





## The Philosophy

Dr. h. c. Peter Jentschura and Josef Lohkämper went out on the quest to develop a product that unites the special power of nature and their endless varieties regarding vitamins, minerals and tastes in only one excellent product. They have mastered this challenge by creating WurzelKraft.

## The limitless variety of nature is a precious gift!

Since ancient times human beings have been nourished by plants as the vital source of food. Over thousands of years our human organism did evolve in harmony with nature and adapted to mostly plant-based, vegetarian nutrition. Each plant is valuable on its own. However, each plant provides only its own standard or generic ingredients. To offer our body the whole abundance of vegetation we choose a specific combination of many plants and healing herbs.

More than 100 selected plants are combined in WurzelKraft to create a unique mixture – an ingenious combination.

**The variety of plant-based nutrients in WurzelKraft is unique and omnimolecular.**

### **What does omnimolecular mean? omnes = all (lat.)**

It means that WurzelKraft contains all nutrients and active substances such as minerals, vitamins, secondary plant compounds and other elements our bodies are made up of and also need in order to function.

The body not only works with precision in order to extract exactly what it requires from these vastly differentiated nutrients but is capable of accessing them at the exact time of need. Our body decides what it needs and when!



## The recipe is essential

Nutritionist Werner Kollath demands that “our food is to be consumed as natural as possible!”. WurzelKraft is produced accordingly. All plants in WurzelKraft are harvested and gently dried. After delicately cutting and grounding, they are mixed with other raw vegetable materials in proprietary production. Finally they are carefully mixed by hand.

The Leisen family of naturopaths developed the foundation for WurzelKraft. Through decades of much diligent work Matthias Leisen and his daughter Katharina Vanselow-Leisen researched the differentiation of generic elements contained in each plant. Based on this extensive knowledge and in agreement with Mrs. Vanselow-Leisen, Dr. h. c. Peter Jentschura and Josef Lohkämper continued their own research work and combined more than 100 selected plants and created a valuable food product – WurzelKraft.



Over 100 valuable  
plant nutrients  
on one single teaspoon

“By combining our two previous recipes ‘aromatic’ and ‘fruity’ we are optimizing the recipe to a single mixture. The new WurzelKraft does not only have a delicious new taste, but also contains the components and active ingredients formerly only available in two different products“.

  
Dr. h. c. Peter Jentschura







pollen



apple



pumpkin seeds



melissa leaves



watercress



carrots



lupine



sweet almonds



cowberries



amarant



beetroot



lavender flowers



stinging nettle leaves



walnuts



thyme



tarragon leaves

## Over one hundred valuable ingredients in one product

The recipe for WurzelKraft offers a wealth of treasure from our valuable plant world. Thanks to the ingenious combination of plants, WurzelKraft contains high quality vitamins, minerals and many other vital substances which the body needs for its numerous functions.

### **Additionally the product is:**

- Free of added sugar (contains naturally occurring sugars)
- Gluten- and lactose-free
- Delicious

### **Bitter plant compounds for a better saturation and digestion:**

- Centaury
- Dandelion
- Rosemary leaves
- Dill weed
- Artichoke
- Yarrow



## Ingredients

pollen\* 32.5 %, fruit 24.3 % (apple\*, pineapple\*, mango\*, raspberries, bilberries\*, acerola\*, oranges\*, cowberries\*, blackberries\*, apricots\*, orange peel\*, cranberries\*, lemon peel\*) pumpkin seeds\*, **lupine\***, **sweet almonds\***, sunflower seeds\*, herbs 2.8 % (liquorice root\*, dandelion\*, hop flowers\*, buckwheat herb\*, galangal root\*, bear garlic\*, stinging nettle leaves\*, blond psyllium seeds\*, lovage leaves\*, rosemary leaves\*, thyme\*, hyssop\*, tarragon leaves\*, eucalyptus leaves\*, melissa leaves\*, field horsetail\*, yarrow\*, grape leaves (green)\*, artichoke\*, basil\*, savory\*, watercress\*, dill weed\*, vervain leaves\*, elder flowers\*, black currant leaves\*, lavender flowers\*, lime tree leaves\*, lime tree flowers silver\*, pulmonary\*, melissa\*, orange leaves\*, creeping thyme\*, stinging nettle\*, blackberry leaves\*, strawberry leaves\*, raspberry leaves\*, garden nasturtium\*, lemon grass\*, corn silk\*, marjoram\*, rose petals\*, celery leaves\*, centaury\*, chervil leaves\*), buckwheat\*, millet\*, **walnuts\***, chufa sedges\*, vegetables 1.6 % (beetroot\*, cabbage leaves\*, red lentils\*, carrots\*, black radish\*, zucchini\*, asparagus\*, chick-peas\*, beans\*, broccoli\*, horseradish root\*, spinach\*, onions\*), spices\*, topinambur\*, amaranth\*, rose hip\*, pomegranate seeds\*, **pistachios\***

\* Ingredient from organic farming

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### Pollen – power food for bees

Pollen, one of the main ingredients of WurzelKraft, is rich in vitamins, minerals, amino acids and enzymes. These little golden power packages are used especially to strengthen our immune system and to boost regeneration and growth.





## A refined recipe

The “new” WurzelKraft is made from high quality ingredients only from certified organic farming. And it tastes simply awesome.



## WurzelKraft – Pure Nature

WurzelKraft is produced as naturally as possible to fully preserve the enormous variety of nature's resources, the quality of vitamins, minerals and its bioavailability.

## Vital nutrients for our body

**Minerals** are divided into macronutrients and trace elements. They are vital for our organism.

**Macronutrients** such as potassium, sodium, calcium, phosphorus, and magnesium are essential substances required as building blocks and to regulate our metabolism for optimum health.

**Trace elements** such as iron, iodine, copper, zinc, chrome, selenium and others, for example, are components of enzymes and hormones.

**Vitamins** B vitamins, vitamin C, E and K strengthen the immune system and are essential for cell and tissue building.

**Essential fatty acids** are building substances for all cell membranes. They optimize blood lipid levels and many other functions.

**Essential amino acids** are essential for the biosynthesis of endogenous proteins.

**Dietary fibres** are indigestible plant components. They ensure a high degree of saturation, stimulate the intestinal activity, prevent constipation, bind harmful substances and reduce the cholesterol level.

**Secondary plant substances** are substances similar to vitamins such as beta-carotenoids, flavonoids, chlorophyll etc. They are known for the positive effect on the metabolism as well as for their digestive effect, and they support the immune system. Bitter substances are also secondary plant substances. They stimulate digestion and have a good saturating effect.

## WurzelKraft – What’s inside?

### One portion WurzelKraft of 10 g (3 x 1 teaspoon)

is a natural source for folic acid and chrome.

- Folic acid · for a normal function of the immune system
- for a normal metabolism of homocysteine
- for the growth of the maternal tissue during pregnancy
- Chrome · for a normal metabolism of macronutrients
- to maintain a normal blood sugar level

Vitamins <sup>1</sup> & Minerals <sup>1</sup>	per 100 g	per 10 g (about 3 tsp)
Folic acid	500 µg (250 %) <sup>2</sup>	50.00 µg (25 %) <sup>2</sup>
Chrome	164 µg (410 %) <sup>2</sup>	16.40 µg (41 %) <sup>2</sup>

### One portion WurzelKraft of 20 g (3 x 2 teaspoons)

is a natural source for iron and copper.

- Iron · for a normal energy metabolism
- supports the formation of red blood cells and haemoglobin
- minimizes fatigue and tiredness
- Copper · maintains the connective tissue
- for a normal functioning of the nervous system

Vitamins <sup>1</sup> & Minerals <sup>1</sup>	per 100 g	per 20 g (about 6 tsp)
Iron	14.80 mg (106 %) <sup>2</sup>	2.96 mg (21 %) <sup>2</sup>
Copper	0.85 mg (85 %) <sup>2</sup>	0.17 mg (17 %) <sup>2</sup>

<sup>1</sup> The vitamins and minerals are naturally occurring.

<sup>2</sup> NRVs = Nutrient Reference Values









## Delicious Salads

Prepare a delicate salad with lamb's lettuce, onions, fried mushrooms, carrots and freshly grated parmesan. Add qualitative natural oil, a dash of lemon juice and 1 or 2 teaspoons of WurzelKraft – enjoy your salad!

## Other recipes with WurzelKraft



WurzelKraft as **the final touch for a TischleinDeckDich-stew or a soup.**

**Try roasted vegetables with a hummus dip:** and refine the meal with WurzelKraft.

**A tasty lunch or supper:** Enjoy WurzelKraft as an inviting spice component to quinoa, millet and steamed vegetables.

**Wholefood vegetable or quark dip:** Add WurzelKraft to a dip of your taste and serve with jacket potatoes and/or any other vegetable.

To preserve vitamins, enzymes, amino acids and other valuable ingredients, please add WurzelKraft only when the meal has cooled down to eating temperature.

## Further recipes with WurzelKraft



**WurzelKraft in your MorgenStund' porridge:** Enhance MorgenStund' with WurzelKraft, berries and apples topped with maple syrup and fresh mint.

**Children's breakfast for little bears:** MorgenStund' with nectarine, blueberries, apple compote, coconut flakes, linseed oil and WurzelKraft.

**Wholemeal bread with WurzelKraft:** Sprinkle on an open sandwich topped with vegetable spread, sliced tomatoes and fresh herbs or try the sweet version of bread and honey.

**Fruit Salad with WurzelKraft:** Berries, apples and roasted cashews.





## Homemade Smoothies

The perfect meal for health conscious people – quick and easy! Smoothies are really versatile and easily digestible. Just add 1 or 2 teaspoons of WurzelKraft, that little something extra ...





## Ideal storage

To protect the precious ingredients WurzelKraft is bottled in light-, air- and temperature-resistant brown jars. Please store WurzelKraft in a cool and dry place.



Reg.-Nr. CAL-14-0513



## WurzelKraft – Nutritional information

Nutrition Information	per 100 g
Energy	1711 kJ / 408 kcal (20 %) <sup>1</sup>
Fat	14.85 g (21 %) <sup>1</sup>
– of which are saturated fatty acids	1.83 g (9 %) <sup>1</sup>
Carbohydrates	43.95 g (17 %) <sup>1</sup>
– of which are sugars <sup>2</sup>	30.43 g (34 %) <sup>1</sup>
Fiber	13.35 g
Protein	18.10 g (36 %) <sup>1</sup>
Salt	0.03 g (< 1 %) <sup>1</sup>

### Yield

#### (get by with 3 tsp each day)

165 g = 2 ½ weeks

330 g = 5 weeks

1650 g = 25 weeks

### Yield

#### (get by with 6 tsp each day)

165 g = 1 ¼ weeks

330 g = 2 ½ weeks

1650 g = 12 ½ weeks

Vitamins <sup>3</sup>	per 100 g	Minerals <sup>3</sup>	per 100 g	Amino acids <sup>3</sup>	per 100 g
Vitamin E	7.41 mg (62 %) <sup>4</sup>	Potassium	815 mg (41 %) <sup>4</sup>	Threonine	540 mg
Vitamin K <sub>1</sub>	54.70 µg (73 %) <sup>4</sup>	Calcium	205 mg (26 %) <sup>4</sup>	Lysine	1195 mg
Vitamin C	23.80 mg (30 %) <sup>4</sup>	Phosphor	390 mg (56 %) <sup>4</sup>	Valine	685 mg
Thiamine	0.45 mg (41 %) <sup>4</sup>	Magnesium	170 mg (45 %) <sup>4</sup>	Leucine	965 mg
Riboflavin	0.47 mg (34 %) <sup>4</sup>	Iron	14.80 mg (106 %) <sup>4</sup>	Isoleucine	590 mg
Niacin	4.01 mg (25 %) <sup>4</sup>	Zinc	2.60 mg (26 %) <sup>4</sup>	Phenylalanine	670 mg
Vitamin B <sub>6</sub>	0.46 mg (33 %) <sup>4</sup>	Copper	0.85 mg (85 %) <sup>4</sup>	Tryptophan	205 mg
Folic acid	500 µg (250 %) <sup>4</sup>	Chrome	164 µg (410 %) <sup>4</sup>	Methionine	170 mg
Biotin	22.55 µg (45 %) <sup>4</sup>				

<sup>1</sup> % of the reference values. Reference value for an average adult (8400 kJ / 2000 kcal).

<sup>2</sup> Contains naturally occurring sugars.

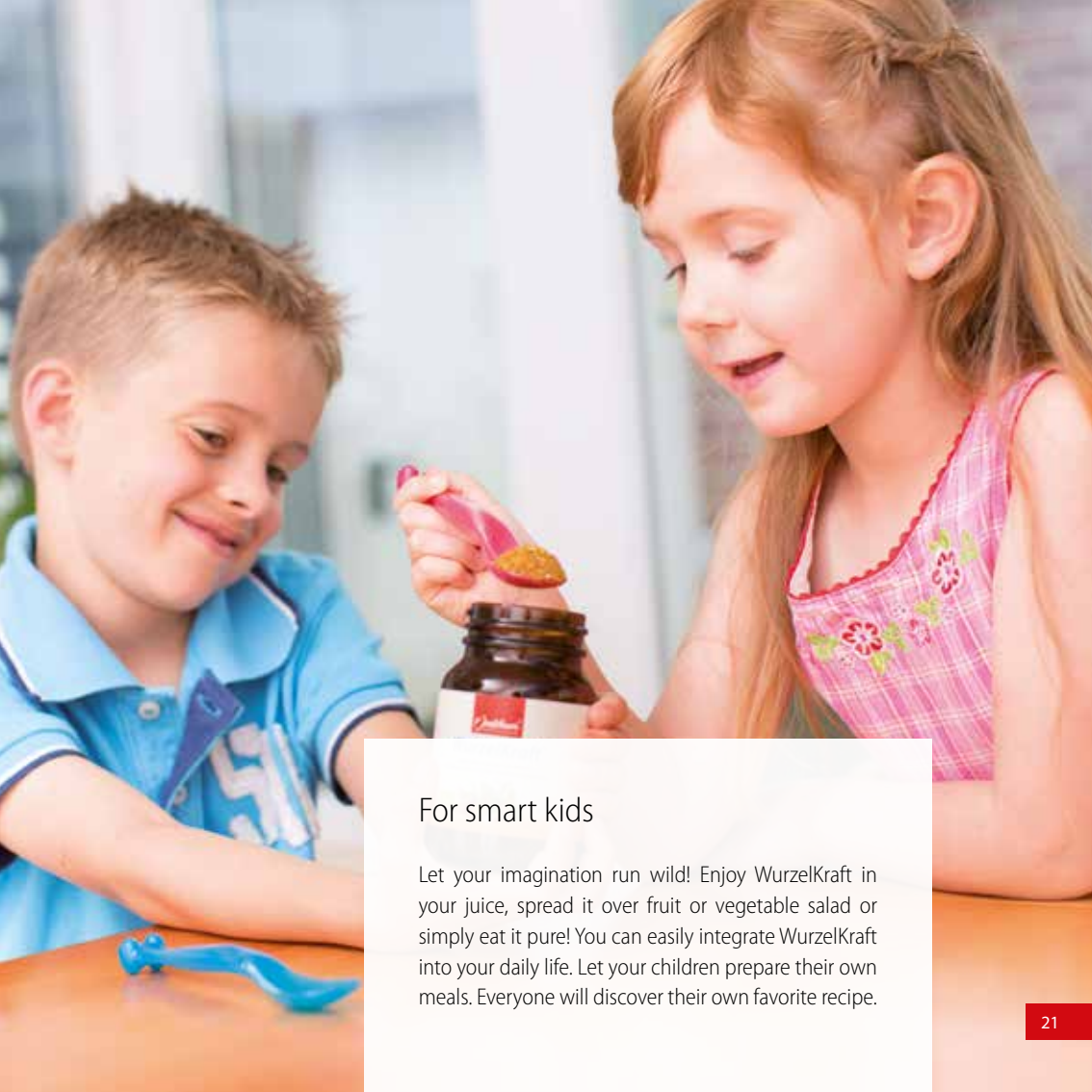
<sup>3</sup> The vitamins and minerals are naturally occurring.

<sup>4</sup> % NRV = nutrient reference values

## Who requires WurzelKraft?

WurzelKraft is great for everyone. Each spoon contains the same amount of nutrients as a small salad for example. WurzelKraft is especially recommended for professionals, children, athletes, young people, pregnant and breastfeeding women, elderly people – and also in cases of cellulite, hair loss, stress and much more ...





## For smart kids

Let your imagination run wild! Enjoy WurzelKraft in your juice, spread it over fruit or vegetable salad or simply eat it pure! You can easily integrate WurzelKraft into your daily life. Let your children prepare their own meals. Everyone will discover their own favorite recipe.



Grace  
Knauer

## Feeling alkaline and fit throughout the day!

Whether you are young or old, you will benefit from WurzelKraft in your daily diet. And you will just love it!

- Give your day a healthy start:** Pep up your power breakfast MorgenStund' – add 2 teaspoons of WurzelKraft.
- Tired in the afternoon?** Spread 2 teaspoons of WurzelKraft over your salad, potatoes, your millet, quinoa or rice dish.
- As a snack in between:** Stir WurzelKraft into cold juice or eat it pure with a glass of water.
- Regenerating supper:** WurzelKraft contributes a wealth of goodness to soups, casseroles or steamed vegetables.
- Tip:** If you've got a craving for chocolate or cookies – simply eat WurzelKraft. You might lose the yearning for something sweet. Try it out!

### WurzelKraft – an important step in Jentschura's Alkaline Health Program

We recommend the combination of **WurzelKraft** with **7x7 AlkaHerb Tea** and the alkaline mineral body care salt **AlkaBath!**





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