



NATURAL WELLNESS



PRODUCT BROCHURE - SEPTEMBRE 2018



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The access to wellness in an individual responsibility ...



Nature & Partage helps you to fully assume it !

Pioneer in France,

Nature & Partage is importing psyllium husk in France since 2007. The trusting relationship built for 10 years with our supplier and partner in India afford to offer a complete range of products, from the 150 g packet to the bag of 1 kg. We complete our range with a packet of fine powder and a homemade chocolate.

A wider range

Other products, selected with rigor, enrich the catalog:

- Food supplements: chlorella, acerola, macacerola, wheatgrass, spirulina, moringa, L-glutamina, aloe arborescens, curcumina, ashwagandha...
- The « must-have » magnesium sulfate, magnesium chloride, malic acid, baking soda...
- The tools Colon-net for your intestinal hygiene,
- Sprouted seeds, tiger nut flour, chia seeds and tools for a healthy cuisine.

A team at your service

Nature & Partage employs 11 collaborators motivated by the same willingness: to elaborate the best offer possible in order to help you to take care of you, the most naturally possible!



Our commitments



Quality and coherency of the range



Rigorous selection of the range



Attention and reactivity

In a constant search of direct partnership with manufacturers and local producers, we offer more than 70 products, meticulously selected.

Nature & Partage is also working with Les Massiots (Mongauzy/France) a center providing care through employment because, for us, the productive function can't be separated from a social dimension.



• Follow us on Facebook "Nature et Partage"

• Contact us : +33 556 619 105 or by mail :
contact@natureetpartage.fr

Our labels and guarantees



Product composed of at least 95% of ingredients from organic production.



Company controlled and certified by Ecocert.



Fair-trade certification



Product without ingredient of animal origin and gluten free.



Secured payment Verified By Visa et MasterCard SecureCode.



Nature & Partage participates financially to the collection, the sorting and the recycling of packages.

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Organic psyllium husk

(Ispaghul)

The intestinal cleanser

Also called Ispaghul, the psyllium is known for centuries for its wonderful regulatory properties.



Its tegument (husk) is very rich in mucilage: the fiber soaks up the water, swells and turn into a sweet and gelatinous mass. Recommended by WHO, the psyllium facilitates the transit and contributes to relieve constipation, regulating the water content of stools and contributes to normalize the cholesterol level.



Contrary to other laxatives, the psyllium doesn't irritate the intestinal mucosa. It can be use as un extended cure: the body doesn't assimilate the psyllium. Taken before the meal, it procures a light satiety effect and is a precious ally as part of a balanced diet.

Ingredient 100% powder of organic psyllium husk (*Plantago ovata Forssk*), cultivated in India, in the heart of a fertile agricultural area far away from city centers.

Packaging :

- Organic psyllium 150 g - **Code: A08**
- Organic psyllium 300 g - **Code : A01**
- Organic psyllium 1 kg - **Code : A24**
- Natural psyllium 300 g - **Code : A03**

Recommended use : Start with a teaspoon per day blended in a glass of water or juice. Drink immediately the mixture and the drink another glass of water. If necessary, you can gradually increase the dose until your optimal dose (no more than 4 tablespoon per day).

Organic wheatgrass

High nutrient content

Wheatgrass powder comes from the young shoot of wheat

Dehydrated at ambient temperature and finely pulverized.



Blended with water, wheat grass constitutes one of the richest source of vitamin A, B, C, E. It contains a lot of minerals, (calcium, magnesium, phosphorus, potassium, iron) and chlorophyll. Wheatgrass powder will complete the daily nutrients intake which are generally deficient in our daily diet.

Our wheatgrass is biologically cultivated in New-Zealand and harvested when the plant reaches 30 cm height.

Within 6 hours after the crop, the wheatgrass is dehydrated at ambient temperature and finely pulverized. (50µ)

Nutritional analysis	per100g	% PDV*
Energy value	254 kcal	
Protein	28 g	
Carbohydrates	4,9 g	
Lipids	6 g	
Dietary fiber	34 g	
Chlorophyll	907 mg	
Vitamin A	17 333 ug	2 166%
Vitamin B 1	0,8 mg	73%
Vitamin B 2	2,33 mg	166%
Vitamin B 3	6,49 mg	41%
Vitamin B 6	13 mg	93%
Vitamin C	548 mg	685%
Vitamin E	24 mg	202%
Calcium	430 mg	54%
Magnesium	170 mg	45%
Phosphorus	410 mg	59%
Potassium	3 800 mg	190%
Iron	17 mg	121%

*Percent daily value

Ingredient : 100% organic wheatgrass (*Triticum aestivum*) in powder.

Packaging : bag of 150 g

Precaution for use : do not exceed the recommended daily dose – keep out of reach of children – Do not replace a balanced diet.

Recommended use : take 1 teaspoon (3g) of powder diluted in a glass of water in the morning on an empty stomach, 30 minutes before breakfast. You can start with half a dose to let your body to adjust.

Code : C01

Organic chlorella

NEW !

Provision of protein and vitamin B12



Chlorella offers an interesting supply of essential and varied nutrients. It's one of the 10 most protein rich foods. It contains chlorophyll – which plays a powerful oxygenating role – and omega-3 polyunsaturated essential fatty acids. Finally, it's one of the richest vegetable in vitamin B12.

Ingredient : 100% organic chlorella in powder, without excipient or compression agent

Packaging : Bottle of 150 g (300 tablets of 500 mg).

Precaution for use: do not exceed the recommended daily dose – keep out of reach of children – Do not replace a balanced diet – Forbidden to children under 3.

Recommended use: take 2 tablets per day.

Code : C45

Organic ashwagandha

Ayurvedic balance



Nicknamed Indian ginseng, ashwagandha is a major plant in the Ayurvedic tradition. Its name means strength of horse in Sanskrit, because this plant was deemed to increase the physical and mental energy. Its content of lactanoides and acetysterylglucosides makes it particularly interesting. Ashwagandha is an adaptogenic plant. It therefore acts globally and provides a natural response to stress.

Ingredient: 100% organic ashwagandha (*Withania somnifera*) in powder

Packaging : bags of 150 g.

Recommended use: take 1 teaspoon (5g) of ashwagandha powder per day, diluted in a glass of water or juice

Precaution for use: do not exceed the recommended daily dose – keep out of reach of children – Do not replace a balanced diet – in case of treatment with chemical antidepressants, it is better to consult the doctor (the ashwagandha could interact with these drugs).

Code: C31

Organic spirulina

A real energy concentrate

Rich in iron, it also provides all the necessary ingredients to keep fit: proteins, vitamins, minerals, carbohydrates, trace elements and fatty acids. It has shown its benefits against child malnutrition in many countries, such as Madagascar where it's given to children who do not eat enough meat. A true concentrate of energy, spirulina is a perfect complement to the diet of sportsmen and vegetarians.

Ingredient : 100% organic spirulina (*Arthrospira platensis*) in powder

Packaging : Bottle of 150 g (300 tablets de 500 mg)

Recommended use: take 3 to 10 tablets per day.

Precaution for use: do not exceed the recommended daily dose – keep out of reach of children – Do not replace a balanced diet –

Code : C11

Find our chocolate with spirulina p.16.

L-glutamina

Glutamine is the most abundant amino acid in the blood and in the muscles. It intervenes in protein synthesis, immune protection, maintenance of the integrity of the intestinal wall and the acid-base balance of the body.

Ingredient : L-Glutamina.

Packaging : Bottle of 30 g (60 tablets of 500 mg).

Precaution for use: do not exceed the recommended daily dose – keep out of reach of children – Do not replace a balanced diet – forbidden to pregnant women.

Recommended use : take 1 tablet per day.

Code : C40

Organic macacerola

NEW !

A new anti-fatigue duo



An innovation based on the synergy between the immediate effect of natural vitamin C from acerola and the longer-term effect of maca powder. This food supplement is a natural anti-fatigue duo to effectively maintain the physical and mental activities.

Ingredients : 236 mg of organic acerola (with 17% of vitamin C), 236 mg of organic maca in powder, 205 mg of organic cane sugar, magnesium carbonate, organic aroma red fruits, silica, organic sunflower oil.

Packaging : Bottle of 45.6 g (60 tablets of 760 mg).

Precaution for use: do not exceed the recommended daily dose (2 tablets) – keep out of reach of children – Do not replace a balanced diet

Recommended use : Take 2 tablets per day.

Code : C44

Acerola maxi

With 25% of vitamine C

NEW !



Among all vitamins, vitamin C is the one our body needs most. It helps to reduce fatigue and helps the immune system function properly. Prefer natural vitamin C contained in acerola, better recognized and better assimilated than synthetic vitamin C.

Ingredient : acerola (with 25% of vitamin C) 28%, dextrose 52,8%, xylitol 9,6%, blackberry powder 3,8%, calcium phosphate 2,3%, magnesium stearate 2%, silica 1%, aroma red fruits 0,7%.

Packaging: Bottle of 390 g (150 quadri-scored tablets of 2,6 g)

Precaution for use: do not exceed the recommended daily dose (1/2 tablets) – keep out of reach of children – Do not replace a balanced diet – forbidden to children under 3.

Recommended use : chew or suck 1/2 tablet per day in the morning just after breakfast. , 1 tablet provides 200% of recommended daily intake.

Code : C43

Organic aloe arborescens

Our artisanal juices, organic and without preservatives, are prepared with whole leaves of organic Aloe arborescens of at least 5 years.

Aloe arborescens au miel



Juice certified 100 % organic with aloe arborescens and honey, (original recipe from Father Romano Zago).

Ingredient : organic fresh leaves of *Aloe arborescens*** 45%, honey* 47,6%, lemon juice* 5,8%, alcohol 1,6%

*from organic farming

Code : E03

Aloe arborescens with agave syrup

Juice certified 100 % organic, without alcohol, made of entire aloe arborescens and agave syrup, which glycemic index is 20.

Ingredient : fresh leaves of *Aloe arborescens** 47,20%, agave syrup* 39%, lemon juice* 13%, essential oil of sweet orange* 8%

* from organic farming

Code : E04

Packaging : Bottle of 500 ml (opaque package = full preservation of the juice)

Precaution for use : do not exceed the recommended daily dose – keep out of reach of children – Do not replace a balanced diet

Recommended use: 10 to 20 ml (1 to 2 tablespoons) 3 times a day, ½ an hour before eating.

Organic moringa

A tree with thousands of virtues

Its leaves contain proteins, the 9 essential amino acids, vitamins (E, B6, B2), magnesium and iron. The nutritional properties of moringa leaves, recognized in the Ayurvedic tradition and by the WHO, make it a food supplement of choice. Our moringa leaf powder can be added easily to your dishes, soups, juices and smoothies.



Ingredient : 100% organic moringa leaves (*Moringa oleifera*) in powder

Packaging: Bag of 150 g

Precaution for use: do not exceed the recommended daily dose (1/2 tablets) – keep out of reach of children – Do not replace a balanced diet

Recommended use: take 1 to 2 teaspoons (3 g each) of powder diluted in a glass of water or juice.

Code : C02

Curcumin



Extract from the root of curcuma, with 95% of curcumin

The root of curcuma, also called “turmeric”, is known for its antioxidant and calming properties in the Chinese and Ayurvedic traditions and it's also recommended as a digestive stimulant and a liver protector. The piperine of black pepper enables to optimize curcuma root properties. In the Indian tradition, pepper is regularly combined to other spices like curcuma.

Ingredient : 46% curcuma root extract *Curcuma longa* 95% titrated, 34% microcrystalline cellulose, 17% calcium carbonate, 2% magnesium stearate, 0,9% black pepper extract (*Piper nigrum*) with 95% of piperine.

Packaging: Bottle of 45 g (60 tablets of 757 mg)

Precaution for use: do not exceed the recommended daily dose (1/2 tablets) – keep out of reach of children – Do not replace a balanced diet – consult your doctor or pharmacist if you are using anticoagulants.

Recommended use: take 2 tablets per day with a glass of water while eating

Code: C37

Malate magnesium



Support of the nervous system

The magnesium is essential to more than 300 enzymatic reactions in the body. It contributes to reduce fatigue and participates in the good functioning of the nervous system. As a result of the evolution of our food, increasingly refined, the daily intakes of magnesium are not always guaranteed. The magnesium malate is made of a molecule of malic acid and 2 molecules of magnesium. It constitutes an excellent source of magnesium and malic acid with high bioavailability.

Ingredient : magnesium malate 62% (of which 11,3% magnesium), microcrystalline cellulose 26%, tricalcium phosphate 9%, magnesium stearate 2%.

Packaging: Bottle of 156 g (120 scores tablets of 1 300 mg)

Precaution for use: do not exceed the recommended daily dose (1/2 tablets) – keep out of reach of children – Do not replace a balanced diet –

Recommended use: take 2 tablets (2,6 mg) per day with a glass of water while eating.

Code : C32

Magnesium citrate



Magnesium performs a number of important functions in the human body. It contributes to a normal functioning of the nervous system. Magnesium citrate is a preferred and well-tolerated form of magnesium. Because of its taste (less bitter), this food supplement can replace magnesium sulfate. It can replace the sulfate of magnesium, as part of the liver cleansing method by Andreas Moritz.

Ingredient : 100% magnesium citrate (magnesium content 15%).

Packaging : Bag of 300 g.

Recommended use: take 1 teaspoon (2,5 g) of magnesium citrate in a glass of water

Precaution for use : do not exceed the recommended daily dose (1/2 tablets) – keep out of reach of children – Do not replace a balanced diet – Consult your doctor in case of disorders of the thyroid or iron metabolism, in case of treatment for cardiac arrhythmias or renal failure.

Code : C41

L-ornithine



L-ornithine is an amino acid commonly used as a nutrition supplement. It promotes a good nocturnal rest. It is also used by fitness adepts.

Ingredient : ornithine HCl 97%, magnesium stearate magnesium (excipient) 3%

Packaging: Bottle of 30 g (120 tablets of 250 mg)

Precaution for use : do not exceed the recommended daily dose (1/2 tablets) – keep out of reach of children – Do not replace a balanced diet

Recommended use: Start with 1 g (4 tablets) the 1st night, then 2 g (8 tablets) the 2nd night. Continue with 2g of L-ornithine, maximum 3 g (12 tablets), every night before sleeping.

Code : C14

Cleansing of the liver and gallbladder

Andreas Moritz bestseller



In French and Spanish only

Volume 1, 304 pages: **Code : G31**

Volume 2 304 pages : **Code : G32**

Malic acid



Malic acid is one of the malic fruit acids. It is found more particularly in apples. It is closely related to citric acid, vitamin C, which is naturally found in a wide variety of foods. As part of Andreas Moritz method, malic acid is proposed as an alternative food additive to apple juice (the process is the same).



Ingredient : 100% malic acid

Packaging : bags of 500g.

Precaution for use: do not exceed the recommended daily dose – keep out of reach of children – Do not replace a balanced diet – causes eye irritation.

Recommended use: acid malic replaces apple juice. Dilute half teaspoon per day in 1L of water. Drink small quantities during the day.

Code : D01

Magnesium sulfate

Epsom salt



It is an essential part of the Andreas Moritz protocol, also known for its laxative properties in the relief of occasional constipation.

Ingredient : 99,9% magnesium sulfate (with 9,9% of magnesium).

Packaging : bag of 500 g.

Precaution for use: consult the doctor in case of pregnancy and breastfeeding - do not exceed the recommended daily dose - keep out of reach of children - do not replace a balanced diet

Recommended use: dilute 20 g (1 table spoon) of magnesium sulfate in 1 L of water and store in the fridge. Every morning, drink 1 glass of the beverage (half sulfated water, half juice) during 20 days

Code : D03

Baking soda



Rediscover this traditional and economical product! Applied pure 2 to 3 times a week in your toothbrush, it will help you to eliminate coffee, tea and smoking stains. Diluted and applied on a swab, it relieves irritations, bites and itching...

Ingredient: 99% food grade baking soda, bag of 500 g.

Precaution for use: contains 27,4% sodium ; ingestion of high doses of sodium may cause disturbances in case of heart disease and kidney dysfunction. Keep out of reach of children.

Recommended use: pure utilization or diluted (50 g per liter of water).

Code: D04

Magnesium chloride

Nigari



Magnesium helps reduce fatigue and contributes to the normal functioning of the nervous system. Magnesium chloride is an effective product in case of loss of energy and helps to prevent the diseases of winter.

Ingredient: 95% magnesium chloride hexahydrate (including 11,8% magnesium).

Packaging : bag of 500 g.

Precaution for use : do not exceed the recommended daily dose - keep out of reach of children - Do not replace a balanced diet

Recommended use : dissolve 20 g (1 table spoon) of magnesium chloride in 1 L of water and drink this solution following the instructions : Adults and children over 5 years old : 1 dose of 12.5cl (1 glass per day).

Code : D02

Psyllium in powder

Extra fine



Gluten-free cooking

Extra fine psyllium powder is rich in mucilage, which swells in contact with water. You can use it in soups, compotes and yogurts to increase the fiber content. It is natural thickener ideal for sauces and jellies. Psyllium in powder is also used as a substitute for gluten. It helps to thicken, moisturize and inflate bread dough, pizza dough or other gluten-free preparations. Mix the psyllium powder with your dry ingredients, before adding water or any other liquids.



Ingredient : 100% psyllium in powder (*Plantago ovata Forssk*)

Packaging : bags of 300g

Code: A22

Chocolate O'psyllium

The ally of your transit

Made by a Master chocolate maker. Fair trade chocolate from Costa Rica. This chocolate is sweeter than other chocolates. Psyllium seeds quickly pass from crackling to fondant in the mouth, releasing air bubbles that enhance the taste of chocolate.



Ingredient: 82% dark chocolate (64% cacao with pure cocoa butter and cane sugar), 18% organic psyllium husk (*Plantago ovata Forssk*),

Packaging : chocolate bar of 100g

Code : B01

XYLITOL



7

The xylitol is a natural sugar, from the family of polyols, obtained from birch bark. Excellent substitute to saccharose, it is suitable for diabetics.

Advantages:

- Same taste and same aspect as sugar,
- 2 times less caloric than sugar,
- Low glycemic index (7),
- Can be used for cooking.



Ingredient : 100% powder of xylitol

Packaging : bag of 500 g

Nutritional analysis for 100 g : 240 Kcal/1000KJ, proteins 0 g, carbohydrate 99,8 g, lipids 0 g.

Recommended use : Let melt in the mouth 5 to 10 g of xylitol every day, divided into several doses. Can be used for cooking (reduce from 30 to 50% the quantity of xylitol)

Precaution for use : do not exceed the recommended daily dose (70 g per day for an adult, 35 g for a child). Do not use for animal feed.

Code : C12

Chocolate O'XYLITOL

Suitable for diabetics

Made by a Master chocolate maker 75% dark chocolate, 21,5% xylitol, 3,5% cocoa butter.

Packaging : chocolate bar of 100g

Code : B03



Chocolate SPIRUL'IN

Made by a Master chocolate maker 89% fair trade dark chocolate, 11% spirulina. Plaquette de 100 g.

Packaging : chocolate bar of 100g

Code : B02



Organic chia seeds

Nutritional treasure

In the ancient Aztec empire, chia seeds were already a staple and a valuable source of nutrients. Renowned for their omega-3 and omega-6 fatty acids, they also provide proteins, minerals and vitamins. Moreover, chia seeds are rich in dietary fiber.

Chia seeds are added, whole or ground, to juices and smoothies, vegetable drinks, salads, yogurts, compotes and mueslis. They bring crunch without altering the flavor of dishes. After about 20 minutes in a liquid, they form an excellent substitute for eggs or butter.



Nutritional value	For 100g	
Energetic value	1893 kj/459 kcal	
Proteins	21,9 g	
Carbohydrates :	2,34 g	
Including sugar	1,5 g	
Lipids including :	32,7 g	
Saturated fatty acids	3,52 g	
Monounsaturated fatty acids	2,77 g	
omega 9	2 g	
Polyunsaturated fatty acids :	24,87 g	
omega 3	18,7 g	
omega 6	6,2 g	
Salt	0,01 g	
Dietary fibers	33,9 g	
Vitamins and mineral salts	for 100g	NRV*
Phosphorus	696 mg	99%
Calcium	582mg	73%
Iron	6,48 mg	46%
Magnesium	301 mg	80%
Potassium	685 mg	34%
Vitamin A	21 mg	3%
Vitamin C	1,35 mg	2%
Vitamin E	0,476 mg	4%

*Nutritional references values

Ingredient: 100% organic chia seeds.

Packaging : bags of 500 g

Recommended use : take 2 to 3 teaspoons (5 g each) of chia seeds in your salad, soup or meal...

Precaution for use : Do not exceed the recommended daily dose

Code : C30

Organic tigernut flour

New !

Obtained after grinding the nutmeg, you can use the flour of nutmeg in cooked or raw preparations. You can mix it to different flours. Naturally gluten-free, tigernut flour is rich in dietary fibers (33 g per 100 g), in vitamin E and in minerals (magnesium, iron, potassium). Discover its delicate flavor by consuming it raw, sprinkled on mueslis, fruits or compote. It is also perfect for other preparations like pastry, bread dough or bakery.



Nutritional analysis	per 100g	NRV*
Energetic value	497 kcal/2080 kj	24,85%
fat	24,9 g	35,57%
Of which saturates	5,01 g	25,05%
Carbohydrates	63,6 g	24,46%
Of which sugar	21,83 g	24,26%
Dietary fibers	33 g	
Proteins	4,58 g	9,16%
Salt	0,0125 g	0,21%
Nutritional analysis	pour 100g	RC**
Vitamin E	80 mg	666,67%
Copper	0,27 mg	27%
Iron	2,6 mg	18,57%
Magnesium	105 mg	28%
Manganese	1,4 mg	70%
Phosphorus	270 mg	38,57%
Potassium	915 mg	45,75 %
Zinc	2 mg	20%

*NRV : Nutritional reference values ** RC : reference contribution

Ingredient : 100% organic tigernut flour (*Cyperus esculentus*)

Packaging : Bags of 300g.

Recommended use : to consume raw or sprinkled on mueslis, fruits or compote, or to integrate with different preparations before cooking

Code : C39

CHUFAMIX®

Homemade plant milk



With a ChufaMix® and a hand blender (not included), you can realize in a few minutes, tasty homemade plant milk. (almond, hazelnuts, tignuts), cereal drinks, (oats, rice) seed juices and vegetable juices. The benefits? a responsible consumption, save time and money, nutritive elements and original flavors kept.

Without chemical component.

ChufaMix®: 1 container, 1 filter glass, 1 mortar, 1 cover

Code : N03

Organic tigernut



With the ChufaMix, realize your own horchata !

Tigernut is a tuber with the delicious flavor of sweet almond, ready to consume. It's also the main ingredient of the famous Spanish beverage : horchata de chufa.

Ingredient : 100% organic tigernut (*Cyperus esculentus*)

Packaging: bags of 400 g

Code : C15

Organic aloe vera

Fountain of Youth

People used to use it in ancient Egypt and ancient Greece in case of digestive disorders.



From the Middle East, the aloe vera is cultivated in the tropics and in warm areas. 6 000 years ago, Egyptian called it "plant of immortality". We find the aloe vera in Chinese and ayurvedic traditions. The properties of the plant are mentioned in texts like Sharngadhar samhita or Bhava Prakasha, a classic of ayurveda of the fifteenth-sixteenth century. According to this last text, aloe vera is a "purgative, refreshing and bitter" plant. It was also used by Hildegard of Bingen.

The aloe vera contains salt minerals, amino acids, vitamins, (A, B, C, E...), enzymes and complex polysaccharides. It is not the quantity of each substance that plays a preponderant role, but the synergy of all its components which gives it its qualities.



Ingredient : 99,8% juice of aloe vera (*Aloe barbadensis* Miller) extracted from the pulp of organic leaves, 0,2% citric acid.

Packaging : bag-in-box of 2L with tap. The box protects the product from oxidation and light.

Recommended use: Take 2 to 3 tablespoons (30 to 50 ml) of aloe vera every day, before breakfast, for 3 weeks.

Precaution for use : do not exceed the recommended daily dose – keep out of reach of children – Do not replace a balanced diet – forbidden to children under 12.

Code : E01

Organic starter kit

For sprouted seeds

Sprouted seeds and young shoots, grown indoors throughout the year, are the future of a healthy diet. An unbeatable richness of nutrients, an optimum vitality and an easy crop for a small price.

Nutritionists recommend their consumptions, in particular for its vitamin, mineral and enzyme contents much more important compared to non-germinated seeds.

The kit constitutes an easy way to crop sprouted seeds and take advantage of their high value of nutrients in few days

New !

Create your own garden

Included in the kit :

- 2 plates of germination
- 400 g of fertilised biological soil
- 2 sprouted seed sachets bio : sunflower (100 g) et buckwheat (150 g)
- Detailed instructions

Code : J06



Organic sprouted seeds

- Alfalfa, 150g - Code : J03
- Buckwheat, 150g - Code : J04
- Green lentil, 150g - Code : J01
- Sunflower, 100g - Code : J05
- Wheat, 150g - Code : J02



JAZZ MAX

Juice extractor



Robust and quiet, the juice extractor Jazz Max extracts with effectiveness the juice of all the fruits and vegetables thanks to its compression mechanism and its rotation speed (60 to 80 revolutions/minute). This is a similar process to cold extraction: the juice keeps nutritional properties and the full flavour of the product.

Sold with a juice cone, a mortar cone for coconuts, chickpea, , coffee, ...

High quality product

- Security system : automatic stop motion in case of overflow
- Integrated fan
- Instructions and recipe (in French)
- 3 year warranty
- Dimensions : 260 mm x 175 mm x 215 mm

Code : N07

EASY-SPROUT

Little propagator, big performance

Easy Sprout is an ingenious propagator with a patented ventilation system for a reduced harvest time (8h to 48h). It is made of a double container, ideal for growing sprouted seeds and especially for alfalfa and green lentils.

Easy-Sprout : 1 outer container, 1 inner container with drain grate, 1 grate for small seeds, 1 dome for the air circulation, 1 cover for the drain, 1 cover for the conservation.

Made of plastic, without bisphenol A

Code : N01



COLON-NET irrigation board

The colon hydrotherapy at home

*Colonic irrigation : an efficient health practice
according to naturopaths!*



The Colon-net board is an efficient tool to realize colonic irrigation at home, in total autonomy thanks to a regular flow of water that the consumer can regulate at any time. The flow of water removes the residues on the intestinal wall and helps gas evacuation. A cleaned colon recovers its optimal function

For more information, please ask for our detailed brochure

Rigid board, made of polyethylene, Sold with 2 rectal cannulas and 1 flexible tube

Dimensions: 54 cm X 95 cm.

Code : F01

Accessories for the board Colon-Net :

- Pack of 3 rectal cannulas - **Code :** F02

- Jerrycan of 20 L - **Code:** F11

Enema bucket

To realise easy colon cleansing at home or while travelling.

- Flexible pouch (capacity : 2L), 2 rigid cannulas (anal and vaginal), 1 flexible tube (1m10) with a tap.

Code : F03

- Replacement set for the enema bucket: 1 tube and 2 cannulas (1 vaginal and 1 rectal)

Code : F04

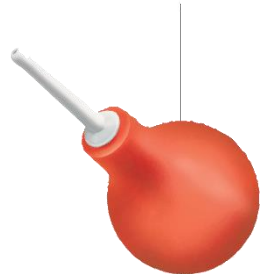


Enema pear with cannula

For rectal implants with wheatgrass, green coffee or vitamin C).

Capacity : 140 ml, made of plastisol, nontoxic and resistant material, cold-sterilized. Cannula in polyethylene. Latex free

Code : F15



Hot water bottle

Hot-water bottle with cover liberates warmth progressively for a long time. User-friendly and ideal to warm up, relax or in case of muscle aches. Its hermetic cap ensures perfect sealing.

Made of natural rubber

Capacity : 2L

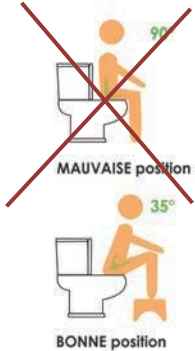
Dimensions: 34 X 22 cm.

Code : F23



Physiotab

Physiological stool for toilets



PhysioTab is the first physiological stool for toilets. Thanks to this ingenious stool, you will regain a natural crouched position in order to solve naturally the problem of constipation, prevent hemorrhoids and relieve the perineum. Anatomical and ergonomical, it encourages a perfect posture to defecate.

Crouched position:

- . reduce the effort while defecating ,
- . prevent faecal accumulation in the colon,
- . reduce pressure on the perineum, in the veins around the anus and in the rectum



Made of plastic – anti-skid system

Dimensions: 44,5 cm X 28 cm X 21 cm

Code : N02

Colloidal silver 20 ppm

Suspended silver particles



A colloidal solution is a mix between a liquid and a suspension of very small solid particles. Colloids are extremely thin particles which don't settle into tissues and which stay in suspension for a direct availability. Colloidal silver relieve stretching sensations of the skin.

Ingredient : purified water and silver colloid

Packaging: bottle of 500 ml

Precaution for use : do not ingest

Recommended use : external use only

Code: D10

Water filter Viv'eau



Filter system in 6 steps. It's considered as the most compact and performing system in the market. Can filter until 99.99% of microorganism in the water. Capacity of 6000 to 7000 litres of water per cartridge. Tested and certified by NSF international according to standards 42 and 53.

Without bisphenol A

Dimensions 30cm, Ø : 7cm, Ø of the base : 11cm, flow: 5 to 6 litres/minute, pressure : 2,5 to 5

Maximum temperature 40 °C

Code : F13

Replacement cartridge

Code : F14

Tongue cleaner



For an instant fresh breath in the morning, the tongue cleaner is an indispensable tool for oral hygiene.

Its use is part of ayurvedic practices. Two or three soft passages over the tongue, every morning, fasting, eliminate deposits and mucositis.

Code : 001

LOTA

The lota is used for the practice of jala neti (or nasal shower in the Ayurvedic tradition). Its anatomical shape makes it easy to clean the nasal passages. This hygiene practice fights the effects of pollution, dust and pollen.

Capacity : 150 ml – Without bisphenol A

Code : 003



Eliminating herbal teas



Herbal tea for the liver

Our hepatic functions can be disrupted or can be clogged because of our diet rich in animal proteins and fat. Some plants improve the function of the liver and support vitality .



Ingredient : 100% plants (liquorice, genever, dandelion, rosemary, sapwood of lime, black radish)

Packaging : bag of 150 g

Recommended use : prepare your herbal tea with 10 g (2 tablespoons) of plants in 0.75L of water, drink 2 cups of herbal tea on an empty stomach, for 10 days.

Code: C03



Herbal tea for the kidney

This mix of 9 plants is very efficient : it cleans kidneys and dissolves kidney stones. To ameliorate the results, it's recommended to drink at least 6 glasses of water per day and avoid drinking alcohol, coffee and animal products...



Ingredient : 100% plants (fennel, mallow, chicory, meadowsweet, ash, dandelion, genever, white dead nettle, hawthorn)

Packaging : bags of 150 g

Recommended use : Prepare your herbal tea with 15 to 20 g (3 tablespoons) of plants in 1L of water, Drink regularly, in small quantities (1/2 cup of tea, 6 to 8 times a day) during 20 to 30 days.

Code : C34

Herbal teas

Medicinal plants used to be used since Antiquity for their benefits.

Our herbal teas, calorie-free, can relieve pains of daily life.

Discover our range of herbal teas elaborated by our herbalist :



Intestinal comfort : Angelica fruit, bramble leaf , flax seeds, rosemary leaf, mallow flower

Packaging : packet of 150 g - **Code C06**

Relaxing legs : Blackcurrant leaf, alchemilla, red vine, rosemary leaf, yarrow

Packaging : packet of 150 g - **Code C05**

ENT comfort : Eucalyptus leaf, wild thyme, myrtle leaf , mullein, cinnamon

Packaging : packet of 150 g - **Code C09**

Joint : White dead nettle, meadowsweet, blackcurrant leaf, laurel leaf , dark sapwood

Packaging : packet of 150 g - **Code C07**

Elimination : Green ash, Green tea , dark sapwood , stinging nettle , meadowsweet

Packaging : packet of 150 g - **Code C08**

Lapacho : Lapacho bark

Packaging : packet of 150 g - **Code C33**

Sweet dreams : Lemon balm, basil, white dead nettle, lavender, bitter orange

Packaging : packet of 150 g - **Code C35**

Urinary comfort : Quackgrass, heather, dandelion

Packaging : packet of 150 g - **Code C36**

Recommended use : Pour half-litre of boiling water over 3 teaspoons of herbal tea. And let stand for 15 min maximum, strain the tea and drink it within the day.

Precaution for use : For sanitary reasons, do not drink your tea 12 hours after you prepared it



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