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Superfoods

The English term Superfood describes food, which is very beneficial to our health due to its high content of nutrients. The high synergetic composition of nutrients is integral to our bodies needs.

Our modern food production leads us to the point where our food loses its nutrients, caused by growth additions, too early harvesting, and the storage and transport of food. On the other hand our lifestyle and environment has changed and we have a bigger need in terms of nutritional value of our food. And it is for these reasons more and more people recognize the possibilities natural finished foods bare to improve their nutritional intake as well as their way of living.

Superfoods are well-tried natural products which offer us a multitude of vitamins, proteins, essential fatty acids, enzymes, minerals, anti-oxidants and amino acids, next to our conventional fruit and vegetables today. They often have a long tradition and history in all sorts of cultures and have proven themselves over centuries, even millennia.

For adults, the recommended daily allowance of Superfoods is two teaspoons.

Intake which exceeds the daily allowance, because one might think - more is better - can cause discomfort like sickness etc. Due to its high nutritional value Superfoods should rather be used in small portions, but on regular base in order to benefit from the nutritional value in the most efficient way. You should also keep in mind not to use the Superfoods in meals and drinks which are warmer than 40 degrees Celsius, as valuable nutrition will get lost.

As all food products Superfoods can cause allergic reactions as well. I recommend you to try your product pure and over a period of two, three days in very small portion (knife point only) to preclude any reaction. In case an allergic reaction should occur, please consult your health professional straight away.

Superfoods should be stored safe and out of reach of children and pets. Store cool, dark and dry.

