LEBENSGESUNDMITTEL

Artikelnummer	Artikelname	Füllung	Produktbeschreibung	Inhaltsstoffe	Nährwerte	Siegel	Siegel	Siegel	Siegel
Innere Reinigung - Free Yourself									
2-010001	BabacoVera	50 g	Light, vivacious and full of joie de vivre. BabacoVera is a holistic Lebensgesund-mittel®. An enzyme-rich fruit fibre nutrition. Derived from the whole green fruits of the babaco papaya from Ecuador and the seeds of the carica papaya. 100 % fruit powder. Possesses intense light energy / biophotons and high vibrations. INTAKE: Chew and swallow 1 / 4 teaspoon (0.6 g) daily between and after meals.	INGREDIENTS: Babaco papaya, carica papaya. Carefully dried and finely ground. Absolutely no additives. RECOMMENDED	Nährwerte / Nutritional Information / Valeurs nutritives / Valori nutrizionali (durchschnittlich enthalten in / average values per / en moyenne pour / contenuto medio di 100 g): Energie/Energy/Énergie/Energia 1415 kj / 337 kcal Fett / Fat / Lipides / Grassi 4,4 g davon gesättigte Fettsäuren / of which saturated fatty acids / dont acides gras saturés / di cui acidi grassi saturi 0,7 g Kohlenhydrate / Carbohydrate / Glucides / Carboidrati 50 g davon Zucker / of which sugar / dont sucres / di cui zuccheri 45 g Ballaststoffe / Fibre / Fibres / Fibre 22 g Eiweiß / Protein / Protéines / Proteine 13 g Salz / Salt / Sel / Sale <0,01 g (Abhängig von erntebedingten Schwankungen) 0 % Zuckerzusatz. Nur fruchteigener Zucker.	VEGAN	GLUTENFREE		
2-010002	PapayaVera Bio	15 g	Fresh and bursting with vitality. PapayaVera is a holistic Lebensgesundmittel®. Enzyme-rich papaya seeds from the carica papaya. 100 % whole seeds. Possesses intense light energy / biophotons and high vibrations. RECOMMENDED INTAKE: Chew 3-5 seeds several times a day between meals and after each meal. Can also be used as a substitute to pepper.	INGREDIENTS: Organically certified seeds from carica papaya. Absolutely no additives.	Nährwerte / Nutritional Information / Valeurs nutritives / Valori nutrizionali (durchschnittlich enthalten in / average values per / en moyenne pour / contenuto medio di 100 g): Energie/Energy/Énergie/Energia 1612 kj / 390 kcal Fett / Fat / Lipides / Grassi 24 g davon gesättigte Fettsäuren / of which saturated fatty acids / dont acides gras saturés / di cui acidi grassi saturi 5,7 g Kohlenhydrate / Carbohydrate / Glucides / Carboidrati 6,6 g davon Zucker / of which sugar / dont sucres / di cui zuccheri 1,5 g Ballaststoffe / Fibre / Fibres / Fibre 29 g Eiweiß / Protein / Protéines / Proteine 22 g Salz / Salt / Sel / Sale 0,06 g (Abhängig von erntebedingten Schwankungen)	VEGAN	GLUTENFREE		
2-010003	TerminaliaVera (Kapseln) (3-Früchte)	80 St.	A nutritional supplement with a holistic plant complex and zinc. Supports daily metabolic activity and balance. Possesses intense light energy / biophotons and high vibrations. RECOMMENDED INTAKE: Take 2 capsules with water every day. STORAGE: Store in a dark, cool and dry place. NOTE: Nutritional supplements are not a substitute for a varied, balanced diet or a healthy lifestyle. Do not exceed the daily intake recommended here. Keep out of the reach of small children.	INGREDIENTS: Organically certified fruit powder from the whole fruits of Phyllanthus emblica, Terminalia chebula and Terminalia belerica, HPMC / E460 / Hydroxypropyl methylcellulose (capsule shell), zinc citrate. Our fruit comes from the Chitwan National Park in Nepal.	Zusammensetzung Phyllanthus emblica, Terminalia chebula, Terminalia blerica 1.500 mg Zink** 5 mg Tagesdosis (2 Kapseln) % der NRV* . / . 50 % *Referenzmenge für die tägliche Zufuhr gemäß LMIV **Zink trägt zu einem normalen Stoffwechsel (Säure-Basen, Kohlenhydrate, Makronährstoffe, Fettsäuren) bei **Zink trägt zur Erhaltung, normaler Haut, Haare und Nägel bei holistic food Packungsinhalt 80 Kapseln (à 0,6 g) = 48 g	VEGAN	GLUTENFREE		
2-010004	TerminaliaVera Bio (Bitterfruchtpulver)	38 g	Light and balanced. TerminaliaVera is a holistic Lebensgesundmittel®. Special organic quality bitter fruits from Chitwan National Park in Nepal. For a more conscious approach to life. Possesses intense light energy / bio-photons and high vibrations. RECOMMENDED INTAKE: Chew 1 / 4 teaspoon (0.6 g) of bitter fruit powder daily.	INGREDIENTS: Organically certified bitter fruit powder from the whole fruits of Phyllanthus emblica, Terminalia chebula, Terminalia belerica. Absolutely no additives	Nährwerte / Nutritional Information / Valeurs nutritives / Valori nutrizionali (durchschnittlich enthalten in / average values per / en moyenne pour / contenuto medio di 100 g): Energie / Energy / Énergie / Energia 1254 kj / 299 kcal Fett / Fat / Lipides / Grassi 0,7 g davon gesättigte Fettsäuren / of which saturated fatty acids / dont acides gras saturés / di cui acidi grassi saturi 0,3 g Kohlenhydrate / Carbohydrate / Glucides / Carboidrati 54 g davon Zucker / of which sugar / dont sucres / di cui zuccheri 6,9 g Ballaststoffe / Fibre / Fibres / Fibre 30 g Eiweiß / Protein / Protéines / Proteine 3,6 g Salz / Salt / Sel / Sale <0,01 g (Abhängig von erntebedingten Schwankungen)	VEGAN	GLUTENFREE		
2-010005	BoswelliaVera (Weihrauch)	100g	Sacred frankincense from Oman. Hand-harvested. It dissolves energetic stagnation, cleansing, refreshing and revitalising the whole space. Frankincense is used to fumigate/cleanse the energy of houses, rooms, cupboards and other places, but burning fran-kincense also has a medical application. Frankincense releases its characteristic fragrance as soon as it heats up and starts to melt. Instructions: Special incense charcoal can easily be ignited with a lighter. As soon as the charcoal is glowing and its surface is cove-red with a layer of grey ash, add a little frankincense, and allow the light, white smoke to suffuse gently through the room.						
Kraft und Stärke - Empower Yourself									
2-020002	YaconVera Bio Ursaft	200 ml	Kraftstoff aus Peru - die Lebenswurzel Verzehrempfehlung: 2x täglich 15 ml YaconVera BioUrsaft trinken. Vor Gebrauch gut schütteln. Nach dem Öffnen im Kühlschrank aufbewahren. Nur begrenzt haltbar.	Zutaten: 100% Yaconwurzelknollen-Bio-Ursaft. Naturtrüb. Ohne jegliche Zusatzstoffe.	Nährwerte (100g enthalten durchschnittlich) Brennwert 231 kJ Brennwert 54 kcal Fett < 0,5 g davon gesättigte Fettsäuren < 0,1 g Kohlenhydrate 13 g davon Zucker 12 g Ballaststoffe < 0,5 g Eiweiß < 0,5 g Salz < 0,01 g (Abhängig von erntebedingten Schwankungen) Ohne Zusatzstoffe. Ohne Konservierungsstoffe.	VEGAN	GLUTENFREE		
2-020003	MoringaVera Bio	25 g	Vitality and joie de vivre. MoringaVera is a holistic Lebensgesundmittel®. Made from the leaves of the Ecuadorian tree of life. Grown in ecological mixed cultivation. 100% leaf powder. Possesses intense light energy / biophotons and high vibrations. RECOMMENDED INTAKE: Brew 1 tsp (1.0 g) as a tea and let stand for a few minutes. Or stir 1 tsp into drinks or sprinkle over food.	INGREDIENTS: Organically certified powder from the leaves of the moringa tree. Carefully dried and finely ground. Absolutely no additives.	Nährwerte / Nutritional Information / Valeurs nutritives / Valori nutrizionali (durchschnittlich enthalten in / average values per / en moyenne pour / contenuto medio di 100 g): Energie / Energy / Énergie / Energia 1463 kj / 351 kcal Fett / Fat / Lipides / Grassi 9,0 g davon gesättigte Fettsäuren / of which saturated fatty acids / dont acides gras saturés / di cui acidi grassi saturi 3,9 g Kohlenhydrate / Carbohydrate / Glucides / Carboidrati 30 g davon Zucker / of which sugar / dont sucres / di cui zuccheri 6,5 g Ballaststoffe / Fibre / Fibres / Fibre 31 g Eiweiß / Protein / Protéines / Proteine 22 g Salz / Salt / Sel / Sale < 0,10 g (Abhängig von erntebedingten Schwankungen)	VEGAN	GLUTENFREE		
2-020004	Sesamkraft Bio	250 g	Vital energy, power and strength. Sesamkraft is a holistic Lebensgesundmittel®. Macerated black sesame seeds from the energy-rich Bolivian rainforest. Grown by smallholders in ecological mixed cultivation. High-quality vegetable protein with high bioavailability. Rich in minerals, trace elements and B vitamins. Possesses intense light energy / biophotons and high vibrations. RECOMMENDED INTAKE: Sprinkle 1-2 tsp (3.2 g) daily over cereal, fruit salad or yoghurt. The ideal lactose-free alternative to dairy products.	INGREDIENTS: Organically certified organic black sesame seeds, macerated and finely ground. Absolutely no additives.	Nährwerte / Nutritional Information / Valeurs nutritives / Valori nutrizionali (durchschnittlich enthalten in / average values per / en moyenne pour / contenuto medio di 100 g): Energie / Energy / Énergie / Energia 1300 kj / 312 kcal Fett / Fat / Lipides / Grassi 7,9 g davon gesättigte Fettsäuren / of which saturated fatty acids / dont acides gras saturés / di cui acidi grassi saturi 1,3 g Kohlenhydrate / Carbohydrate / Glucides / Carboidrati 12 g davon Zucker / of which sugar / dont sucres / di cui zuccheri 1,0 g Ballaststoffe / Fibre / Fibres / Fibre 34 g Eiweiß / Protein / Protéines / Proteine 32 g Salz / Salt / Sel / Sale < 0,01 g Calcium / Calcium / Calcium / Calcio** 2.100 mg (262 %)* Magnesium / Magnesium / Magnésium / Magnesio** 560 mg (149 %)* Eisen / Iron / Fer / Ferro 15 mg (93 %)* Phosphor / Phosphorus / Phosphore / Fosforo 1.100 mg (157 %)* Zink / Zinc / Zinc / Zinco 11 mg (110 %)* Vitamin B3 (Niacin) / Vitamin B3 (niacin) / Vitamine B3 (Niacine) / Vitamina B3 (niacina) 10 mg (62 %)* Vitamin B1 (Thiamin) / Vitamin B1 (thiamine) / Vitamine B1 (Thiamine) / Vitamina B1 (tiamina) 1,18 mg (107 %)* Vitamin B6 / Vitamin B6 / Vitamine B6 / Vitamina B6 1,17 mg (83 %)* *= Prozent der empfohlenen Tagesdosis **Magnesium und Calcium tragen zum Erhalt eines normalen Nervensystems bei. Sie unterstützen den normalen Aufbau von Muskeln und Zähnen. Müdigkeit wird verringert, die Psyche findet Balance. Zink trägt zur Erhaltung normaler Haare, Nägel und Haut bei.	VEGAN	GLUTENFREE		
2-020006	Sesamkraft Bio (Nachfüllpackung)	250 g	Vital energy, power and strength. Sesamkraft is a holistic Lebensgesundmittel®. Macerated black sesa-me seeds from the energy-rich Bolivian rainforest. Grown by smallholders in ecological mixed culti-vation. High-quality vegetable protein with high bioavailability. Rich in minerals, trace elements and B vitamins. Possesses intense light energy / biophotons and high vibrations. RECOMMENDED INTAKE: Sprinkle 1-2 tsp (3.2 g) daily over cereal, fruit salad or yoghurt. The ideal lactose-free alternative to dairy products.	INGREDIENTS: Organically certified organic black sesame seeds, macerated and finely ground. Absolutely no additives.	Nährwerte / Nutritional Information / Valeurs nutritives / Valori nutrizionali (durchschnittlich enthalten in / average values per / en moyenne pour / contenuto medio di 100 g): Energie / Energy / Énergie / Energia 1300 kj / 312 kcal Fett / Fat / Lipides / Grassi 7,9 g davon gesättigte Fettsäuren / of which saturated fatty acids / dont acides gras saturés / di cui acidi grassi saturi 1,3 g Kohlenhydrate / Carbohydrate / Glucides / Carboidrati 12 g davon Zucker / of which sugar / dont sucres / di cui zuccheri 1,0 g Ballaststoffe / Fibre / Fibres / Fibre 34 g Eiweiß / Protein / Protéines / Proteine 32 g Salz / Salt / Sel / Sale < 0,01 g Calcium / Calcium / Calcium / Calcio** 2.100 mg (262 %)* Magnesium / Magnesium / Magnésium / Magnesio** 560 mg (149 %)* Eisen / Iron / Fer / Ferro 15 mg (93 %)* Phosphor / Phosphorus / Phosphore / Fosforo 1.100 mg (157 %)* Zink / Zinc / Zinc / Zinco 11 mg (110 %)* Vitamin B3 (Niacin) / Vitamin B3 (niacin) / Vitamine B3 (Niacine) / Vitamina B3 (niacina) 10 mg (62 %)* Vitamin B1 (Thiamin) / Vitamin B1 (thiamine) / Vitamine B1 (Thiamine) / Vitamina B1 (tiamina) 1,18 mg (107 %)* Vitamin B6 / Vitamin B6 / Vitamine B6 / Vitamina B6 1,17 mg (83 %)* *= Prozent der empfohlenen Tagesdosis **Magnesium und Calcium tragen zum Erhalt eines normalen Nervensystems bei. Sie unterstützen den normalen Aufbau von Muskeln und Zähnen. Müdigkeit wird verringert, die Psyche findet Balance. Zink trägt zur Erhaltung normaler Haare, Nägel und Haut bei.	VEGAN	GLUTENFREE		
2-020005	JujubeVera (Fruchtpulver)	50 g	Vitality and joie de vivre. JujubeVera is a holistic Lebensgesundmittel®. Grown in ecological mixed cultivation in Portugal. 100% fruit powder. Possesses intense light energy / biophotons and high vibrations. INGREDIENTS: Untreated fruit powder from the whole jujube / red date. Carefully dried and finely ground. Absolutely no additives. RECOMMENDED INTAKE: Chew and swallow 1-2 teaspoon (1.8 g) daily between meals.	ZUTATEN: Naturbelassenes Fruchtpulver aus der ganzen Jujube / Brustbeere. Behutsam getrocknet und fein vermahlen. Ohne jegliche Zusatzstoffe.	Nährwerte / Nutritional Information / Valeurs nutritives / Valori nutrizionali (durchschnittlich enthalten in / average values per / en moyenne pour / contenuto medio di 100 g): Energie / Energy / Énergie / Energia 1383 kj / 327 kcal Fett / Fat / Lipides / Grassi 0,5 g davon gesättigte Fettsäuren / of which saturated fatty acids / dont acides gras saturés / di cui acidi grassi saturi < 0,1 g Kohlenhydrate / Carbohydrate / Glucides / Carboidrati 69 g davon Zucker / of which sugar / dont sucres / di cui zuccheri 63 g Ballaststoffe / Fibre / Fibres / Fibre 16 g Eiweiß / Protein / Protéines / Proteine 3,6 g Salz / Salt / Sel / Sale < 0,01 g (Abhängig von erntebedingten Schwankungen) 0% Zuckerzusatz. Nur fruchteigener Zucker.	VEGAN	GLUTENFREE		
Schutz und Regeneration - Take of Yourself									
2-030001	NelliVera (Kapseln)	80 St.	A nutritional supplement with a holistic plant complex and selenium.Supports the immune system while protecting cells from oxidative stress. Possesses intense light energy / biophotons and high vibrations. RECOMMENDED INTAKE: Take 3 capsules with water every day. STORAGE: Store in a dark, cool and dry place. NOTE: Nutritional supplements are not a substitute for a varied, balanced diet or a healthy lifestyle. Do not exceed the daily intake recommended here. Keep out of the reach of small children.	INGREDIENTS: Organically certified fruit powder from the whole Phyllanthus emblica fruit, HPMC/E460/hydroxypropyl methylcellulose (capsule shell), selenium yeast, ginger, Piper nig- rum / black pepper, Piper longrum / long pepper. Our fruit comes from the Chitwan National Park in Nepal.	Zusammensetzung Composition Composition Composizione Phyllanthus emblica 1.440 mg Piper nigrum / Schwarzer Pfeffer 15 mg Piper longum / Langer Pfeffer 15 mg Ingwer / Ginger / Gingembre / Zenzero 15 mg Selen** / Selenium** / Sélénium** / Selenio** 55 µg Tagesdosis (3 Kapseln) Daily dose (3 capsules) Dose journalière (3 gélules) Dose giornaliera (3 capsule) % der NRV* % RDA* % de l'AJR* % del VNR* . / . . / . . / . . / . 92% *Referenzmenge für die tägliche Zufuhr gemäß LMIV **Selen trägt zur Erhaltung normaler Haare und Nägel bei **Selen trägt zu einer normalen Funktion des Immunsystems bei **Selen trägt dazu bei, die Zellen vor oxidativem Stress zu schützen Packungsinhalt 80 Kapseln (à 0,6 g) = 48 g	VEGAN	GLUTENFREE		
2-030003	ReishiVera	18 g	Mushroom of immortality. ReishiVera is a holistic Lebensgesundmittel®. Wild red reishi funghi, hand-harvested from the Himalayas. Possesses intense light energy / biophotons and high vibrations. RECOMMENDED INTAKE: 1 tsp (0.5 g) as tea, gently simmer for 15 min, add to dishes and soups, mushroom fibres can also be eaten.	INGREDIENTS: 100 % red reishi fungi. Foraged in the wild. Carefully dried and finely ground. Absolutely no additives.	Nährwerte / Nutritional Information / Valeurs nutritives / Valori nutrizionali (durchschnittlich enthalten in / average values per / en moyenne pour / contenuto medio di 100 g): Energie / Energy / Énergie / Energia 950 kj / 232 kcal Fett / Fat / Lipides / Grassi 1,8 g davon gesättigte Fettsäuren / of which saturated fatty acids / dont acides gras saturés / di cui acidi grassi saturi 0,3 g Kohlenhydrate / Carbohydrate / Glucides / Carboidrati 5,6 g davon Zucker / of which sugar / dont sucres / di cui zuccheri < 0,5 g Ballaststoffe / Fibre / Fibres / Fibre 65 g Eiweiß / Protein / Protéines / Proteine 16 g Salz / Salt / Sel / Sale 0,02 g (Abhängig von erntebedingten Schwankungen)	VEGAN	GLUTENFREE		
2-030002	The Secret of Rejuvenation Bio (20 Beutel à 1,5g)	30 g	Hand-harvested adaptogenic plants from the energy-rich Himalayas. Plants are life-giving by nature. They are an expression of creation and contain ancient knowledge, which our exclusive tea selection builds on. The Secret of Rejuvenation is a holistic Lebensgesundmittel®. Possesses intense light energy/ biophotons and high vibration.	INGREDIENTS: Tulsi, Phyllanthus emblica (Nelli), Brahmi, Shatavari, Tejpat, Cinnamon Basil.	Nährwerte (100ml enthalten durchschnittlich) Brennwert < 1 kJ Brennwert < 1 kcal Fett < 0,5 g davon gesättigte Fettsäuren < 0,1 g Kohlenhydrate < 0,5 g davon Zucker < 0,5 g Ballaststoffe < 0,5 g Eiweiß < 0,5 g Salz < 0,01 g (Abhängig von erntebedingten Schwankungen) Kühl und trocken lagern. Gesamt Nettoinhalt: 50 g	VEGAN	GLUTENFREE		
2-030004	ecret of Rejuvenation Bio (lose) (Verjüngu	50 g	Hand-harvested adaptogenic plants from the energy-rich Himalayas. Plants are life-giving by nature. They are an expression of creation and contain ancient knowledge, which our exclusive tea selection builds on. The Secret of Rejuvenation is a holistic Lebensgesundmittel®. Possesses intense light energy/ biophotons and high vibration.	INGREDIENTS: Tulsi, Phyllanthus emblica (Nelli), Brahmi, Shatavari, Tejpat, Cinnamon Basil.	Nährwerte (100ml enthalten durchschnittlich) Brennwert < 1 kJ Brennwert < 1 kcal Fett < 0,5 g davon gesättigte Fettsäuren < 0,1 g Kohlenhydrate < 0,5 g davon Zucker < 0,5 g Ballaststoffe < 0,5 g Eiweiß < 0,5 g Salz < 0,01 g (Abhängig von erntebedingten Schwankungen)	VEGAN	GLUTENFREE		
SUN HARMONY									
1-060008	SUN HARMONY Q Food	50 g	HOLISTIC PLANTS WITH ANNATTO Whole fruits, berries and leaves with effective, potent antioxidants, gently dried and care- fully ground. Protects the cells against oxidative stress. Boosts your natural immunity. Rich in natural vitamin C. RECOMMENDED INTAKE: take 1 unadulterated teaspoon (2,5 g) in the morning and chew slowly.	INGREDIENTS: rosehip, blackcurrant, blueberry, acai, hemp, acerola cherry, annatto, cocoa.	Nährwerte (100g Q Food enthalten durchschnittlich): Brennwert 1402kj / 338kcal Fett 12g davon gesättigte Fettsäuren 2,9g Kohlenhydrate 26g davon Zucker. (Abhängig von erntebedingten Schwankungen)	VEGAN			
Aloe Vera Bio Ursaft									
2-040001	ALOE VERA BioUrsaft	750 ml	Certified organic fresh plant juice with a holistic network of life building blocks. Has an intense light energy and a high vibration. RECOMMENDED INTAKE: Slowly sip 2 x daily approx. 25 ml before breakfast and before bedtime. Shake well before use. Store in the refrigerator after opening. Limited shelf life.	INGREDIENTS: 100% Aloe Vera pure organic juice. Pure juice. Naturally cloudy. Absolutely no additives.	Nährwerte (100g enthalten durchschnittlich) Brennwert 12 kJ Brennwert 3 kcal Fett < 0,5 g davon gesättigte Fettsäuren < 0,1 g Kohlenhydrate < 0,5 g davon Zucker < 0,5 g Ballaststoffe 1,1 g Eiweiß < 0,5 g Salz < 0,01 g (Abhängig von erntebedingten Schwankungen)	VEGAN	GLUTENFREE		
2-040002	ALOE VERA BioUrsaft	330 ml	Certified organic fresh plant juice with a holistic network of life building blocks. Has an intense light energy and a high vibration. RECOMMENDED INTAKE: Slowly sip 2 x daily approx. 25 ml before breakfast and before bedtime. Shake well before use. Store in the refrigerator after opening. Limited shelf life.	INGREDIENTS: 100% Aloe Vera pure organic juice. Pure juice. Naturally cloudy. Absolutely no additives.	Nährwerte (100g enthalten durchschnittlich) Brennwert 12 kJ Brennwert 3 kcal Fett < 0,5 g davon gesättigte Fettsäuren < 0,1 g Kohlenhydrate < 0,5 g davon Zucker < 0,5 g Ballaststoffe 1,1 g Eiweiß < 0,5 g Salz < 0,01 g (Abhängig von erntebedingten Schwankungen)	VEGAN	GLUTENFREE		
2-040003	ALOE VERA BioUrsaft (Kurpackung)	3x750 ml	Certified organic fresh plant juice with a holistic network of life building blocks. Has an intense light energy and a high vibration. RECOMMENDED INTAKE: Slowly sip 2 x daily approx. 25 ml before breakfast and before bedtime. Shake well before use. Store in the refrigerator after opening. Limited shelf life.	INGREDIENTS: 100% Aloe Vera pure organic juice. Pure juice. Naturally cloudy. Absolutely no additives.	Nährwerte (100g enthalten durchschnittlich) Brennwert 12 kJ Brennwert 3 kcal Fett < 0,5 g davon gesättigte Fettsäuren < 0,1 g Kohlenhydrate < 0,5 g davon Zucker < 0,5 g Ballaststoffe 1,1 g Eiweiß < 0,5 g Salz < 0,01 g (Abhängig von erntebedingten Schwankungen)	VEGAN	GLUTENFREE		

VEGAN