzyme action
 - better metabolism
 - better nutrient absorption
 - Increased energy level

2-3 tsp
250-300 ml



To mask the strong taste of barley grass, you can add a small, levelled teaspoon of lucuma powder or agave powder as a sweetener.



BEET-ROOT POWDER

Beetroots have been grown as vegetables in all climates for many millennia. Purasana beetroot powder is made of the juice of ripe beetroots made into powder using a unique production process. Beetroot is highly nutritious, contains a lot of fibre and is rich in vitamin A, B and C, potassium, magnesium and iron. Purasana beetroot powder can be eaten by everyone who wishes to experience its healthy properties and is also very popular among endurance sports enthusiasts.

Rich in vitamin A, vitamin B, vitamin C, potassium, magnesium and iron.
Also contains fibres, proteins and enzymes.

- Properties**
- Improves stamina
 - Promotes the breakdown of hydrocarbons, fats and proteins, giving you more energy.

2-3 tsp
250-300 ml



Sports enthusiasts can use up to 35g per day.
Note: Beetroot can colour your urine pink; this is quite normal.



CACAO POWDER CACAO NIBS CACAO BEANS

Purasana organic cocoa beans are the seed of the Theobroma cacao, a small evergreen tree that grows in tropical climates. The first cocoa beans on European soil came from Mexico. The recipe for cocoa drink was kept secret for over a hundred years. Cocoa is naturally exceptionally rich in nutrients and phytonutrients. Cocoa was undervalued for many years owing to the fat and sugar contained in processed cocoa (chocolate). Cocoa flavonols help maintain endothelium-dependent vasodilation, contributing to a healthy circulation. This effect is obtained with a daily intake of 200 mg of cocoa flavonols.

Rich in iron, potassium, calcium, phosphorus, magnesium, zinc and copper.

Also contains proteins.

Properties

- High antioxidant content (more than red wine, blueberries, açai berries, pomegranate and goji berries together)
- Gives a natural feeling of well-being
- Low glycaemic index (6-10%) and very high ORAC value

CACAO BEANS

From fermented and sun-dried beans. The cocoa bean determines the flavour of chocolate. There are many different types of bean, each with their own flavour. Easy to peel, simply by rubbing them through your hands. Cocoa beans (peeled or crushed) are ideal to use in various chocolate preparations or breakfast cereals; even eaten just as they are, these Purasana cocoa beans taste delicious.

CACAO NIBS

Cocoa nibs are small pieces of pure, raw cocoa without sugar or flavour enhancers. These cocoa nibs are obtained simply by coarsely grinding fermented and sun-dried cocoa beans. You can add the cocoa nibs to your breakfast, yoghurt, ice cream or desserts, or use them as a topping on pastries, for instance.

CACAO POWDER

Cocoa powder is made from cocoa beans using a traditional process. This powder is pure and free of sugars and flavour enhancers.

2-3 tsp
250-300 ml



In the morning, a spoonful of cacao powder with a teaspoon of Purasana coconut sugar in a glass of (vegetable) milk, fruit juice or water ensures that you start the day bursting with energy.



CAMU CAMU POWDER

Camu camu berries are purplish-red berries from the Myrciaria dubia tree. This tree grows near water in the Amazon and naturally contains many nutrients and phytonutrients.

Rich in vitamin C.

Also contains proteins.

Properties

- Protects and boosts resistance and immunity

2-3 tsp
250-300 ml



Distinct, pronounced, sharply sour flavour (lemon), rather dry, woody, slightly exotic with sweet background flavours, ideal for intensifying other flavours. Maximum 2 to 3g per day.



CHIA SEEDS

Chia (Salvia hispanica) is a plant that grows in South America. The seed has been an important foodstuff for centuries. Chia seeds naturally provide many nutrients in optimal proportions. Purasana chia seeds are unprocessed and free of additives.

Rich in omega-3, fibres, calcium, phosphorus, manganese, copper and vitamins B1, B3 and E.

Also contains proteins.

Properties

- Improves digestion
- Gives energy
- Has a good omega 3/6 ratio
- Produces a lasting satisfied feeling

2-3 tsp
250-300 ml



Be inventive and don't hesitate to experiment by adding superfoods to your dishes and recipes. Eat a maximum of 15g per day.



CHLORELLA POWDER

Chlorella is a genus of a single-cell green alga belonging to the green algae family. It is a fresh water alga, spherical in shape with a diameter of 2-10 micrometres. The name chlorella is taken from the Greek 'chloros', meaning green, and the Latin suffix 'ella', meaning small. It grows in large quantities in south-east Asia, turning rivers and lakes there green. Chlorella is one of the most valuable food sources in the world. It naturally contains a wide range of nutrients and phytonutrients. Chlorella contains the highest content of chlorophyll of any plant on earth. A minimum intake of 3g chlorella per day can reinforce vitality and help eliminate heavy metals from the body.

Rich in fibres, phosphorus, copper, manganese, iron, selenium and vitamins B1, B2, B3, B6, B9 and K.
Also contains carbohydrates, proteins, folic acid, chlorophyll.

- Properties**
- Highest chlorophyll content of any plant
 - Replacement for vitamin preparations
 - Powerful detoxicant

2-3 tsp
250-300 ml



Chlorella powder has a fairly pronounced and powerful taste, delicious when added to vegetable smoothies or vegetable juice. The ideal daily dose is 2.5 g to 5 g.



GREEN MIX POWDER

A mix of chlorella powder, spirulina powder, wheatgrass powder and barley grass powder. It is a source of many nutrients and phytonutrients which can be easily absorbed by the body. It is a natural and very complete food, free of synthetic additives, allowing the body to make maximum use of the advantages of this green powder.

Rich in folic acid, selenium, iron, all B vitamins, potassium, calcium, zinc, copper, manganese, chromium, phosphorus and chlorophyll.
Also contains beta-carotene.

- Properties**
- Powerful detoxicant
 - Alkalising
 - Gives strength and energy
 - Boosts the immune system
 - A must for all sports enthusiasts

2-3 tsp
250-300 ml



Be inventive and don't hesitate to experiment by adding superfoods to your dishes and recipes.



GUARANA POWDER

Paullinia cupana is a climbing plant that grows in the Amazon basin. Purasana guarana powder is the ground seed of this fruit. Guaranine is the same as caffeine and is found naturally in the seed. The biggest difference between caffeine and guaranine is that guaranine is absorbed far more slowly by the body. The effects are therefore felt for far longer and more evenly.

Rich in fibres.
Source of proteins.
Also contains caffeine.

- Properties**
- Improves performance: mental (memory) and physical
 - Boosts energy and endurance

1 tsp
250-300 ml



Guarana powder is also recommended as an ingredient in pastries or can be added in small quantities to various cocktails containing vodka or pineapple, for instance.



HEMP PROTEIN POWDER

Hemp protein powder is a vegetable source of proteins from one of the most versatile, useful plants in the world. It is naturally rich in proteins and fibres, as well as being a source of vitamins and phytonutrients. Hemp protein powder is an excellent vegetarian alternative for sports enthusiasts and athletes wishing to stay fit. Its essential fatty acids are necessary for the growth and development of children. The unique grinding process produces an excellent powder without additives or chemical processing.

Rich in fibres, proteins, iron, magnesium, phosphorus, potassium and omega-3.
Source of calcium.
Also contains vitamins B1, B2, B3, B6 and E.

- Properties**
- Source of vegetable proteins
 - Healthy alternative to meat and fish
 - Ideal for vegetarians and sports enthusiasts

2-3 tsp
250-300 ml



Delicious as a tasty addition to various salads. Be inventive and don't hesitate to experiment by adding superfoods to your dishes and recipes.



HULLED HEMP SEED

Peeled hemp seed is the white core, the 'flesh', of the hemp seed from which the peel has been removed. Peeled hemp seed is naturally rich in proteins and fibres, as well as being a source of vitamins, mineral, phytonutrients and omega-3. Its essential fatty acids are necessary for the growth and development of children.

Rich in fibres, proteins, iron, magnesium, phosphorus, potassium and omega-3.
Source of calcium.
Also contains vitamins B1, B2, B3, B6 and E.

Properties

- Source of vegetable proteins
- Healthy alternative to meat and fish
- Ideal for vegetarians and sports enthusiasts

2-3 tsp
250-300 ml



Be inventive and don't hesitate to experiment by adding superfoods to your dishes and recipes.



LUCUMA POWDER

Lucuma powder is obtained from the dried and ground fruit of the lucuma tree (Pouteria lucuma) that thrives in the Andes. This fruit is known as 'Gold of the Incas'. It is a perfect alternative for other sweeteners and has a low glycaemic index and a delicious taste. It naturally contains sugars, B vitamins, minerals and phytonutrients. Purasana lucuma powder comes from fruits dried at a low temperature and does not undergo any chemical treatment.

Contains vitamins B1, B2 and B9, phosphorus, proteins and fibres.

Properties

- Rich in slow carbohydrates = fuel for the body
- Naturally sweet taste
- No unnecessary, fattening sugars
- Low glycaemic index
- Boosts immune system
- Used for children's food in Peru instead of potatoes

2-3 tsp
250-300 ml



Lucuma is soft and slightly sweet in a pleasant way, with indefinable, heavenly aftertastes such as hints of maple and sweet potato. You can take 3 g to 25 g of this superfood per day.



MACA POWDER

Maca is a small tuberous plant that has been cultivated for centuries by the native population of the Andes. Maca only grows at an altitude of 3500 – 4000 metres above sea level. The roots are sun-dried and then ground. Purasana maca powder is naturally rich in calcium and iron. With a minimum intake of 1.5 to 3 g per day, maca can reinforce physical and intellectual performance as well as being a source of energy and increasing the libido.

Rich in calcium and iron.
Also contains proteins.

Properties

- Enhances physical and intellectual performance
- Gives more energy
- Increases libido

2-3 tsp
250-300 ml



Maca has a slightly malty flavour with hints of sweetness. This superfood is a good emulsifier and is safe for long-term use. In addition, maca has a warming effect in cold weather. You can use 10 g to 20 g per day.



SPIRULINA POWDER

Spirulina is a blue-green salt-water alga with a preference for an alkaline environment. It naturally contains more essential nutrients and phytonutrients than any other foodstuff available. Moreover, the vitamins and minerals found in spirulina are easily absorbed by the body. With a minimum daily intake of 600 to 900mg, spirulina can provide support during slimming plans and diets.

Rich in proteins, phosphorus, magnesium, iron, potassium, zinc and vitamins B1, B2, B3, B6 and K.
Source of calcium, copper, chromium, selenium, chlorophyll, beta-carotene and zeaxanthin.

Properties

- Spirulina powder is a green vacuum cleaner
- Powerful detoxicant
- Alternative for multivitamin preparations
- Boosts resistance

1 tsp
250-300 ml



The taste lies between ordinary vegetables and edible seaweed, but is softer than that of chlorella. This superfood can easily be combined with vegetables. You can use 2.5 g to 5 g per day.



WHEAT-GRASS POWDER

Wheatgrass is harvested when the plants are still young; during the growth phase, they have a unique composition containing everything that our body needs to keep functioning in peak condition. Purasana wheatgrass is organically cultivated in the open air, where the combination of natural sunlight and rich soil promotes the absorption of nutrients in the young, growing grasses.

Rich in folic acid, calcium, potassium, iron, vitamins B1 and B5, proteins and fibres.
Source of chlorophyll and beta-carotene.

- Properties**
- Detoxicant (chlorophyll)
 - Good for digestion
 - Meets the daily green vegetables requirement (3.5g = full portion of organic greens)
 - Does not contain gluten
 - Ideal to overcome deficiencies

2-3 tsp
250-300 ml



At first, wheatgrass tastes fairly soft and round, neutral and very typical. Wheatgrass can also be sprinkled over dishes.



GOJI BERRY POWDER

Goji berries have been used in Asian herbal medicine for over 3,000 years. These juicy, orange-red berries grow on a bush that originated in Asia. Purasana goji berry powder is a freeze-dried powder with a pronounced, bitter-sweet taste, just like the fresh berries. Goji berries naturally contain essential vitamins and are brimming with carotenoids.

Rich in vitamin A, C, B1, B2, B6 and carotene.

- Properties**
- Contains various vitamins and amino acids
 - Adds a lovely colour to dishes

2-3 tsp
250-300 ml



Be inventive and don't hesitate to experiment by adding superfoods to your dishes and recipes.



QUINOA INSTANT POWDER

Quinoa is a tasty, nutritious seed from a plant that has been cultivated in South America for thousands of years. Quinoa is a complete protein, which means that it has all the essential amino acids. Quinoa has high protein digestibility; its protein source is considered equal to that of milk. Compared to cereals, quinoa is 'light': quinoa is gluten-free and easily digestible and has a low glycaemic index and a delightful flavour. It makes you feel full thanks to the presence of fibres and proteins.

Rich in vitamin B1, phosphorus, magnesium, iron, copper, manganese.
Source of calcium and amino acids.

- Properties**
- Contains many nutrients and all essential amino acids
 - Source of complete proteins
 - Ideal for vegans and vegetarians

2-3 tsp
250-300 ml



Purasana quinoa instant has a mild flavour and dissolves easily in liquids.



BEE POLLEN (POWDER)

Bee pollen are pollen collected by bees that mix the microscopic grains with their bee nectar out of which small balls - pollen - appear. Maximum 50% of the pollen is being collected at the entrance of the hive, ensuring that there is still enough remaining for the bee population itself. Purasana pollen are among the purest and highest quality pollen due to the abundance of wild flowers in the Spanish or Romanian fields. Bee pollen contain antioxidants and essential amino acids, in addition, they are rich in B-vitamins. Bee pollen promote vitality and our natural defense mechanism and support immunity.

Rich in vitamins B1, B2, B9 and E
Source of vitamin C, copper, selenium, phosphorus, calcium, potassium and zinc.

- Properties**
- Strengthens the vitality and the natural defenses
 - Contains antioxidants and essential amino acids
 - Ideal for recovery after illness

2-3 tsp
250-300 ml



You can also combine several superfoods in your dishes or recipes. Bee pollen should not be cooked.

SUPERFOOD MIX

Purasana designed some superfood mixes that offer a high nutritional value and a great taste.



QUINOA INSTANT & CACAO

Quinoa is a seed similar to cereals, with a complete protein profile, which means that it contains all essential amino acids and has a high protein digestibility. This protein source is similar to that of milk. Compared to cereals, quinoa is 'light': quinoa is gluten-free and easily digestible and has a low glycaemic index and a delightful flavour. Adding organic cocoa and organic lucuma powder increases the nutritional value and creates a pleasant flavour.

Rich in potassium, phosphorus, magnesium, iron, copper, manganese.

Source of vitamin B1, calcium and amino acids.

Properties

- Various use
- Suitable for young and old
- Ideal for vegans and vegetarians

2-3 tsp
250-300 ml



Be inventive and don't hesitate to experiment by adding superfoods to your dishes and recipes.



MACA & CACAO

By adding cocoa and lucuma to maca, the less agreeable flavour of maca is neutralised. That way you can benefit from the nutritional properties of this heavenly mix to the full. Maca can reinforce physical and intellectual performance; it is a source of energy and increases the libido. Purasana maca is gelatinised. This means that the starch chains have been broken so that the maca can be absorbed more easily. Cocoa is rich in potassium, phosphorus, magnesium, calcium, zinc and copper. Lucuma supports the effect of maca as a source of energy and has a pleasant, sweet taste.

Rich in vitamin C, iron and copper.

Source of potassium, calcium, phosphorus and magnesium.

Properties

- Gives more energy
- High antioxidant content
- Ideal for sports enthusiasts

2-3 tsp
250-300 ml



Be inventive and don't hesitate to experiment by adding superfoods to your dishes and recipes.

SUPER MIX

All the goodness of Purasana Superfood powders, a tremendous source of nutrition in an easy-to-use form. Pure and organic powders in a clever mix without any additives. Each mix has its own, specific application. You can choose what you and your body need.





BREAK-FAST MIX

Maca, lucuma, spirulina, açai berries, hemp seeds and cocoa powder.

Purasana organic Superfood Breakfast mix contains no fewer than six unprocessed nutrients that are free of pesticides, chemicals, fillers, colouring agents, flavourings, preservatives or any other synthetic or artificial additive. It has a naturally high content of essential nutrients and phytonutrients, making it a real superfood. This Superfood Breakfast mix is a boon for body and mind, and does not burden the body with bad fats, sugars, toxins, etc.; it is the ideal support for a healthy, active lifestyle.

Rich in vitamin K, B1, B2, B3, potassium, phosphorus, magnesium, iron, zinc, copper, manganese and selenium.
Source of vitamin E, folic acid and calcium.
Also contains chlorophyll, beta-carotene and zeaxanthin.

2-3 tsp
250-300 ml



Be inventive and don't hesitate to experiment by adding superfoods to your dishes and recipes.



HIGH FIBER MIX

Wheatgrass, lucuma, cocoa powder, barley grass.

Purasana organic Superfood High Fibre mix contains no fewer than four unprocessed nutrients that are free of pesticides, chemicals, fillers, colouring agents, flavourings, preservatives or any other synthetic or artificial additive. It has a naturally high content of essential nutrients and phytonutrients, making it a real superfood. This Superfood High Fibre mix is a boon for body and mind, and does not burden the body with bad fats, sugars, toxins, etc.; it is the ideal support for a healthy, active lifestyle.

Rich in fibres, folic acid, potassium, calcium, iron and copper.
Source of vitamin B1, B5, phosphorus and magnesium.

2-3 tsp
250-300 ml



Be inventive and don't hesitate to experiment by adding superfoods to your dishes and recipes.



SLIMMING MIX

Spirulina, guarana, hemp seed, lucuma and chlorella.

Purasana organic Superfood Slimming mix contains no fewer than five unprocessed nutrients that are free of pesticides, chemicals, fillers, colouring agents, flavourings, preservatives or any other synthetic or artificial additive. It has a naturally high content of essential nutrients and phytonutrients, making it a real superfood. This Superfood Slimming mix is a boon for body and mind, and does not burden the body with bad fats, sugars, toxins, etc.; it is the ideal support for a healthy, active lifestyle. Purasana Slimming mix contains spirulina and is rich in omega-3, vitamins and minerals. With a minimum daily intake of 4g Slimming mix, spirulina helps you control your weight because you eat less and absorb less energy. It is also recommended while dieting in order to retain muscle mass and boost energy and vitality.

Rich in fibres, vitamin K, B1, B2, B3, folic acid, potassium, phosphorus, magnesium, iron, zinc, copper, manganese, chromium and selenium.
Also contains omega-6, beta-carotene, zeaxanthin and caffeine.

2-3 tsp
250-300 ml



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SPORT FORMULA MIX

Spirulina, guarana, lucuma, açai berry powder, cocoa powder, hemp protein powder, maca and hemp seeds.

Purasana organic Superfood Sport Formula mix contains no fewer than eight unprocessed nutrients that are free of pesticides, chemicals, fillers, colouring agents, flavourings, preservatives or any other synthetic or artificial additive. It has a naturally high content of essential nutrients and phytonutrients, making it a real superfood. This Superfood Sport Formula mix is a boon for body and mind, and does not burden the body with bad fats, sugars, toxins, etc.; it is the ideal support for a healthy, active lifestyle. Purasana Sport Formula mix is rich in vitamins and minerals and contains hemp protein, which is an excellent vegetarian alternative for sports enthusiasts and athletes. The guaranine in guarana works like caffeine but has a longer and more even effect.

Rich in vitamin B1, B2, B3, potassium, phosphorus, iron and zinc.
Source of vitamin K, B6, calcium, magnesium and manganese.
Also contains beta-carotene, zeaxanthin and caffeine.

2-3 tsp
250-300 ml



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TOTAL DETOX MIX

Chlorella, barley grass, wheatgrass, cocoa powder and lucuma.

Purasana organic Superfood Total Detox mix contains no fewer than five unprocessed, pure nutrients. It has a naturally high content of essential nutrients and phytonutrients, making it a real superfood. This Superfood mix is a boon for body and mind, and does not burden the body with bad fats, sugars, toxins, etc.; it is the ideal support for a healthy, active lifestyle. Purasana Total Detox is rich in vitamins and minerals and contains chlorella as well. Chlorella is rich in vitamins, minerals and fibres. With a minimum intake of 15g Total Detox mix per day, the chlorella in the mix boosts vitality and helps eliminate heavy metals from the body.

Rich in vitamin B1, B2, B3, folic acid, potassium, calcium, phosphorus, iron, zinc, copper, manganese and selenium.

Source of vitamin K, B6 and chromium.

Also contains chlorophyll, beta-carotene and zeaxanthin.

2-3 tsp
250-300 ml



Be inventive and don't hesitate to experiment by adding superfoods to your dishes and recipes.



VITALITY MIX

Guarana, maca, lucuma, spirulina, açai berry powder, wheatgrass and cocoa powder.

Purasana organic Superfood Vitality mix contains no fewer than seven unprocessed nutrients that are free of pesticides, chemicals, fillers, colouring agents, flavourings, preservatives or any other synthetic or artificial additive. It has a naturally high content of essential nutrients and phytonutrients, making it a real superfood. This Superfood Vitality mix is a boon for body and mind, and does not burden the body with bad fats, sugars, toxins, etc.; it is the ideal support for a healthy, active lifestyle. Purasana Energy & Vitality mix is rich in iron, folic acid, selenium, chromium and B vitamins. The guaranine in guarana works like caffeine but has a longer and more even effect.

Rich in vitamin B1, B2, folic acid, potassium, phosphorus, magnesium, iron, zinc, copper, selenium and chromium.

Source of vitamin K, B3, calcium and manganese.

Also contains chlorophyll, beta-carotene and zeaxanthin.

2-3 tsp
250-300 ml



Be inventive and don't hesitate to experiment by adding superfoods to your dishes and recipes.

SUPER FRUIT



Besides being delicious to eat, berries also offer numerous health benefits. Dried berries retain their healthy and active nutrients, since they remain largely intact during the drying process. Their intense colour indicates, among other things, the presence of bioactive substances. They are brimming with vitamins, minerals and antioxidants. The benefits of the berries are due not to one particular substance but to the interaction between the various bioactive substances. They can be eaten just as they are or mixed with muesli, yoghurt, cottage cheese, salads, smoothies, pastries, etc.



The blackcurrant is a woody shrub in the family Grossulariaceae grown for its piquant berries. It is native to temperate parts of central and northern Europe and northern Asia where it prefers damp fertile soils and is widely cultivated both commercially and domestically. The black-currant has a high vitamin C content and its own special aroma, cassis.

Main substances

- Vitamin C
- Vitamin B
- Vitamin A
- Calcium
- Potassium
- Magnesium
- Iron



Slightly sour but fruity, full flavour. All Purasana Super Fruits make ideal snacks, either on their own or in your favourite mixture.



The blueberry is a plant from the Ericaceae family. It is a fruit-bearing shrub that grows to a height of 1.5 to 2.5m. The blueberry originated in the north-eastern United States. The blueberry contains various vitamins and minerals.

Main substances

- Vitamin C
- Sodium
- Potassium
- Calcium
- Phosphorus
- Iron
- Magnesium
- Copper
- Zinc
- Antioxidants



Very full, distinctly fruity and intense flavour. Makes summer smoothies fuller and fruitier. Creates a lovely range of colours.



The cranberry or fen-berry is a plant from the Ericaceae family. It is a creeping or overhanging plant with thin stems. This variety originated in North America. The berry is spherical or pear-shaped with a diameter of 6-8mm. Cranberries contain various vitamins and minerals.

Main substances

- Fibres
- Vitamin C
- Potassium
- Calcium
- Phosphorus
- Iron
- Magnesium
- Copper
- Zinc



Slightly sour but fruity and full flavour. Ideal for stuffing apples to be served with game. Mix into different cold sauces, such as mayonnaise, dressings, veganaise. Makes sauces fuller and rounder, with a slightly fruity taste.



Boxthorn or goji berry is a plant from the nightshade family, like tomatoes and potatoes. This shrub originated in Asia. The goji berry is a superb source of antioxidants and contains various vitamins and minerals.

Main substances

- Vitamin C
- Iron
- Fibres
- Vitamin B2, B6
- Calcium
- Magnesium
- Copper
- Zinc
- Beta-carotene
- Antioxidants
- Potassium
- Sodium



Not a typical fruit or berry taste, fairly dry, determines the flavour when used in large quantities. Ideal to finish certain vegetable dishes; adds a lovely colour to the finish. Also combines well with sour smoothies, soak before use if necessary (1 h). Add 10 to 20 berries to tea and they will remove the bitter flavour. Use 15 to 45g per day.



GOLDEN BERRIES

The Cape gooseberry, giant ground cherry, golden berry, Inca berry or simply Physalis is an annual, herbaceous plant from the nightshade family. The fruit is an orange berry, measuring 1 to 2cm, encased in a pale brown calyx. The golden berry originated in the Andes, but is now cultivated in the (sub)tropics throughout the world.

Main substances

- Vitamin C
- Vitamin B1, B2, B6, B12
- Vitamin A
- Calcium
- Antioxidants



Exotic, slightly sour, sweet and fresh fruit flavour. Intensifies the flavour of other fruits in smoothies. Thickens smoothies slightly (due to pectin). Good supplement for vegetarians, bodybuilders, hard labourers due to high concentration of proteins (16%).



STRAW-BERRIES

The strawberry plant belongs to the rose family and is known mainly for its edible fruit. Various sorts were imported into Europe from North and South America in the 17th century. Strawberries are low in calories, rich in fibres and a source of natural sugars.

Main substances

- Fibres
- Vitamin C
- Sodium
- Potassium
- Calcium
- Phosphorus
- Magnesium
- Iron
- Antioxidants



Heavenly sweet fruit, full fruity flavour. Transforms every dish into a deliciously sweet delicacy.



SWEET CHERRIES

The sweet cherry is a plant from the rose family. It is a tree that grows to 20 metres, native to Europe, North Africa and parts of Asia. However, it is better known in its cultivated form, as the provider of the cherry. Cherry tree orchards can now be found in various parts of the world.

Main substances

- Vitamin C
- Potassium
- Calcium
- Phosphorus
- Magnesium



All Purasana Super Fruits make ideal snacks, either on their own or in your favourite mixture.



ULTRA MIX BERRIES

This high-quality berry mix consists of dried goji berries, dried and sweetened cranberries and dried white mulberries.

Main substances

- Vitamins B1, B2, B3, B5, B6
- Vitamin A, C, E
- Iron
- Magnesium
- Potassium
- Sodium
- Zinc
- Selenium



All Purasana Super Fruits make ideal snacks, either on their own or in your favourite mixture.



WHITE MUL-BERRIES

The white mulberry is a plant from the mulberry family and originated in China. It is now found mainly in Turkey. A white mulberry tree can grow to a height of 16m. The mulberry fruit is similar to a small raspberry or blackberry. The white mulberry contains various vitamins and minerals.

Main substances

- Iron
- Calcium
- Vitamin C
- Fibres
- Antioxidants



Very sweet taste. Brings out the fullness and flavour of cocoa in smoothies. White mulberries provide a natural sweet touch to smoothies and make the taste fuller and rounder.



*You can find the recipe
for this crunchy breakfast
in our new Purasana cookbook
"Become a Super Food Chef"*

SUPER SWEET & SUPER FLAVOR

The Purasana range includes various sweetening and flavouring products for those wishing to add extra taste to super-foods, shakes, desserts and other dishes.





*Musa acuminata
from Ecuador*

BANANA POWDER

This 100% pure, organic banana powder was produced by drying tree-ripened bananas. This pale yellow powder has the typical, intense taste and smell of freshly ripened bananas.

Main substances

- Vitamin B6
- Vitamin C
- Potassium
- Beta-carotene
- Magnesium



Purasana Banana powder is ideal for adding to baby food, fruit purées, desserts, pastries, muesli, ... You can add a delicious touch to cocktails with this super flavour, too!



*Cocos nucifera
from Indonesia*

COCONUT BLOSSOM SUGAR

Coconut sugar is made from the sap of the coconut flower. Aromatic, rich-tasting, delicious, unrefined brown sugar with a sweet caramel taste that adds warmth, depth and colour to dishes and pastries. This is a slow sugar with a low glycaemic index (35 – the white bread index, for instance, is 75 and the boiled potatoes index is 78), which means that the calories are absorbed far more slowly and the fluctuations in the blood sugar level are greatly reduced.

Main substances

- Sodium
- Calcium
- Iron
- Potassium
- Magnesium
- Phosphorus
- Zinc



Purasana Coconut sugar is ideal for adding to baby food, fruit purées, desserts, pastries, muesli, ... You can add a delicious touch to cocktails with this super sweetener, too!



*Agave tequilana
from Mexico*

AGAVE POWDER

Agave powder is made using the sweet nectar of blue agaves (known for their high sweetening power) that grow in the volcanic soil of southern Mexico. The 136 varieties of agave belong to the Agavaceae family named after these plants. They are comparable to cactuses and yuccas in terms of shape and natural habitat. Agave is a source of inulin, a carbohydrate from the fructan group. Purasana agave powder dissolves easily and can be used in many dishes. It has a pleasant feel in the mouth. It is sweeter than sugar, but has a low glycaemic index (GI 26).

Source of inulin.



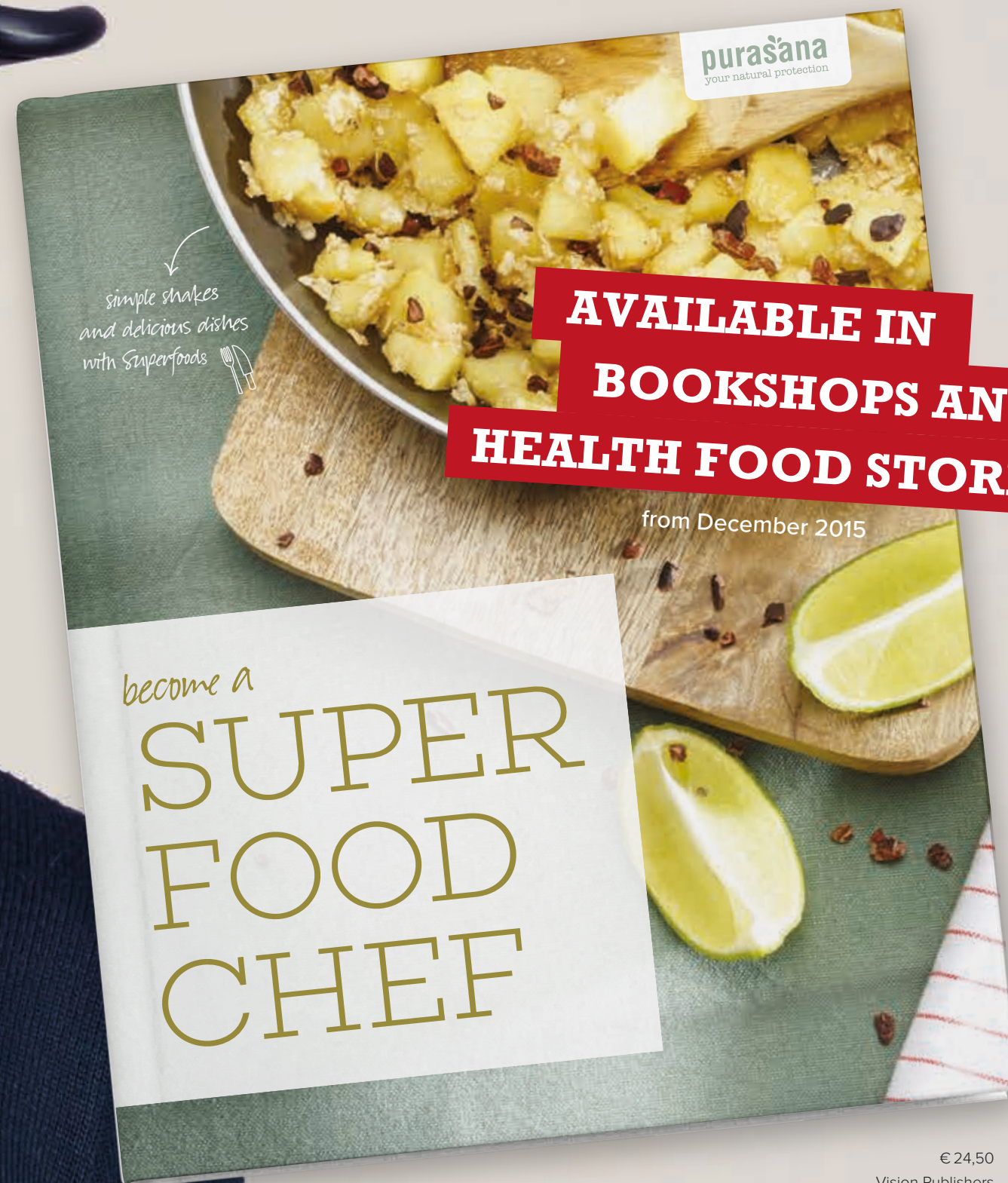
Purasana Agave powder is ideal for adding to baby food, fruit purées, desserts, pastries, muesli, ... You can add a delicious touch to cocktails with this super sweetener, too!





**GET STARTED WITH OUR
PRODUCTS AND THE PURASANA
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56 recipes, 96 pages
shakes, breakfast, lunch, desserts,
lots of tips, information and much more!



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Purasana, a healthy lifestyle for all ages!



Super Food, Fruit, Mix, Flavor, Bites, ...

Everything to enrich
your daily meals.



Gemmo therapy

Macerate of organic
buds and young shoots.



Healthy cooking with coconut oil

Odorless coconut oil
for frying and baking.



Himalaya kitchen salt

Spice up your dishes.