

P. Jentschura®

Organic food

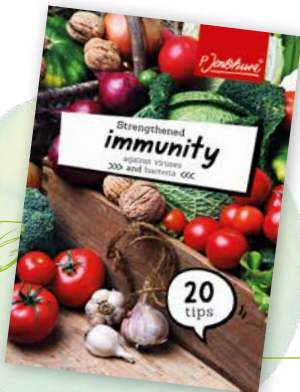
WITH THE **POWER** OF NATURE



Colourful healthy & delicious

Well-nourished cells are the prerequisite for shiny hair, bright eyes, firm connective tissue and pure skin. The strength of our immune system also depends to a large extent on what we eat every day.

Wholesome, alkaline-rich nutrition we create the perfect basis for an optimal acid-alkaline balance as well as long-lasting health and performance.



20 steps to strengthening your immune system

with valuable nutritional as well as interesting background knowledge and tips from natural medicine history.

Acid-alkaline balanced nutrition

- with predominantly vegetable wholefoods
- supplies the body with all essential nutrients and vital substances
- counteracts excess acidity in the body in the long term
- supports the acid-alkaline balance



P. Jentschura

Natural indulgence

Healthy, alkaline, well flowing blood is the basis for our white blood cells' intact defensive power. Vitamins, trace elements, minerals and secondary plant substances are alkalizing elements that our body needs to maintain e.g. the blood's alkalinity.

No additional acids are produced during metabolism. Instead, the body can neutralize and eliminate any acids thanks to the vital substances contained in alkalizing food.

At the same time, the vital substances support our body and its organs so that all function smoothly.

P. Jentschura is a leader in the alkalizing, natural foods:

- organic quality, natural and pure
- gluten-free and lactose-free
- no added sugar¹
- multiple award-winning

¹Contains natural sugars

Find more product information and recipe ideas on www.p-jentschura.com/rezepte and in our German cookbook „Basisch kulinarisch“ (Alkaline cooking).



7x7® KräuterTee / AlkaHerb

for the daily alkaline flushing of cells,
tissues, glands and organs

- ✓ unique recipe with 49 carefully selected herbs, seeds, spices, roots and flowers
- ✓ a real treat hot or cold
- ✓ perfect for detoxification and purification treatments
- ✓ available as loose tea blend or in practical tea bags

“There’s a herb for everything”

The knowledge about tea herbs and their effects is age-old and has proven itself in folk medicine. The organic gourmet enjoys the intense aromas. Our unique selection of 49



of the finest ingredients makes **7x7 KräuterTee / AlkaHerb** extremely mild and digestible. At the same time, it effectively and naturally supports a healthy acid-alkaline balance.

7x7 KräuterTee / AlkaHerb creates extraordinary moments of enjoyment and uses the entire 'orchestra' of plant substances with all its secrets and all its energy for your lasting well-being.

Preparation:

1 litre	1 tbsp (ca. 3 g) or 2 tea bags
1 cup (250 – 500 ml)	1 tsp (ca. 1 – 1.5 g herbs) or 1 tea bag

7x7 Ginger Shot

For ca. 500 ml

Ingredients

- 1 tsp or 1 tea bag 7x7 KräuterTee / AlkaHerb
- 2 small apples
- 2 limes
- 40 g fresh organic ginger
- 3 tbsps agave syrup



Preparation

Pour 400 ml of boiling water over 1 tsp or 1 tea bag of 7x7 KräuterTee / AlkaHerb, leave to steep for 2-3 minutes and remove the tea bag or strain. Allow the tea to cool. Cut the limes in half and squeeze them. Wash the apples, remove the cores and cut into small pieces.

Now chop the ginger. Put all ingredients together with the cooled tea in a blender and purée. Then strain everything through a fine sieve. Fill the 7x7 KräuterTee / AlkaHerb Ginger Shot into small glasses, drink slowly and enjoy.



Size

Servings

100 g	36 litres
250 g	90 litres
500 g	180 litres
50 tea bags (1.75 g)	50 cups
100 tea bags (1.75 g)	100 cups

Pure & natural quality:



DE-ÖKO-064
EU/non EU-
Agriculture

You can find information about the ingredients on www.p-jentschura.com/produkte/7x7-kraeutertee

WurzelKraft® / AlkaLife®

Organic plant food fine granules
with fruit, pollen, herbs and vegetables

- ✓ the alkaline 100-plant-food
- ✓ from controlled organic farming
- ✓ uniquely harmonious, bittersweet taste
- ✓ gluten free

WurzelKraft / AlkaLife combines the richness of nature in its unique quality and variety in a jar. With its broad spectrum of 100 plants, this organic food contains important vital and nutrients such as minerals, vitamins, secondary plant substances and essential amino acids. Bitter substances from dandelion herb, hop blossoms and artichoke herb act as natural appetite suppressant and support our digestion.



1650 g – Family
and champion size

60 g – convenient
bag size

WurzelKraft / AlkaLife is a pure treat and tastes great on spreads and salads, in vegetable and fruit juices, porridge, smoothies, muesli, salad dressings and cooled soups and dishes.

Vitamins ¹	per 100 g	Minerals ¹	per 100 g	Amino acids ¹	per 100 g
Vitamin E	10,10 mg (84 %) ²	Potassium	845 mg (42 %) ²	Threonine	580 mg
Vitamin K ₁	40,40 µg (54 %) ²	Calcium	183 mg (23 %) ²	Lysine	840 mg
Vitamin C	104 mg (130 %) ²	Phosphorus	350 mg (50 %) ²	Valine	780 mg
Thiamine	0,34 mg (31 %) ²	Magnesium	158 mg (42 %) ²	Leucine	1180 mg
Riboflavin	0,60 mg (43 %) ²	Iron	8,69 mg (62 %) ²	Isoleucine	690 mg
Niacine	4,16 mg (26 %) ²	Zinc	2,60 mg (26 %) ²	Phenylalanine	770 mg
Vitamin B ₆	0,42 mg (30 %) ²	Copper	0,80 mg (80 %) ²	Tryptophan	170 mg
Folic acid	87,10 µg (44 %) ²	Chrome	22,00 µg (55 %) ²	Methionine	330 mg
Pantothenic acid	1,25 mg (21 %) ²				
Biotin	27,40 µg (45 %) ²				

¹ Contains natural vitamins, minerals and amino acids.

² % NRV = Nutrient Reference Value.

Delicious WurzelKraft/AlkaLife Spread

With Tomatoes and Olives

Ingredients:

- 150 g sundried tomatoes
- 50 g pine nuts
- 8 heaped tsps WurzelKraft / AlkaLife
- 10 pitted green olives
- 50 – 100 ml olive oil (depending on the desired consistency)
- Herb salt, pepper



Preparation: Combine all ingredients in a jug blender or with a hand blender and add olive oil until you reach the desired consistency. Season with herb salt and pepper to taste!

Note: A powerful blender is required for this recipe (alternatively, you can chop the tomatoes in advance with a knife).

Size

Get by with 3 tsps per day

60 g	ca. 1 week*
150 g	ca. 2 weeks*
300 g	ca. 4 ½ weeks*
600 g	ca. 9 weeks*
1650 g	ca. 24 weeks*

Pure & natural quality:



DE-ÖKO-064
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You can find information about the ingredients on www.p-jentschura.com/produkte/wurzelkraft

As an all-round provider, it specifically supports the:



immune system



bones
& joints



blood



nerves



hair



nails

MorgenStund'®

Organic blend of millet and buckwheat porridge with fruit and seeds

- ✓ easy to digest
- ✓ quick to prepare
- ✓ the warm breakfast experience for athletes, families and children



A smooth alkaline start into your day

MorgenStund' the alkalinizing wholefood breakfast provides high-value natural nutrients and vitamins and vegetable protein from buckwheat. Despite its low calorie content it keeps you satiated for a long time due to the complex carbohydrates. In short: A full breakfast giving you the power for highest physical and mental performance at school, at work, at sports and everyday life

MorgenStund' is the ideal thing to begin a successful day with. The millet and buckwheat porridge supplies your body with natural and

valuable vitamins, minerals and trace elements to ensure optimal performance, endurance and a strong immune system.

Basic recipe

For one serving: Mix 3 tbsps (ca. 35 g) of MorgenStund' with boiling water (ca. 120 – 140 ml) and allow to soak for 1 – 2 minutes. Alternatively, simmer briefly in a pot.

Then refine with fruit, trail mix, nuts, seeds, soy yoghurt, fruit sauces, almond or peanut butter, agave syrup, honey, cinnamon, coconut milk, cream and much more.



alkaline



carbohydrates



protein



fibre



vegan



no added sugar
(contains natural sugars)



gluten-free



lactose-free

Size

Servings of 35 g

500 g

14 servings

1000 g

28 servings

2000 g

56 servings

Pure & natural quality



DE-ÖKO-064
EU/non EU-
Agriculture

You can find information about the ingredients on www.p-jentschura.com/produkte/morgenstund

MorgenStund' Bar

with cranberries

For one tray



Ingredients

- 300 g MorgenStund' (raw)
- 160 g butter
- 180 g ground hazelnuts or almonds
- 180 g honey
- 2 eggs
- 125 g cranberries
- 60 g apricot jam
- 1 pinch of salt

Preparation: Melt the butter slowly at a low temperature. Put **MorgenStund'**, the hazel-

nuts and the almonds in a bowl and pour over the melted butter, stir gently and leave to sit for about 10 minutes. Whisk the honey and eggs and add the salt. Now carefully stir in the cooled **MorgenStund'** mixture. Add the cranberries and the jam. Knead the mixture with your hands until smooth. Spread this out on a greased baking sheet using a pastry scraper or your hands and press down. Finally cut into bars.

Baking temperature: 180 °C, middle shelf
Baking time: 25 – 35 Minutes

TischleinDeckDich®

Organic quinoa and millet meal
with vegetables

- ✓ quick & versatile preparation
- ✓ the fancy alternative to pasta, chips & co.
- ✓ easy to digest
- ✓ source of protein and fibre

A magical delight

TischleinDeckDich convinces due to its fast preparation and its variety of important ingredients from wholesome grains and lots of tasty vegetables.



This delicious alkalizing meal can be easily integrated into a healthy and balanced diet.

Basic recipe

For one serving: Add ca. 170 ml of boiling water to 5 tbsps (50 g) TischleinDeckDich. Stir well and cover with a lid. Leave to expand for 5 minutes. Refine to taste and enjoy. Alternatively, prepare in a pot and simmer briefly.



alkaline



quick to prepare



protein



fibre



vegan



gluten-free



lactose-free

Quality & trust:



DE-ÖKO-064
EU/non EU-
Agriculture

Size

Servings of 50 g

400 g

8 servings

800 g

16 servings

Mixed vegetables pizza

3 – 4 servings

Ingredients

- 10 tbsps (ca. 100 g) TischleinDeckDich
- 300 ml water or vegetable broth
- 2 – 3 tps vegetarian spread (e.g. tomato, pepper)
- 7 – 8 tbsps wholegrain spelt flour
- herb salt
- grease for the baking pan (e.g. coconut oil)

Toppings

- 300 g pizza tomatoes (chopped or as sauce)
- 1 tsp coconut oil
- 1 small red onion
- 1 garlic clove
- ½ courgette
- 1 packet of mushrooms
- 1 red pepper
- 100 g grated (vegan) cheese

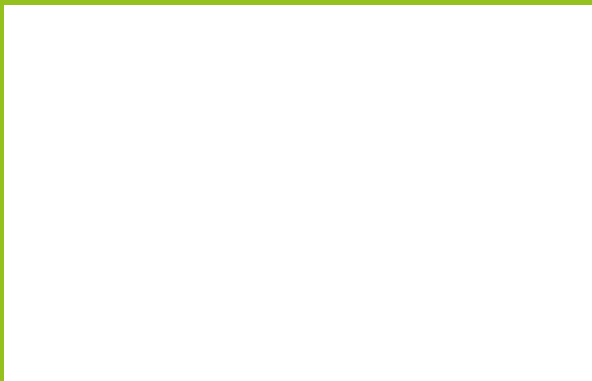
Pour ca. 300 ml water or vegetable broth over the TischleinDeckDich, season with salt, stir, cover and leave to soak for 5 minutes and then leave to cool. Then stir in the flour and vegetable spread and season with herb salt. Preheat the oven to 200 °C.

Spread the dough into a greased spring-form pan (Ø 26 cm) using a large spoon



and pierce several times with a fork. Prebake the dough for 10 minutes at 200 °C (fan oven 180 °C) in a preheated oven. In the meantime, chop the onions, garlic, zucchini, mushrooms and peppers, into small pieces and fry them in the fat. Season the vegetables with herb salt. Then place the pizza tomatoes on the prebaked base and distribute the vegetables on top. Finally, spread the cheese on the pizza. Bake in a preheated oven for ca. 15–20 minutes until ready.

Advice and assistance



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