




♦ Product name	Bramble Ginger Purée
♦ Selling size	7.6 oz
♦ Moon phase	Daily
♦ How to use	Delicious fruit purée to be enjoyed as spread or to sweeten your yoghurt, cereal, pastries and cakes.
♦ Ingredients	Brambles*, Ginger**, jam sugar 3:1 – fruit ratio min. 75 %, *from our own organic cultivation, ** organic cultivation
♦ Ingredients and effect	 <p>The black red bramble is a truly special fruit! Not only is it delicious but also absolutely undemanding and so incredibly healthy that you would almost think it should be available on medical prescription – a must-have for modern diets! Bramble purée in combination with fresh Ginger is a big issue in natural medicine – and unbeatable when processed to a delicious handmade fruit purée, as our purée is fat-free, contains only little sugar (max. 20%) and hardly any proteins or carbs. Brambles have the highest calcium content of all fruits, lots of magnesium, copper, beta carotene and vitamin C, but most importantly, they contain flavonoids. Due to their components brambles are recommended to treat cardiovascular discomforts and sight disorders and provide your body with important fibers to prevent any digestive disorders. They are also a good choice if you are on a diet, because they quickly make you feel full. The nutrients in brambles strengthen the connective tissue and the vascular walls (arteriosclerosis) while flavonoids enhance your immune system.</p>
♦ Psychological action (scent)	Refreshing and stimulating
♦ Effect on body & soul	This tasty bramble purée is handmade in limited quantity and a real treat for your senses. Its content of freshly picked fruits from our own organic cultivation is more than 80%. With its stabilizing and strengthening properties it is a rich source of important vitamins including calcium, magnesium, copper, beta carotene and vitamin C.