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Dietary supplement

Components:

Lyophilized pickled beetroot juice, micronized apple fiber, cellulose capsule shell.

Storage:

Should be stored out of the reach of young children. Store in a dry place, avoid excessive heat. Do not use if the seal under the lid is damaged or missing.

Usage:

Use two (2) capsules a day, preferably before a meal. Do not exceed the recommended daily allowance. Dietary supplement cannot be used as a substitute for a varied diet. A balanced diet and a healthy lifestyle are recommended. Do not consume if you are allergic to any of the ingredients in the product. The product should not be used by children, pregnant women and nursing mothers. Keep out of reach of small children. The healthy lifestyle are recommended.

Lyophilisate based on juice from organic beetroot

60 capsules x 300 mg

**Nutrients recommended 2 capsules
in daily intake 300 mg each**

Nutritional value in 100 g of the product:	9,818 kJ / 2,325 kcal
Fat	0,006 g
of which saturates	0,004 g
Carbohydrates	0,368 g
of which sugars	0,038 g
Dietary fiber	0,015 g
Protein	0,085 g
Salt	0,035 g

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Contraindications:

Hypersensitivity to any of the product's components.

EAN-13 code: 5903111753092

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What should one know about pickled beetroot?

- It has anticancer properties (true only for organic production)
- It regulates blood pressure and possesses anticoagulant properties
- It improves the work of the heart
- Take 2 pills a day fasting, half an hour before a meal
- It contains a lot of potassium, vitamin PP, B1 and B2 as well as other mineral compounds





The secret of beetroot juice

They hamper the aggregation (clumping) of platelets, which leads to the clogging of blood vessels. They lower the fragility of blood vessels. They improve vision quality by intensifying eye vascularization and stimulating the production of rhodopsin, which is essential in the process of seeing. They lower the risk of colorectal and rectal cancer. Betalains contained in red beets hamper the oxidation of cell lipids and counter the phenomenon of oxidative stress. Consumption of products rich in betalains, such as beetroot juice, supplies the organism with phenol-formaldehyde resin (phenolic acids, flavonoids) and folic acid.

In 2011, a series of innovative examinations concerning the anti-cancer effects of extracts from ecological pickled juices was performed. the AGS line cells (stomach cancer epithelial cell line) were used to examine the anti-cancer potential of extracts from pickled vegetable

juices. The processes of proliferation, apoptosis and cell necrosis were examined. The extracts from pickled ecological juices made of beetroot and cabbage cause the death of cancer cells, compared to similar control cultivation without the extract, which means that these juices can be used as health-improving means in the prevention of stomach cancer etc.

The examinations are being performed all the time. We have been cooperating with prof. Rembiałkowska for the last few years. If the silage lack in prebiotic bacteria or there is too little of them, then the effect of the silage is meagre. Currently, prof. Rembiałkowska is repeating the research on biopreparations, the presentation is included in an attachment.

It is worth reaching for ECO pickled juices

As provided in the statement by prof. Ewa Rembiałkowska and inż. Renata Kazimierczak: The results from 2012 indicate, that the content of bioactive compounds (phenolic acids, flavonoids) valuable from the health point of view, was significantly higher in the ecological pickled beetroot juice, compared to a conventional product, with the content of dry matter being the highest in the juice. In the case of soured beetroot juices, a tendency concerning the content of dry mass and quercitrin D-glycoside was observed, clearly favouring the ecological juice.

Beetroot juice ? health energy ?wine?

Surely a lot of you will ask what do beetroots contain that should encourage you to eat them more often? So, they contain: vitamin A, B1, B2, B3, B4, B5, B6, B12, C; elements: iron, potassium (just 2 beets have as much as 528mg of potassium!), magnesium, calcium, phosphorus, copper, chlorine, fluorine, zink, boron, lithium, molybdenum, sodium, manganese, cobalt and very rare elements like rubidium and caesium. They also contain sugars, protains, bioflavonoids, carotene, betanine, abundance of folic acid, as well as malic acid, citric acid, oxalic acid, nicotinic acid, anthocyanins? They are low-calorie ? 100g contain only 38 kcal and have fibre.

What?s the most important ? red beet has health properties:

?Beetroots are number one in the fight with cancer. Betacyanins give them their red-purple colour. These compounds play an important role in cancer prevention. The results of research demonstrated that beetroot is the most effective vegetable in the fight with cancer. They suport the organism in case of chemotherapy, erythrocytopenia, anaemia, leukaemia

and counteract many other malignancies. In patients after chemotherapy the complete blood count has improved significantly after implementing beetroot treatment. Early stage tumors of the lymphatic system experience also seem promising?.

What is more, ?Due to high potassium and magnesium content, beetroot is very useful in preventing and treating hypertension and other cardiovascular diseases, effectively reduces arterial pressure prevents heart disease?.

?Clinical research has shown that our organism absorbs iron best from beetroot. Beets support the creation of red blood cells. There have been many cases of people overcoming anaemia by drinking fresh beetroot juice every day?. ?Given its purifying action, beetroot excellently supports liver function, and due to its base-forming properties ? it is great for a hangover. Betaine not only normalizes liver and bile ducts functions but also of the gall bladder, making it an ideal medicine for all people with liver or gall bladder problems. Beetroot is also recommended in liver disorders caused by the so called alcohol problems as it has ?fat burning? properties and protects the liver.

?Incredible healing properties of beetroot juice can be observed in case of gastrointestinal ulceration. The beetroot demonstrates beneficial influence in the case of gastritis, gastric ulcers and haemorrhoids (anal varices). It is excellent in fighting pyrosis and constipation. Regular consumption of beets visibly regulates digestive processes. They are also recommended in case of bowel disease?.

Beets are also good for losing weight, because they contain: high volume of fibre, which is unrivalled in fighting extra weight (it causes the feeling of satiation), it accelerates metabolism, supports the treatment of obesity ? reduction of fat tissue, and suppresses the appetite for sweets.



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Beets cleanse the organism (natural detox)

Beets and depression, neurosis, insomnia, concentration and memory.

?Beets contain betaine ? the substance used in some forms of treatment of depression. They also contain tryptophan, which somewhat ?relaxes the mind? and gives the sense of satisfaction (feeling of happiness ? just like dark chocolate). The folic acid has a soothing and calming effect, which helps people with sleeping problems to fall asleep easier. Additionally, the beets improve general well-being, concentration, reflexes, memory, decrease nervous tension, cure stress, depression, apathy, various kinds of neurosis and sleep disorders. It is caused by lithium and magnesium contained in beets. Lithium enhances the influence of magnesium and tryptophan, creating serotonin, as a result”.

Beets and convalescence ? legal sport doping for the lack of energy

?After drinking two glasses of beetroot juice, a good energy boost is felt. Due to sugar content, the beets are sweet and have some of calories. However, these are not refined sugars that are quickly released into the blood (contrary to chocolate). They are strongly recommended for athletes and active people. Beetroot slows down the absorption of oxygen (thanks to nitrates content), making us get tired slower. Additionally, it helps in faster elimination of muscle soreness (when we overtrained the day before, or we have just started training), contributes to physiological nutrition of the organism, muscle gaining and improvement of physical endurance?.

Beets for dementia (Alzheimer disease).

All this thanks to the beneficial influence of beets on blood. With age, the amount of areas in the brain that are insufficiently supplied with blood increases, which in turn affects the development of dementia and impairs cognitive capabilities. The scientists have proven that beets can increase blood flow in the brain, thanks to its high nitrate content. The nitrates expand blood vessels and improve oxygen and blood flow through the tissues. A diet rich in nitrates supports oxygen flow to white matter of frontal lobes, which is exactly the place where dementia begins.

Beetroot for infertility and during pregnancy.

The beets are a rich source of folic acid, which participates in key processes in the correct development of the foetus. For people that plan to have children, beets should be added to the diet even 90 days before the planned conception: because of the aforementioned folic acid, but also the fact that beetroot sweeps up free radicals, which in turn damage DNA (incredibly important for a healthy pregnancy), and because of general detoxication of the organism, and above all when concerning the treatment of infertility - beetroot can increase the level of sexual hormones responsible for ovulation. Since beetroot improves blood circulation ? including the uterus ? it is highly recommended to consume it in the luteal phase. Beets are low in calories ? 100g contain only 38 kcal and cover 30% of recommended daily intake of folic acid, which is essential for a correct development of the fetus. Moreover, zinc, manganese and copper support growth, development and reproduction and positively influence the functioning of sex glands. That?s why beets are so effective in treating infertility.

Beetroot ? other healing properties

- It has strong antitussive and fungicidal effect, relieves sore throat (tonsillitis), strengthens resistance to influenza, helps fighting the symptoms of common cold and influenza,
- supports the healing of ulcerations,
- beetroot accelerates the decomposition of stomach acid, improving the preliminary ingestion of proteins and absorption of amino acids,
- light diuretic effect reduces blood pressure,
- restores the acid-base balance of the organism,
- red beet alleviates the unpleasant symptoms of menopause,
- delays premature ageing process,
- prevents the calcification of blood vessels,
- strengthens the immunological system,
- treats liver and kidney diseases,
- regulates cholesterol level,
- prevents the numbness of limbs,
- prevents osteoporosis,
- prevents back pains and radiculitis.
- beets regulate menstrual cycle disorders,
- prevent discharges, cervicitis,
- treat gout;
- protect the organism from fatigue,
- improve hair and nail condition.
- recommended for women during menopause and pregnancy, teens, children and infants.

REMEMBER!

- It is recommended to eat beets when one suffers from diabetes! ? they contain a lot of sugar and can lead to a sudden increase of sugar level in blood
- People suffering from low blood pressure can drink beetroot juice only in the evening before sleep. Otherwise, lowered blood pressure in people who have low blood pressure may lead to excessive sleepiness
- Due to high oxalate content, people suffering from rheumatism or kidney Stones should avoid beetroot consumption or season them with a fair amount of bay leaves. Oxelate can be found mostly in the leaves.

Beetroot juice must be diluted with water. Otherwise its strong base-forming effect could

cause nausea.

People suffering from low blood pressure can drink beetroot juice only in the evening because it can decrease blood pressure and cause energy drop during the day.

What is worth reading?

[Elżbieta Klewicka - publikacja - Burak.pdf - pobierz plik](#)

[Ocena wartości odżywczej dwóch odmian burakaków ćwikłowych - Burak.pdf - pobierz plik](#)