



BIOENERGIE

Gerhard Wagner GmbH



PRODUCT CATALOGUE

originally organic natural

BIOENERGIE

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NATURAL & HERBAL SALT

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ABOUT US

Company history

After many years as a textile sales representative, Gerhard Wagner set up his own business in Vienna in 1970, a wholesale business for home textiles. In 1980 he relocated the family business to its current site in Südburgenland. He then launched the new product line "pillows & neck cushions with organic grain and herb padding". The ÖKO-TEST award "very good" for our millet neck support cushion was a nice success.

In the year 2000, daughter Daniela took over the management of the business. That was the time when we developed today's core business: natural salts. True to the motto of "no life without salt", natural salts became the main pillar of the company. After 10 years, our company was already one of the most important suppliers in Austria.



BIOFACH Nuremberg 2018

2011 saw us successfully embark into alternative sweeteners. The focus is on birch sugar – xylitol, erythritol and coconut sugar.

In 2018 at the BIOFACH organic food trade fair in Nuremberg, we presented our organic flour alternatives and Indian psyllium seed husks in sustainable organic packaging. We see a great future with this new products.

Other products in our range include Maca powder from Peru, Indian soapnuts and Himalaya salt crystal lamps and tealights. We put emphasis on quality products, which are also certified-organic where possible, and which always have the lowest possible ecological footprint. Our range of products is growing all the time!



Company philosophy

"BIOENERGIE - the power of nature" is our guiding principle, which is also part of our company logo. Natural organic products are full of energy, which we humans can use as a source of vitality. Our product range conforms to the highest quality standards, which includes both a focus on organic quality foods, and sustainability and eco-friendliness. We strive to work with and for nature. Nature is already perfect, and so in general nothing needs to be added or taken away from the different salts whose mineral composition varies by mining region.

We always aim to offer a fair price-performance ratio. To ensure this, we do not use intermediaries whenever possible and purchase our raw materials directly from the producer. This is the only way to ensure our high quality standard and sustainable production. Our BIOENERGIE brand distributes its products primarily through organic wholesalers – throughout Europe and as far as Dubai. We are very strong in the realization of Private Labels and customer-specific advertising material- all in our in-house graphic department.

We look forward to counting you among our satisfied customers.

Sincerely yours

Daniela Wagner

Gerhard Wagner



Headquarters Deutsch-Kaltenbrunn
south-east of Austria

Production - Warehouse



premises



pallet warehouse

BIOENERGY Team



Christmas party 2017



production team



filling



packing

SALT - the White Gold

All about salt

Humans and salt

We all know that the human body is largely made up of water and salt. What many people don't know is that human blood is equivalent to a 1% salt solution and salt therefore plays an integral role in our health.

Humans have known about the healing and cleansing properties of salt since time immemorial. The earliest evidence of this is in ancient Egypt hieroglyphs: salt was used to treat headaches, skin diseases, oedema and gout.



Salt used to be as valuable as gold – earning it the name “white gold”. Sharing salt symbolised friendship. Salt was – and still is – a symbol of life, happiness, wealth, and health. Salt was, and still is, scattered at many important occasions, such as weddings, births, building a house, etc.

*You can live without gold,
but you can't live without salt
(Cassiodor, Flavius Magnus Aurelius)*

All salt is not created equal

Principally, there are three different types of salt:

- ROCK SALT (formed during the evaporation of former seas, this salt is mined from underground tunnels)
- SEA SALT (produced from sea water evaporating in salt evaporation ponds and artificial pools)
- BOILED / INDUSTRIAL SALT (formed from evaporating brine)

When you hear the term “natural salt”, this means a salt that still has its original composition and hasn't been purified by industrial or chemical means. Depending on where the salt is deposited, the sediments in rock salt vary. Therefore, German primordial sea salt has a partially different composition to Austrian mountain rock salt or the crystal salt from the Himalayan foothills.

Why is iodine added to table salt?

Various studies show how disputed the iodisation of conventional salt is. We believe that it should be optional for each person, whether they use refined salt with added iodine or salt that is completely untreated.

It is important to note that, nowadays, salt with added iodine can be found hidden in nearly all conventional pre-made pasta, baked goods and ready meals.

What are the special features of crystal salt

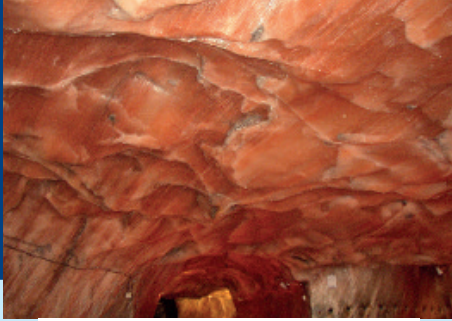
Crystal salt has a very high hardness rating and one of the highest mineral contents of all natural salts.

This is caused by the particular rock pressure conditions that this salt was exposed to for over 250 million years as it was formed. After due gentle processing, crystal salt still features its natural structure and still contains all the elements that are essential for human bodies, including a natural iodine content as well.

The difference compared to common table salt

Conventional table salt that can be bought in the supermarket for cooking or seasoning undergoes a lot of industrial processing. It is refined, bleached, and usually undergoes heat treatment by boiling when it is made, which leads to all the elements that it originally contained being lost – except for sodium and chloride.

After that, various synthetic additives like anti-caking agents and preservatives are added and the salt is fortified with iodine.



CRYSTAL SALT

Product range

salt mine | Pakistan

vegan • gluten-free • lactose-free

Origin:	Pakistan, Salt Range, Himalaya area	
Filling:	Austria	
Characteristics:	100% natural, non-iodized, unrefined, free from additives	
Types:	• crystal salt:	finely ground (0.3- 0.8 mm)
	• crystal salt:	granules (2-4 mm)
	• salt crystals:	stones (2-4 cm)
	• lotus salt crystals:	transparent stones (2-4 cm)

Origin

We import our crystal salt directly from Pakistan, from the Salt Range in Punjab. There are more than 100 salt producers in Pakistan, but our supplier is one of the few whose production is compliant with modern quality standards (ISO:9901, HACCP certification).

Colour / Appearance

The natural coloration of Himalaya crystal salt ranges between a tender and dark pink to light-orange. An exception makes our Lotus salt crystals, also called Halite. These salt crystals are almost transparent.



By importing directly, we guarantee:

- that our salt is 100% natural crystal salt from the foothills of the Himalayas.
- that mining and production take place without blasting or child labour.
- that our crystal salt is always examined by Austrian food laboratories and conforms to the criteria of the German Codex Alimentarius for cooking salt.



HIMALAYA

Saltcrystal stones

Himalaya saltcrystal stones

Are ideal to prepare a brine.

Prepare as follows: Fill half of a glass container with the salt crystals and then fill the container with water. After an hour the brine is 26% saturated and ready to be used. The glass container can be refilled until the salt crystals are totally dissolved. The last remaining particles of the brine should not be used.



for drinking cure, ...

Himalaya Lotus saltcrystal stones

Lotus is our brand name for Halites. We call them Lotus saltcrystal stones, because the Lotus is a symbol for purity and these salt crystals are of the highest quality and purity.

They are very rare in nature and possess especially high bio-energetic qualities, which can positively influence our human organism and also supply us with energy. Their almost transparent appearance makes them incomparable. To use, a brine solution should be prepared.



The purifying, harmonising and cleansing effects of Himalaya saltcrystals can be supporting during fasting and dieting.

Brine manufacturing

For this, a tank is filled half with rock salt and half with water. After roughly 1-2 hours the brine is 26% saturated and ready for use.

A salt crystal brine can be used in many different ways.

One of the oldest uses is **drinking the brine**, which helps with preserving vitality, stimulating metabolism, strengthening conjunctive tissue and bringing the body's cells into balance.

Drinking cure: Recommended is a teaspoon of pure brine in at least ¼ l water a day. This mixture should be consumed before breakfast or during the day, but not during meals.



Possible applications of a salt crystal brine:

- Mouthwash
- Tooth care
- Throat rinse
- Eye rinse
- Nose rinse
- Brine inhalation
- Brine poultice
- Skin-care and cleansing
- Treatment of skin disorders
- Partial brine baths



100% natural

HIMALAYA

Bath salt

Himalaya bath salt - natural body-care

- free of any preservatives, synthetic perfume and coloring matter
- without animal testing
- Himalaya Crystal-Salt fulfils all the legal criteria for table salt (Codex Alimentarius) and is laboratory tested

For ages man has known of the healing-powers of crystal-salt and its purifying effects. The natural Crystal-Salt was formed about 250 million years ago in the area of the Himalaya by the draining of the primeval seas. It belongs to the natural salts with the highest content of minerals.

The Bath salt cleanses the skin deep-down, so that the elements can be accepted well. Crystal-Salt can regulate the pH for the skin optimally and in the long term, through its balancing, neutralizing effects. It makes the skin soft, smooth and supple. The bath will have a detoxifying effect similar to a bath in the Ocean and it gives lasting vitality!



● BATHSALT-GRANULES

For a brine bath at home – purifying, harmonising and cleansing effect.

● SAUNA SALT

The soft peeling effect gently removes dead skin cells and impurities. The effect of salt helps the skin to “breathe” and cleanses the skin’s pores, encourages cell renewal and circulation, and activates the metabolism.

CRYSTAL SALT

fine | granules

Himalaya Crystal-Salt - natural and free from additives

For ages man has known of the healing-powers of crystal-salt and its purifying effects. Our natural Crystal-Salt was formed about 250 million years ago in the area of the Himalaya by the draining of the primeval seas. Since that time the solar power, responsible for this process, has been captured in the crystals.



natural table salt



This Crystal-Salt belongs to the natural salts with the highest content of minerals. While it is unrefined, it still has all of the elements – as calcium, potassium, magnesium, iodine, zinc, iron, ... – that it had when nature created it, all of which are available for the body.

Its exceptionally fine crystalline structure allows these elements to be accepted by our body cells. The purifying, harmonising and cleansing effects of Himalaya Crystal-Salt can be supporting during fasting and dieting.

Himalaya Crystal-Salt finely ground is an important, natural “salt-supplier”, rich of minerals and trace elements, perfectly fitting for cooking and seasoning. With Himalaya Crystal-Salt granules you can fill up your salt mill and enjoy every time anew a freshly ground salt. Refine your dishes with natural Crystal-Salt!

The natural coloration of Himalaya Crystal-Salt ranges between a tender pink to white.

HIMALAYA CRYSTAL-SALT, FINELY GROUND – for cooking and seasoning
HIMALAYA CRYSTAL-SALT, GRANULES – for salt mills





HIMALAYA

Organic herbal and spice salt

natural table salt

Organic herbal and spice salt - 100% natural and free of additives

Our exquisite herbs, spices and vegetables are of the highest quality and stem from certified organic farming. The fine taste in combination with the natural Himalaya Crystal-Salt gives your dishes a really special touch.

Tipp for gourmets: With these herbal salts and spice salts it is no big deal to create fantastic, piquant herb-butter creations for every taste!

Our range:

- Herbal Salt Classic:** for vegetables, meat or fish dishes, salads, soups, sauces, etc.
- Herbal Salt Toskana:** especially for pizza, pasta, salads, tomato-mozzarella-starters, etc.
- Mountain Herbs Salt:** with herbs from Austria – for salads, fish, meat and vegetable dishes, soups, sauces, dressings, herb-butter, etc.
- Spice Salt Asia:** for barbecue specialities, fish, rice or wok dishes, etc.
- Garlic Salt:** for salads, soups, sauces, meat or fish dishes, etc.
- Paprika-Chilli Salt:** for meat, fish, barbecue, potato or vegetable dishes, chilli con carne, etc.



Herbal salt Classic well-balanced

Ingredients: Himalaya crystal-salt (84%), parsley, nettle, savory, basil, onion, thyme, celery leaf, marjoram, chervil, dill, sage, oregano, carrots, chives, lovage, lemon-balm, coriander, leek, garlic, celery roots, black pepper



Herbal salt Toskana mediterranean

Ingredients: Himalaya crystal-salt (84%), basil, rosemary, oregano, thyme, marjoram, savory



Garlic salt piquant-aromatic

Ingredients: Himalaya crystal-salt (95%), garlic powder



Mountain herbs salt with Austrian herbs

Ingredients: Himalaya crystal-salt (90%), parsley, chives, oregano, onion, marjoram, garlic, stinging nettle, dill, fennel;
share of Austrian herbs: 62%



Spice salt Asia exotic and fine-spicy

Ingredients: Himalaya crystal-salt (84%), goldenseal, cumin, coriander, yellow mustard, paprika, fennel, garlic, black pepper, pimento



Paprika-Chilli salt hot and spicy

Ingredients: Himalaya crystal-salt (84%), paprika, marjoram, basil, onion, ginger, fenugreek seed, mustard, garlic, chilli, black pepper



NATURAL SALT

Austrian rock salt

Hallstadt – Salzkammergut

Origin:	Austria, salt mine Altaussee
Filling:	Austria
Characteristics:	100% natural, non-iodized, unrefined, free from additives
Types:	<ul style="list-style-type: none">• NATURAL SALT finely ground (0.4- 0.8 mm)• NATURAL SALT granules (1.4- 4.0 mm)



This **Austrian natural salt**, also called **Aussee rock salt (Bergkern)**, was enclosed during the formation of the Alps, 150 millions of years ago as ancient sea salt deep inside the mountains.

Until today, this salty treasure, enriched by numerous minerals, lies well protected from all environmental influences in the mountainous heart of the Salzkammergut. It is an absolutely natural salt and free from additives.

The natural salt is still extracted in the traditional way of mining only from the purest salt deposits. After the salt has been broken out of the mountain it undergoes preliminary selection and is then transported to upper-ground. Here the natural salt is again sorted by hand and then, depending on the different possibilities of usage, crushed and grinded. Mountain rock salt can only be mined in the smallest of batches. The careful and elaborate production process (dry extraction by hand) leads to the difference in price, amongst other things, compared to other natural salts.

Colour / Appearance / Taste

Typical for the natural salt is the unmistakable red-brown appearance, a result of the high content of iron.

The salt is known for its incomparable taste which guaranties a round and full culinary delight that will cause every toque chef to use it with pleasure, because it embellishes the quality of top-grade ingredients.

Natural salt, finely ground

100% natural. This grain is the finest possible and ideal for cooking and seasoning.

Natural salt, granules

100% natural. The perfect grain for your salt mill – for freshly ground salt at table!





Styrian pumpkin seeds,
controlled organic cultivation

Natural salt with organic pumpkin seeds or organic herbs

100% natural. Here you will find the "white gold" from the Ausseerland in two interesting variations: The „green gold“ of Styria and fine organic herbs from Austria. It goes without saying that the Styrian pumpkin seeds, as well as the herbs and spices all originate from certified organic agriculture.



Pumpkin seed salt finely ground

100% from
Austria

Ingredients: pumpkin seeds* de-oiled and finely ground (60%), Ausseer mountain core salt uniodized (40%).



Mountain herbs salt delicious and tasty

Ingredients: Ausseer mountain core salt uniodized (90%), parsley*, chives*, oregano*, onion powder*, marjoram*, garlic powder*, stinging nettle*, dill*, fennel*; Share of Austrian herbs: 62%



How does the relatively high price of Austrian natural salt compare to our other natural salts (like crystal salt, German primordial sea salt)?

Mountain rock salt in Ausseerland can only be mined in very small batches and requires very elaborate cleaning and selection of insoluble particles – this also explains the higher price compared to other natural salts.

"Salt is born of the purest parents:
the sun and the sea"
Pythagoras



ROCK SALT

Natural salt from Germany



natural table salt

Natural rock salt - rich in minerals and free of additives

This **natural rock** salt was formed about 200 million years ago by the draining of the primeval sea. Today, it lies 400-750 m below the earth's surface, protected from modern environmental impacts.

As it is neither industrially processed nor chemically cleaned, it still has a great number of minerals and trace elements essential for the human body – such as calcium, magnesium, potassium, iron, iodine and zinc. Rock salt comes from one of the oldest German salt mines. It is mined, gently ground in traditional stone presses and carefully sifted out. The quality is regularly controlled by reputable institutes.

Due to its special composition, natural rock salt is recommended by Ayurvedic nutrition experts and treasured by sophisticated gastronomers as well as in organic and natural cuisine.

Colour / Appearance / Taste

The natural coloration of German rock salt ranges between a white to light grey. Rock salt fulfils all the legal criteria of the “Codex Alimentarius” for table salt and is laboratory tested. It is of a fine taste, harmoniously supporting the natural aroma of your dishes, adding that special touch.

German Rock Salt, finely ground

(0.2- 0.7 mm)

100% natural. Ideal for cooking and seasoning as well as to refine and preserve food. Mild and well-seasoned taste, at the same time.

German Rock Salt, granules

(1.5- 3.2 mm)

100% natural. Ideally suited to fill your salt mill – for freshly ground salt at table!

German Rock Salt with organic mountain herbs

100% natural. With organic Austrian mountain herbs. Perfect for salads, fish, meat and vegetables dishes and add a special taste to your soups, sauces, dressings, herb-butter, etc.

Ingredients: German rock salt (90%), parsley*, chives*, oregano*, onion*, marjoram*, garlic*, stinging nettle*, dill*, fennel*;

*from controlled organic cultivation; share of Austrian herbs: 62%



SEA SALT

from Greece

Country of origin:	Greece, Mesolongi (nature reserve)
Filling, packaging:	Austria
Characteristics:	100% natural, uniodized, unrefined, free of any additives
Types:	<ul style="list-style-type: none">• SEA SALT fine (0.2- 1 mm)• SEA SALT coarse for salt mills (2- 3 mm)



Greek Sea Salt

This natural sea salt is produced according to traditional methods in the salt marshes of the Ionian Sea near Mesolonghi, one of the purest areas in the Mediterranean Sea.

The lagoon is a nature reserve protected under the EU Habitats Directive.

By the natural power of the sun and wind, the seawater slowly evaporates in the salt basins and crystallised salt begins to form. The salt is carefully washed, dried and then sifted or ground to the desired grain size.

The finest sea salt flavour – ideal for cooking and seasoning, perfect for Mediterranean cuisine.

The coarse sea salt is perfect for salt mills.



"Pure Sea Salt from the sunny salt marshes of Greece"

Our sea salt is tested by independent food institutes and in accordance with the German Codex Alimentarius for table salt.

SEA SALT

from Italy

Country of origin:	Italy
Filling, packaging:	Austria
Characeristics:	100% natural, uniodized, unrefined, free of any additives
Types:	<ul style="list-style-type: none">• SEA SALT fine (0.2- 1 mm)• SEA SALT coarse for salt mills (2- 3 mm)



"Pure sea salt"

Italian Sea Salt

This natural sea salt comes from salt pans on the coast of Italy. The salt is produced by evaporating seawater in salt basins created specially for this purpose.

Sea salt is ideal for everyday cooking, seasoning and preserving food.

Also perfect for salt baths!

- ✓ **100% natural sea salt**
- ✓ **is produced by natural evaporation of purest seawater**
- ✓ **uniodized, unrefined, unbleached, without any additives**
- ✓ **sea salt is ideal for everyday cooking, seasoning and preserving food**

TIP: also perfect for salt baths!



Pure sea salt
- natural
- originally
- mediterran

Our sea salt is tested by independent food institutes and in accordance with the German Codex Alimentarius for table salt.



SMOKED SEA SALT

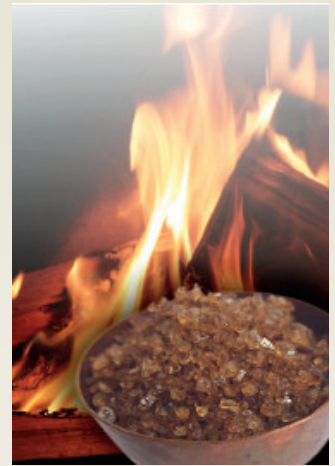
from Italy

PREMIUM
SALT

Ingredients:	100% sea salt uniodized, smoke (beech wood) coarse 2.0- 3.0 mm
Packaging:	100 g grinder, 170 g jar, 350 g jar
Usage:	for seasoning dishes before serving; for dips, marinades, for BBQ

The sea salt gets its amber-coloured appearance and unique smokey taste due to a special cold smoking process over untreated beech wood - after 'Viking' tradition.

- ✓ gently cold smoked, appr. 170 hours with 30 °C.
- ✓ free of artificial smoke flavours, preservatives
- ✓ fine smoke taste
- ✓ it is ideal for grilled food, steaks, stews, fish, soya-dishes...
- ✓ lends vegetarian dishes a spicy aromatic taste without using animal products



vegan • gluten-free • lactose-free



FLOR DE SAL

PREMIUM
SALT

from Portugal

Flor de Sal - "The white gold of the Algarve"

Flor de Sal, meaning "the salt flower", is the most precious and valuable sea salt. The salt originates from the Portuguese Atlantic coast in the "Ria Formosa" natural park's salt evaporation ponds.

The combination of the Atlantic water's high level of purity in this protected coastal area, the favourable Algarve climate, and the gentle production method that is all by hand, guarantee this salt's unrivalled quality and purity. As our Flor de Sal does not undergo any further processing, the taste and the moisture from the ocean are retained.

Its natural residual moisture of between 5- 8% is an important indicator of quality and typical of this unprocessed sea salt.



- natural, high residual moisture
- "soft" salt – crushes easily between your fingers, starts crisp and tender, dissolves quickly in your mouth
- unprocessed and 100% natural



Hand-made sea salt from Portugal, 100% natural, uniodized



It is only possible to produce Flor de Sal in the summer months (between May and September). Packaging takes place in Austria, also by hand.

Production is still conducted to this day using the traditional methods, that have been passed from generation to generation for hundreds of years. Flor de Sal only forms in favourable weather conditions – lots of sunshine, low air humidity, and a light breeze – creating a thin layer like ice on the water's surface in the salt evaporation ponds.

Special wooden tools ("borboletas") are used to carefully skim the first of the crystallising salt blossoms by hand. Then these are sun-dried and directly packed without any further processing steps. Care is taken during daily harvesting to avoid any contact between the salt blossoms and the bottom of the salt pool; only by doing this does the salt keep its bright white colour.

Our Flor de Sal has been awarded the "**Superior Taste Award**" at the International Quality & Taste Institute in Brussels.

The particular structure of this salt and the unusually mild taste make it a precious delicacy.

Flor de Sal has a particularly soft taste with many mineral nuances, and enhances the natural aromas in food like no other salt.



The particular structure of this salt and the unusually mild taste make it a precious delicacy.

Flor de Sal has a particularly soft taste with many mineral nuances, and enhances the natural aromas in food like no other salt.

KALA NAMAK

PREMIUM
SALT

Ayurveda black salt

Ingredients:	rock salt , Salsola stocksii* (<1%) *grown in the wild finely ground or coarse
Origin:	Pakistan (province Punjab) / India
Filling:	Austria



The name “Kala Namak” in Hindi means “black salt”. Kala Namak salt’s distinctive taste and aroma of cooked eggs can be traced to its sulphur content. It is an important ingredient in curries and chutneys, and goes well with fish, vegetable dishes, tofu, avocado, aubergine, yoghurt, etc. Is a popular substitute for eggs in VEGAN COOKING.



- ✓ a speciality of Indian and Ayurvedic cooking
- ✓ free from artificial additives and flavourings
- ✓ adds egg-like flavour notes
- ✓ gives exotic dishes a certain kick
- ✓ and also goes well with fish, vegetable dishes, tofu, avocado, aubergine, yoghurt, and many others.

vegan • gluten-free • lactose-free



**Salsola Stocksii (Salsola = saltwort)*

Grows in sandy, salty soil in the highlands of west India and Pakistan, amongst other places, and is used in this area as a traditional folk remedy.

PREMIUM NATURAL SALTS

BLUE SALT from Persia

This Persian blue salt is a rarity amongst salts, due to its unique colour, which comes from an optical illusion.

The blue colour occurred millions of years ago, as intense tectonic pressure was exerted on the salt deposits changing the salt's crystalline structure. Especially the mineral sylvite is made responsible for this effect. Individual crystals fracture the light and the resulting blue becomes visible. This salt is best enjoyed as a finishing salt in a salt mill.

Blue Salt enhances all dishes, delicious with foie gras, truffle dishes, seafood, meat dishes etc. The taste is invigorating at beginning and leaves a mild, pleasant aftertaste.

- extraordinary salt with a special blue coloration
- one of the rarest rock salts of the world



PYRAMID SALT from India

This special **Fleur de Sel**, also known as "the flower of salt", comes from the coast of India and counts among the most precious salts of the world. It is produced only on hot and windy days as a thin layer on the water surface, and is then syphoned off by hand and dried in the sun.

Its unique pyramid structure also gives this salt its name. It is perfectly suited for fish and vegetables, and is especially used for seasoning at the table as a finger salt – this salt is just crumbled a little!

Unique shape – these gossamer salt crystals are impressive in their "crisp" texture, and have a pleasantly mild, fine salty taste.

- a special and exquisite Fleur de Sel
- a flavouring and visual treat



DESERT SALT from Kalahari

In southern Africa, in the area of the Kalahari Desert, there is a natural brine arising from 300-million-year-old underground salt deposits, which forms a salt lake on the surface. Free of pollution and contamination, the brine crystallizes in the heat of the desert. The extracted salt is gathered by hand and dried in the sun.

Desert salt has an intense, pure taste and is ideal for daily use in the kitchen. Its natural white colouration is typical.

Top chefs and gourmets love this natural desert salt, which has been awarded by the Brussels Institute for International Quality & Taste.

- one of the oldest natural salts on earth
- honoured with the 'Superior Taste Award'



SPICEMILS

refillable

Description:	filled with Natural Salt or organic pepper
Characteristics:	– refillable –
Size:	40 mm rd., 140 mm high
Material:	glass body, ceramic grinder, PC-cap
Quality assurance:	shrink sleeve as tamper-evident seal
Filling / Packaging:	Austria



CRYSTAL SALT Himalaya, 100 g
The diamond of natural salts,
content: Crystal Salt coarse-grained (2- 4 mm)

ROCK SALT from Germany, 100 g
From one of Germany's oldest salt mines,
content: Rock Salt coarse-grained (1.5- 3 mm)

NATURAL SALT from Austria, 100 g
(Ausseer mountain core salt)
Traditional Salt from the Alps,
content: Rock Salt coarse-grained (1.4- 4.0 mm)

SEA SALT from Italy, 100 g
Finest Sea Salt flavour,
content: Sea Salt coarse (2- 3 mm)



"Pure natural salt, uniodized"



ceramic grinder



Our Salt is 100% natural, unrefined, uniodized and free of any additives.

It is constantly tested by independent food institutes and in accordance with the German Codex Alimentarius for table salt.

BLACK PEPPER 50 g, organic

The King of Spices, one of the oldest spices in the world,
content: black pepper

MULTI-COLOURED PEPPER 45 g, organic

Aromatic, spicy mixture of pepper,
content: black, white pepper and red pepper berries (Schinus-berries)

KALA NAMAK (Black Salt), 100 g

Ayurvedic rock salt, a popular egg replacer
content: crystal salt, salsola stocksii (<1,0%)

SMOKED SEA SALT, 100 g

Traditional cold-smoked sea salt: for a savoury, spicy and smoky flavour.
content: sea salt uniodized, smoke (untreated beech wood)



SUGAR ALTERNATIVES

of natural origin

- **Agave Sugar**, organic
 - Sugar speciality from the juice of the blue agave plant
- **bio Sweet**, organic
 - Tabel Sweetener based on organic Erythritol, calorie-free
- **Birch Sugar**
 - Tabel Sweetener based on Xylitol, 40% less calories
- **Light Sweetness**
 - Tabel Sweetener based on Erythritol, calorie-free
- **Sweetener with Stevia 1:1**
 - Tabel Sweetener based on Erythritol and Stevia, calorie-free
- **Coconut Sugar**, organic
 - Sugar speciality from the pure blossom of the coconut tree

Mmmh ... great taste
and no more
calorie counting!





AGAVE SUGAR

powdered



Origin: Mexico (Highlands of Jalisco)
Filling: Austria
Characteristics: 100% natural, organic certified, unrefined, genetically unmodified
 made from 100% pure agave nectar
 all-round sweetener, neutral flavour, easy to measure out



Agave grows in Mexico's remote tropical steppe regions, and has been a popular sweetener since ancient times.

*A Mexican
sugar speciality*

Agave harvesting / production

Our agave sugar is gently extracted from the juice of the blue agave plant (agave tequilana). To get the valuable nectar, which is concentrated in the inner core of the agave plant, the leaves first have to be removed. Before the plant flowers, harvesting of the "sweet hearts" of the plants can take place – typically when the plant is roughly 8 years old. The hearts are washed, chopped up, and the sweet juice is pressed out.

The agave juice is then filtered, gently concentrated and spray-dried by adding 4% organic maltodextrin (from Austria) to obtain a fine powder.



Taste and Sweetness

Agave sugar is distinguishable by its extremely light, neutral taste – a perfect alternative to cane sugar and beet sugar. Agave sugar is rich in natural fructose and is roughly 25% sweeter than sugar. We recommend using 80 g of agave sugar in the place of 100 g of classic sugar.

Usage

All recipes that call for normal sugar can also use agave sugar instead. It's perfect for sweetening drinks, muesli, fruit salads, all kinds of desserts, and also baked goods.

Glycemic index (= GI): Agave sugar is mainly comprised of fructose and glucose, with the fructose content significantly outweighing the glucose. The GI is therefore extremely low (roughly 26 – about half that of cane sugar which has a GI of 70).

Nutrition declaration per 100g

Energy	1603 kJ / 378 kcal
Fat	0 g
- of which saturated fatty acids	0 g
Carbohydrates	91,0 g
- of which sugars ¹⁾	86,0 g
Fibre	7 g
Protein	0 g
Salt	0 g

¹⁾Fructose (80%) and glucose (6,5%)

Good to know:

- existing flavours of food are pleasantly boosted
- yoghurt and cheese curd dishes get an even creamier consistency
- agave sugar helps with making cream stiff
- baked goods (waffles, cakes, etc.) can be made exceptionally fluffy



AT-BIO-301
MEXICO Agriculture



crystalline



- Ingredients:** 100% ERYTHRITOL, from organic certified farming
- Characteristics:** of pure vegetable origin, organic certified quality, GMO-free, unbleached, suitable for diabetics (glycaemic index = 0), looks and tastes like sugar
- Country of origin:** China
- Filling:** Austria
- Types:**
- crystalline (0.3- 0.8 mm)
 - powdered (mesh 100)

bio Sweet is an organic certified sugar substitute and consists entirely of calorie-free organic Erythritol.

Erythritol is of natural origin and can be found, among other things, in ripe fruit such as melons, grapes and pears. It is obtained through a natural fermentation process from organic certified corn. Erythritol is neither bleached nor does it contain anti-caking agents or other additives.



Nutritional values per 100g

Energy	0 kJ / 0 kcal
Fat	0 g
- of which saturated fatty acids	0 g
Carbohydrates	100 g
- of which sugars	0 g
- of which polyvalent alcohols	100 g
Fibre	0 g
Protein	0 g
Salt	0 g

Tafel sweetener
based on organic Erythritol





100% Organic-Erythritol

powdered (mesh 100)

Sweetness with 0 kcal

Properties

Bio Sweet looks, tastes and has the same properties as sugar.

It only differs in regard to sweetness at about 70% compared to normal sugar. However, this is not a disadvantage since its sweetness is sufficient and very agreeable. For those who wish to sweeten 1:1 as with sugar: 100 g sugar = 140 g Bio Sweet

bio Sweet has no calories or carbohydrates (0 kJ / 0 kcal per 100 g) and is recommended for conscious nourishment and dieting, especially sugar-free and sugar-reduced diets.

Also optimally suitable for diabetics.

Usage

Bio Sweet is to be used like classic sugar - hot or cold. Ideal for cooking, baking, preserving, decorating, sweetening coffee, tea, muesli, yoghurt and anything else that requires sweetness.

Why bio Sweet?

- ✓ sweetens with zero calories
- ✓ looks and tastes like sugar
- ✓ organic certified quality
- ✓ for conscious nourishment
- ✓ lactose-free, gluten-free, vegan by nature
- ✓ no increase in blood sugar (GI 0)
- ✓ tooth-friendly



AT-BIO-301
Non-EU-Agriculture



genetically unmodified
according to the CODEX guideline
"Genetically unmodified production"

BIRCH SUGAR

crystalline



Country of origin: Finland, European quality

Filling/packaging: Austria

Characteristics:

- 100% natural source
- made from hard woods
- suitable for diabetics, glycemic index = 8.5
- looks, tastes and sweetens 1:1 like sugar
- 40% fewer calories – compared to white sugar

Types:

- crystalline (18- 60 mesh)
- powdered (mesh 100)

Birch Sugar, also called Xylitol, is a sugar substitute of natural origin.

History

The discovery of Xylitol traces back to the German chemist and Nobel Prize laureate Emil Fischer in the year 1891. Xylitol has been used as a sugar substitute since the 1960s. From the EU officially approved as a sweetener in 1984.

Production

Our Birch sugar is obtained from hardwood, mostly birch and beech trees from sustainable forestry. According to an independent study, it is the Xylitol with the smallest ecological footprint.

Xylitol is produced by the human body as well and contained by nature in fruits and vegetables such as strawberries, raspberries and plums.

Usage

Birch sugar is to be used like regular sugar – hot or cold. Ideal for cooking, baking, sweetening, decorating and many more. The only exception is yeast dough. High temperatures are necessary for caramelisation (from 200°C).





Xylitol - from Finland

powdered

Taste and Sweetness

Birch sugar has the same taste and sweetness as regular white sugar – it can be used 1:1.

Birch sugar and diabetics

Xylitol is a low glycemic ingredient. It is metabolized independently of insulin and has a glycemic index* of appr. 8.

When consuming foods/drinks that contain xylitol instead of sugar, the blood sugar level rises less than when consuming foods/drinks that contain sugar. This makes xylitol a suitable sweetener for use in diabetic or carbohydrate controlled diets.

Nutritional values per 100g

Energy	1000 kJ / 240 kcal
Fat	0 g
- of which saturated fatty acids	0 g
Carbohydrates	100 g
- of which sugars	0 g
- of which polyvalent alcohols	100 g
Fibre	0 g
Protein	0 g
Salt	0 g

***Glycemic index (= GI):** The glycemic index is a number associated with a particular type of food that indicates the food's effect on a person's blood glucose level. The smaller the number, the less impact the food has on your blood sugar.

For comparison- regular white sugar: GI 70 / Xylitol: GI 8.5

Birch sugar and tooth decay

Numerous scientific studies have confirmed the positive properties of Xylitol in regard to dental health. Therefore you will find xylitol in candies, chewing gums, dental care products etc.


Birch sugar and pets


Birch sugar is an excellent substitute for sugar for human beings. Some animal species such as dogs, rabbits and cows should never ingest xylitol since it has a toxic effect on their organisms.

Benefits ...

- ✓ 100% of natural origin
- ✓ looks, tastes & sweetens just like sugar
- ✓ 40% fewer calories
- ✓ for healthy as well as low-calorie diets
 - specifically for sugar-free or low-sugar diets
- ✓ suitable for diabetics, GI = 8.5
- ✓ tooth-friendly

40% fewer calories*

 suitable for diabetics

 genetically unmodified



* Compared to conventional white sugar, 400 kcal per 100g.

LIGHT SWEETNESS

crystalline

No Calorie Sweetener



Country of origin:	France, European quality
Filling/packaging:	Austria
Characteristics:	100% natural source, made from corn suitable for diabetics, GI = ZERO, looks and tastes like regular sugar, ZERO calories, about 75% of the same sweetness as sugar
Types:	crystalline (18- 60 mesh)



Light Sweetness consists entirely of the calorie-free sugar substitute Erythritol. Erythritol is of natural origin and is obtained through a fermentation process from genetically unmodified corn. It is neither bleached nor does it contain anti-caking agents or other additives.

Usage

Light Sweetness is to be used like classic sugar - hot or cold. Ideal for cooking, baking, preserving, decorating, sweetening coffee, tea, muesli, yoghurt and anything else that requires sweetness.

Benefits ...

- ✓ 100% of natural origin
- ✓ looks and tastes like sugar
- ✓ calorie free, 0 kcal
- ✓ suitable for diabetics, GI = ZERO
- ✓ non-cariogenic and tooth-friendly

Properties

Light Sweetness has no calories, looks, tastes and has the same properties as sugar.

It only differs in regard to sweetness at about 70% compared to normal sugar, but its sweetness is sufficient and very agreeable. For those who wish to sweeten 1:1 as with sugar: 100 g sugar = 140 g Light Sweetness

Suitable for diabetics.

0 kcal	calorie-free
	suitable for diabetics
	genetically unmodified



SWEETENER 1:1

with Stevia

ZERO CALORIES - CALORIE-FREE

Filling/packaging:	Austria
Ingredients:	Erythritol (origin: corn) and steviol glycosides
Characteristics:	of pure vegetable origin ZERO calories, suitable for diabetics, GI = ZERO, unbleached, GMO-free, looks, tastes and sweetens 1:1 like white sugar
Types:	crystalline (18- 60 mesh)



Our Granulated Sweetener with Stevia is a table-top sweetener of natural origin made from Erythritol and high-quality stevia extract from the stevia plant.

The intense sweetness of the stevia plant is combined with Erythritol. This achieves a characteristic sugar-like flavour without the „unpleasant“ aftertaste, which is often the case with pure stevia products. Erythritol is part of the group of so-called sugar alcohols and is produced in France through a natural fermentation process of corn.

Characteristics

Granulated Sweetener with Stevia (Stevia plus) has a zero glycemic index*, is calorie-free and has non effect on the blood glucose level. It is recommended for conscious nourishment and dieting, especially for any low calorie or sugar-free diets and optimally suitable for diabetics.

Usage

It is to be used like classic sugar - hot or cold. Ideal for cooking, baking, preserving, decorating, sweetening coffee, tea, muesli and anything else that requires sweetness.

Benefits ...

- ✓ 100% of natural origin
- ✓ looks and tastes like sugar
- ✓ tooth-friendly
- ✓ calorie-free, 0 kcal
- ✓ naturally lactose-, glute-free, vegan

*without aftertaste
sweetens 1:1 like sugar*

Nutritional values per 100g

Energy	0 kJ / 0 kcal
Fat	0 g
- of which saturated fatty acids	0 g
Carbohydrates	100 g
- of which sugars	0 g
- of which polyvalent alcohols	100 g
Fibre	0 g
Protein	0 g
Salt	0 g



genetically unmodified
according to the CODEX guideline
"Genetically unmodified production"



ORGANIC COCONUT SUGAR

crystalline

Country of origin:	Indonesia, Java
Filling/packaging:	Austria
Characteristics:	<ul style="list-style-type: none">- 100% natural, organic certified, unrefined- sustainably grown and harvested- is to be used 1:1 like brown sugar- delicate caramel-like aroma- low glycemic index, GI 35
Types:	crystalline



Our organic coconut sugar comes from the Indonesian island of Java and is produced by hand using traditional methods. It is obtained exclusively from the pure blossom nectar of coconut trees (*Cocos Nucifera*).

The delicious blossom is harvested by cutting the flower buds, this juice is then heated until it crystallises and is finally processed or ground into granules.

Coconut blossom sugar is manufactured by smallholder farmers using traditional techniques in one of the most sustainable sugar production methods in existence.

Coconut trees thrive, blossom and produce fruits for around 60 years. They need very little water to grow, yet per hectare they produce nearly twice as much fruits as sugar cane.

*Asian sugar
speciality*





flower buds of the coconut tree

made from 100% pure coconut blossom nectar

Taste and Sweetness

Coconut sugar is to be used 1:1 like brown sugar. It dissolves easily and is characterized by a delicate caramel touch.

Perfect for cooking, baking and sweetening – warm or cold. For sweet dishes and drinks, including desserts, cakes, tarts, pancakes, waffles, smoothies, cocktails and much more. It has a low melting point – which is perfect for caramelising.

Glycemic index

Coconut sugar contains natural vitamins and minerals (potassium, magnesium...). The glycemic index (GI) is about 35, appr. 1/2 value of sugar cane (GI = 70). The smaller the number, the less impact the food has on your blood sugar.

- ✓ 100% natural
- ✓ certified organic quality
- ✓ delicious caramel aroma
- ✓ melt-in-the-mouth smooth
- ✓ contains potassium
1.33 g per 100 g = 66.5% NRV*
*NRV = Nutrient Reference Values:
Reference quantity for the
daily intake of an adult

Nutrition declaration per 100g

Energy	1597 kJ / 376 kcal
Fat	0,1 g
- of which saturated fatty acids	0,1 g
Carbohydrates	91,9 g
- of which sugars	86,6 g
Fibre	2,2 g
Protein	1,2 g
Salt	0,5 g
Kalium	1330 mg (66,5% NRV*)



AT-BIO-301
Indonesia Agriculture



genetically unmodified
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"Genetically unmodified production"



*NRV = Nutrient Reference Values: Reference quantity for the daily intake of an adult

ORGANIC

FLOUR- ALTERNATIVES



- COCONUT FLOUR
- ALMOND FLOUR
- PUMPKIN SEED FLOUR
- HEMP SEED FLOUR
- LINSEED FLOUR
- MACA POWDER

*... the light, gluten-free
alternatives to cereal-based flours!*



AT-BIO-301

Perfect for baking and as raw ingredients for smoothies, muesli, yoghurt.

Why protein flours?

- rich in vegetable protein and valuable fibre
- LOW CARB
- naturally lactose-, gluten-free, vegan
- a sufficient intake of vegetable proteins is very important, especially for athletes, vegans and vegetarians

good to know:

- Proteins are important components of the human body.
- They are a source of vitamins, minerals and contain all the essential amino acids. Support muscle building and preservation of the bones.



ORGANIC COCONUT FLOUR

HI-fibre • de-oiled • gluten-free



Country of origin: Sri Lanka
Filling/packaging: Austria
Characteristic: pleasantly sweet, delicate smell and flavour of coconuts
Suggested use: for cooking, baking and as raw ingredients



To make our coconut flour, fresh pulp from a coconut (*Cocos Nucifera*) is chopped up and de-oiled. Once dried, it is ground to a fine powder. Coconut flour is known for its high protein content. It is a tasty source of fibre, and at the same time low in carbohydrates. As a result, coconut flour is particularly suitable for low carb diets and is an excellent gluten free alternative to cereal-based flours.

multi-purpose use...

Coconut flour is perfect for fine-tuning those hearty dishes like soups, stews, curries, casseroles and sauces. It is also the perfect raw ingredient for desserts, drinks like shakes, smoothies, muesli or yoghurt. 1-2 tablespoons are enough to give dishes an extra flavour boost. With its subtle sweetness, it is a natural alternative to artificial sweeteners.

To make cake mix and biscuits, simply replace about 20% of the cereal-grain flour amount with coconut flour. As the flour is naturally sweet, you can also reduce the amount of sugar that you add to a recipe.

For thin pancakes you can replace the flour 1:1 with coconut flour - see recipe.

Perfect for gluten-free, vegan and vegetarian dishes.

Recipe

LOW CARB pancakes

Ingredients:

2 big eggs
 1 tbsp Bio Sweet (Erythritol)
 1 tbsp coconut flour, heaped teas
 1 tsp baking powder
 80 ml coconut milk or whole milk



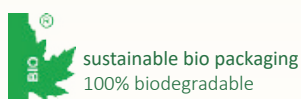
Advantages of coconut flour...

- ✓ rich in protein and fibre
- ✓ LOW CARB²⁾
- ✓ gluten-free
- ✓ naturally lactose-free and vegan
- ✓ raw food quality

²⁾On average 70 % less carbohydrates compared with conventional cereal-grain flour

Nutritional values per 100 g

Energy	1625 kJ / 388 kcal
Fat	10,8 g
- of which saturated fatty acids	8,1 g
Carbohydrates	20,8 g
- of which sugars	19,6 g
Fibre	36,9 g
Protein	19,8 g
Salt	0,10 g



ORGANIC ALMOND FLOUR

HI-fibre • de-oiled • gluten-free



Country of origin: EU-Agriculture
Filling/packaging: Austria
Characteristic: mild nutty taste
Suggested use: for cooking, baking and as raw ingredients



Our organic almond flour is made from blanched, unroasted almonds of 100% European origin. The peeled almonds are gently cold-pressed and partially de-oiled in Germany. The so cold press cake, that remains after this pressing process, is then ground to a fine flour. By this method the almond flour has a reduced fat content (compared with non-de-oiled almond flour, 54 g per 100 g).

Almond flour is incredibly versatile...

It is ideal for cooking and baking. The Almond flour refine casseroles, desserts and sweet dishes with his mild nutty taste. It is also the perfect raw ingredient for drinks like shakes, smoothies, muesli or yoghurt. 1-2 tablespoons are enough to give dishes an extra flavour boost.

When baking, around 10 - 20% of flour in your original recipe can be replaced with almond flour. Because of its high absorbency, you may need to increase the amount of liquid in your recipe.

Perfect for gluten-free, vegan and vegetarien dishes.

Advantages of hemp flour...

- ✓ rich in protein and fibre
- ✓ LOW CARB²⁾
- ✓ gluten-free
- ✓ naturally lactose-free and vegan

²⁾On average 85 % less carbohydrates compared with conventional cereal-grain flour



Nutritional values per 100 g

Energy	1567 kJ / 375 kcal
Fat	12,0 g
- of which saturated fatty acids	0,8 g
Carbohydrates	10,7 g
- of which sugars	10,7 g
Fibre	21,4 g
Protein	45,3 g
Salt	0,02 g



ORGANIC PUMPKIN SEED FLOUR

HI-fibre • de-oiled • gluten-free



Country of origin:	Austria
Filling/packaging:	Austria
Characteristic:	delicately nutty, aromatic flavour
Suggested use:	for cooking, baking and as raw ingredients



Fresh, Austrian pumpkin seeds are delicately partially de-oiled through an entirely mechanical process (stamping) and then ground down. Our pumpkin seed flour has a delicately nutty, aromatic flavour, and it is incredibly versatile. It is a tasty protein source whilst being low in carbohydrates. Pumpkin seed flour is therefore particularly suitable for low carb diets and is an excellent, gluten free alternative to grain-based flours.

Pumpkin seed flour is incredibly versatile...

Perfect as breadcrumbs, for baking, and for making pumpkin noodles and many vegetarian or vegan dishes. Simply replace up to 30% of the grain-based flours in the original recipe with the pumpkin seed flour. If necessary, a more compact dough consistency can be balanced out by adding a little more liquid.

Pumpkin seed flour is not just an excellent baking ingredient, it is also a great addition to protein shakes, in muesli or to refine your salads, sauces, dips and so on. We highly recommend it!

Perfect for gluten-free, vegan and vegetarian dishes.

Advantages of pumpkin seed flour...

- ✓ rich in protein and fibre
- ✓ LOW CARB²⁾
- ✓ gluten-free
- ✓ naturally lactose-free and vegan
- ✓ raw food quality

²⁾On average 92% less carbohydrates compared with conventional cereal-grain flour



Nutritional values per 100 g

Energy	1638 kJ / 390 kcal
Fat	11,2 g
- of which saturated fatty acids	2,1 g
Carbohydrates	5,2 g
- of which sugars	2,6 g
Fibre	12,7 g
Protein	60,7 g
Salt	4,10 g



ORGANIC HEMP SEED FLOUR

HI-fibre • de-oiled • gluten-free



Country of origin: EU-/Non-EU-Agriculture
Filling/packaging: Austria
Characteristic: pleasant nutty taste
Suggested use: for cooking, baking and refining



Freshly harvested, shelled hemp seeds are gently partially de-oiled by stamping and then finely ground down. Our aromatic, organic hemp seed flour gives your food a pleasant nutty taste. It is a good source of protein (39%) and high in Omega 3 fatty acids.

Hemp seed flour is incredibly versatile...

It is ideal for bread, pastries, cakes, biscuits. With its very low levels of carbohydrates (3.7 g per 100 g), hemp seed flour is particularly suited for low-carb recipes.

Makes a perfect, aromatic, crispy breadcrumb and as an addition to muesli and salads. For smoothies and protein shakes, stir about 1 tbsp (10 g) in 500ml of liquid.

Simply replace up to 10% of the grain-based flours in the original recipe with hemp seed flour. If necessary, a more compact dough consistency can be balanced out by adding a little more liquid.

Perfect for gluten-free, vegan and vegetarian dishes.

Advantages of hemp seed flour...

- ✓ rich in protein and fibre
- ✓ LOW CARB²⁾
- ✓ gluten-free
- ✓ naturally lactose-free and vegan
- ✓ raw food quality

²⁾On average 95 % less carbohydrates compared with conventional cereal-grain flour



Nutritional values per 100 g

Energy	1414 kJ / 340 kcal
Fat	11,0 g
- of which saturated fatty acids	1,3 g
Carbohydrates	3,7 g
- of which sugars	3,4 g
Fibre	33,6 g
Protein	39,7 g
Salt	< 0,01 g



ORGANIC LINSEED FLOUR

HI-fibre • de-oiled • gluten-free



Country of origin: Non-EU-Agriculture
Filling/packaging: Austria
Characteristic: slightly nutty taste
Suggested use: for cooking, baking and as raw ingredients



Fresh, brown linseeds are delicately partially de-oiled through an entirely mechanical process (stamping) and then ground down. Our organic linseed flour has a delicate nutty taste. It is high in Omega 3 fatty acids and nutritious dietary fibre (35%), and it is a good source of protein (30%).

Linseed flour is incredibly versatile...

It is ideal for bread, pastries and to refine sweet dishes. As a raw ingredient (in muesli, yoghurt, smoothies, shakes etc.), we do not recommend consuming more than 15 g, and it is also important to consume sufficient fluids.

Linseed flour is particularly effective as a binding agent for sauces and soups, as it has a high absorbency and binds well with liquid. When baking, around 10- 20% of flour in your original recipe can be replaced with linseed flour. Because of its high absorbency, you may need to increase the amount of liquid in your recipe.

Perfect for gluten-free, vegan and vegetarian dishes.

Advantages of hemp flour...

- ✓ rich in protein and fibre
- ✓ LOW CARB²⁾
- ✓ gluten-free
- ✓ naturally lactose-free and vegan
- ✓ raw food quality

²⁾On average 95 % less carbohydrates compared with conventional cereal-grain flour



Nutritional values per 100 g

Energy	1667 kJ / 403 kcal
Fat	21,4 g
- of which saturated fatty acids	2,6 g
Carbohydrates	3,2 g
- of which sugars	1,7 g
Fibre	35,6 g
Protein	31,6 g
Salt	< 0,10 g



ORGANIC MACA POWDER

food supplements



Country of origin:	Peru, Junín Region
Filling/packaging:	Austria
Characteristic:	slightly sweet nutty taste
Suggested use:	vegetable tonic, for shakes, smoothies, yoghurt and baking

The maca plant stems from the Peruvian Junín Region, where it grows since thousands of years at a height of more than 4000 m. By now, this region in the Andes is still the main area for maca cultivation. The extreme climatic conditions in the plateaus of the Peruvian Andes make maca enormously resistant. Already the Incas highly appreciated this ancient plant from South America because of its valuable ingredients.

The Superfood of the Incas!

Recommended consumption...

5 g maca powder (= approx. 1 heaped teaspoonful) per day stirred in water, milk, shakes, yoghurt, muesli or the like.

Food supplements should not be used as a substitute for a balanced diet.

Recipe

biscuits with maca powder

Ingredients:

200 g	butter
100 g	birch sugar
1 packet	vanilla sugar
2	eggs
1 packet	baking powder
100 g	flour
250 g	oats
4 tsp	organic maca powder



Advantages of maca...

- ✓ natural energy supplier
- ✓ raw food quality
- ✓ organic certified
- ✓ naturally lactose-, gluten-free, vegan

Nutritional values per 100 g

Energy	1503 kJ / 359 kcal
Fat	2 g
- of which saturated fatty acids	< 1,0 g
Carbohydrates	67,5 g
- of which sugars	32,5 g
Fibre	6,5 g
Protein	13,5 g
Salt	0 g



ORGANIC PSYLLIUM HUSKS

from the Indian shrub (Plantago Ovata)

- Psyllium seed husks
- Psyllium seed husks powder



Country of origin:	India
Filling/packaging:	Austria
Characteristic:	neutral taste
Suggested use:	natural gelling texture and good binding substance for soups, puddings or jams
Production:	the small, golden-brown seeds are peeled, sieved, gently dried and then ground to powder



Psyllium seeds contain high amounts of soluble fibre with a high swelling capacity. When mixed with liquid, they can absorb up to 20 times their volume and leave you feeling fuller for longer.

Serving Suggestion/Use...

1-3 teaspoons daily in 250 ml of water, soup, fruit juice or smoothies. Mix and leave to briefly soak up liquid. A delicious addition to yoghurt, muesli or fruit salad. Can also be used as a binding agent in baking, for thickening soups, puddings, or jams.

Information: It is important to ensure a sufficient fluid intake when using this product.

Advantages of psyllium husks...

- ✓ rich in valuable fibre
- ✓ low in saturated fat
- ✓ high swelling capacity
- ✓ naturally lactose-, gluten-free, vegan

Nutritional values per 100 g

Energy	737 kJ / 184 kcal
Fat	0,5 g
- of which saturated fatty acids	0,3 g
Carbohydrates	< 0,5 g
- of which sugars	0 g
Fibre	87 g
Protein	1,5 g
Salt	0,18 g



gentechnik-frei
according to the CODEX guideline
„Genetically unmodified production“



AT-BIO-301
India Agriculture



sustainable bio packaging
100% biodegradable

GEMSTONES

Energy and harmony



100% natural

Natural gemstones - for revitalisation of drinking water

It's no secret anymore, that healing processes can be supported not only by balanced nutrition, herbs and essences, but also with gemstones. It doesn't really matter, whether tumbled stones, crystal points, rough crystals or cut gemstones are used. It's only important, that they are naturally grown gems..

Gemstones like **rose quartz, rock crystal, amethyst, aventurine and others** are ideal for water revitalisation – natural and effective!

Not only because of their positive effect on mind and body, but- above all- also because these gems are different kinds of quartz crystals. From the chemical point of view, quartz crystals are an ideal method of water revitalisation.

Already **Hildegard von Bingen** used four of the mentioned crystals as healing gems. Also in modern alternative stone medicine, we hear of the increasing success of treatments with quartz crystals.



GEMSTONES "Energy & Harmony" Set of following gems:

- **ROSE QUARZ** (pink)
for wellbeing and nerve relaxation
- **BERG CRYSTAL** (transparent)
known as one of the strongest stones for healing, protection, and clearing blockages
- **AMETHYST** (purple)
protects against unwelcome external influences, and is therapeutic for sleep disorders
- **AVENTURINE** (green)
gives strength to face over-exertion and weakness, conveys serenity
- **CALCITE** (yellowy orange)
strengthens confidence in one's own ability, balances feelings, promotes regeneration.



LAMPS & TEALIGHTS

from Pakistan

What makes salt crystal lamps so beneficial to our health?

● They can condition air in a room.

Salt crystal lamps can provide a balanced ionic ratio in combination with the heat of the bulb. This creates a natural stimulating climate like that in the mountains, by waterfalls, and on the beach. This has a very positive effect on our health and our general wellbeing, similar to that within a healing salt cave.

Often polluted by the use of TVs, computers, other electronic devices, and also cigarette smoke, the air in the room can be cleaned by the salt crystal lamp.

● The effect of colours

The positive influence of colours on your state of mind is well-known. A salt crystal lamp can therefore also have a beneficial effect on your health through use of their colours. They are ideal for lighting at night and give any room a homely light.

White increases concentration and has a cooling effect,
yellow brings about optimism, cheerfulness and amusement,
apricot is soothing and helps to loosen emotional blockages,
dark orange to red is warming, energising, and stimulating.



Salt Crystal Tealights

The same benefits also apply, to a slightly lesser degree, to salt crystal tealights. An ornament for every home, and a great gift idea!

EVERY LAMP IS UNIQUE

Light oscillations for the soul –
for the sake of your health!



SOAPNUTS

from India

ÖkoKraft

for naturally clean washing

Origin of the soapnuts

The soapnut tree mainly grows in India, Nepal and Pakistan, it can reach up to 15 m. Its fruits are called “soapnuts” or “washnuts” (botanical name: Sapindus Mukorossi).

The ripe soapnuts have a golden colour and are harvested between September and October. Right afterwards they get dried and their colour becomes brown. Then the nuts get cracked and the black kernel, which can not be used for washing, is removed.

Advantages of the soapnuts:

- **100% vegetable detergent**
- **excellent cleaning power**
- **works with all fabrics 30-95 °C, even silk and wool**
- **for whites and colours**
- **mild to fabrics and colours**
- **ideal for allergy sufferers* and sensitive skin – gentle on the skin**
- **also ideal for babies' skin**
- **renewable raw material**
- **100% biodegradable**

*allergies to conventional detergents

Effect of the soapnuts

Saponine, the natural agent contained in the shells of soapnuts, has excellent cleaning power and has an antibacterial effect. In contact with warm water, it creates mild and powerful suds. Normal stains are removed effectively and gently. Ideal for colours. Colours stay fresh longer, because saponine is easy on colours. Soapnuts can be used 2-3 times depending on the washing temperature and the hardness of the water.

Due to their high cleansing power, soapnut shells have been used in Asia for hundreds of years as a natural detergent and cleaning agent.

100% vegetable detergent
- that grows on trees

Economical pack in cotton bag

With this ecological and economical pack about 90 washing loads can be done.

Taking 3-4 washing loads per week it covers the requirement of 9 months. This means a price per washing load of approx. 4 cent.





100% natural

How to use

For each wash, simply place 5-7 halved soapnut shells into a small cotton bag. For better soaping the shells can be cracked to smaller pieces. Then place the bag well closed between the clothes and start the wash programmes as usual.

In the case of stubborn stains and white clothes use stain remover. Soapnuts are odour-neutral in the wash. For fresh smelling clothes pour 5-6 drops of essential oil directly onto the cotton bag.

After being used 2-3 times the saponine will have completely dissolved out of the soapnut shells. Now simply dispose of the shells in the biological waste or compost it.



Other applications of soapnuts

At first, suds – made accordingly to following instructions – are needed:

Add about 50 g cracked soapnut shells (the more you crack them, the sooner the Saponin is released) into a pot with approx. 1 l of boiling water. Cover the pot and let the suds simmer for approx. 10 min. Take out the shells and let the suds cool. After that you can use the suds immediately or let them steep overnight.

The soapnut suds are suitable for every kind of cleaning: universal cleaning agent, plant protective agent, natural insecticide, for cleaning of gold and silver jewelry, floor cleaning agent, instead of shampoos and shower lotions, dishwasher, shampoo for pets and animals, etc. Store the suds in a cool place and use quickly.



Environmental-friendly

Soapnuts are a 100% natural and renewable product. The shells are free from chemical additives. After use you can safely put them to your compost or dispose them of through organic refuse. The tree bears it's first fruits after about 10 years. Which can get harvested once a year for the next 90 years, approximately. The Indian Environment and Forests Ministry supports the cultivation of soapnut trees due to the positive life-cycle analysis.

STAIN REMOVER | Pure OXYGEN BLEACHING

Ingredients:

100% sodium percarbonate

Protects the environment
and your laundry

Sodium percarbonate decomposes into soda, water, and ACTIVE OXYGEN during washing. So both washing and catabolic processes happen at the same time.

Works at 50°C and up. Suitable for whites and colourfast coloureds. Gently removes heavy stains. Protects whites from going grey. Free from additive and 100% biodegradable.

TIP: can also be used to clean tea/coffee pots



originally organic natural



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