


P. Jentschura®

AlkaLife®

The Genuine Article by Peter Jentschura

*Plant food granules with
pollen, herbs and vegetables*



The foods we eat frequently do not deserve to be described as nourishing. They are often overgrown, harvested when unripe, transported over long distances for long periods of time, then stored, refined or preserved, causing them to lose or lack many vital substances.

*AlkaLife
for our body's mineral repositories*

- hair and scalp
- nails
- teeth
- skin
- blood
- vessels and veins
- bones, cartilage, fibrous capsules, tendons

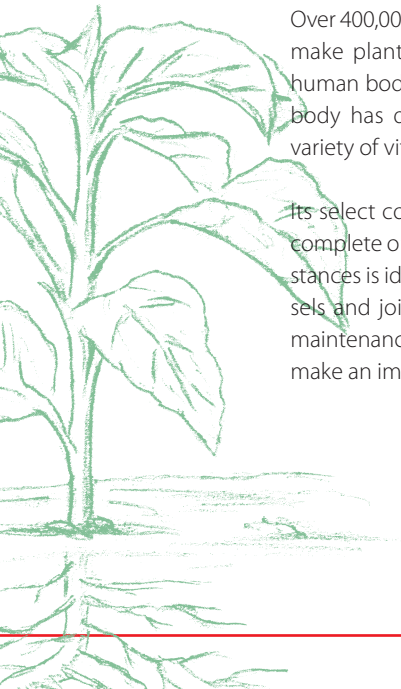
*Our pillars of beauty
Our pillars of health*

An alkaline-generating, omni-molecular food product a unique variety of vital substances from 100 plants

Our foods should be rich in natural and “vital” vitamins and minerals. Only the natural plant world can offer us a complete variety of energy-rich minerals, vitamins, bioactive substances and additional precious plant nutrients.

Over 400,000 of these vital substances have been studied. They make plants alkaline-generating foods, which provide the human body with alkaline and mineral nutrients. The human body has developed over millions of years based on this variety of vital substances.

Its select compilation of 100 natural plants makes AlkaLife a complete omni-molecular food. Its unique variety of vital substances is ideal for providing nourishment to cells, organs, vessels and joints in order to support them in their functions, maintenance and regeneration. This means that AlkaLife can make an important contribution to our beauty and health.



Everyone needs AlkaLife® ...

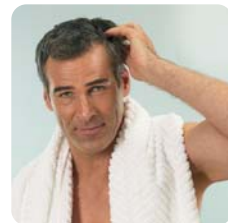


... for purifying, fasting and dieting

While fasting and purifying, many acids and toxins are released. Large amounts of natural vital substances are needed to avoid fasting crises. They metabolise released acids and toxins and help to eliminate them through the kidneys.

... for maintaining hair growth

The scalp is a reserve for minerals. It can be consumed by excess acids and toxins, resulting in hair loss or thinning hair. Prevention and possible regeneration are tied to richly nourishing it with natural vital substances.



... for sports

Vital substances are used up during sports and strenuous physical activity, generating lots of acids, e.g. lactic acid. In order to achieve optimal performance, the athlete can specifically consume energy-rich vital substances, thus protecting against an over-production of acids, muscle aches and even hair loss. Vital substances are "oil for the engine" and "building blocks" to assure a continuous regeneration.

The Three Commandments of healthy sports:

1. Alkaline-generating mineralisation before exercising!
2. Alkaline-based purification after exercising!
3. Permanent regeneration!



Roland Abächerli,
Team leader of the Giant-Swiss-Team.ch
and Swiss Champion 2007 in the
category "Masters"



regenerates and rejuvenates



... in your prime

Decreased vitality is just one part of the aging process. Peter Jentschura defines this as a progressive substance loss, specifically a loss of minerals used for metabolising acids and toxins with simultaneous accumulation of impurities. A diet rich in vital substances can slow down aging and vitality loss and allow for regeneration.



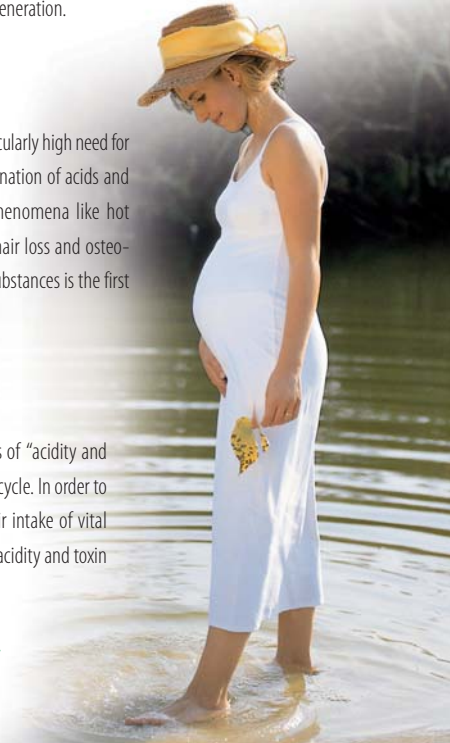
... during menopause

During and after menopause, women have a particularly high need for minerals due to the loss of their monthly elimination of acids and toxins through menstruation. They suffer from phenomena like hot flashes, sweating, weight gain, cellulite, skin and hair loss and osteoporosis. In order to prevent this, a diet rich in vital substances is the first step to maintaining health and beauty.

... during pregnancy

According to Peter Jentschura, mothers-to-be experience a minimum of nine months of “acidity and toxin build-up” during pregnancy and nursing due to the absence of their menstrual cycle. In order to avoid tooth and hair loss, cellulite or stretch marks, pregnant women must triple their intake of vital substances: they must take enough to meet their normal requirements, metabolise the “acidity and toxin build-up” and to provide a foundation for the growing baby.

Stressed managers as well as children and many others make use of AlkaLife as a natural energy donor.



Nature's garden in a spoonful

AlkaLife is a natural, plant-based, energy-rich “food product” that is offered in granulated form. In addition to valuable pollen, it also contains a unique blend of plants, containing 100 types of fruits, herbs, vegetables, spices, seeds and salads.

purely plant-based

natural

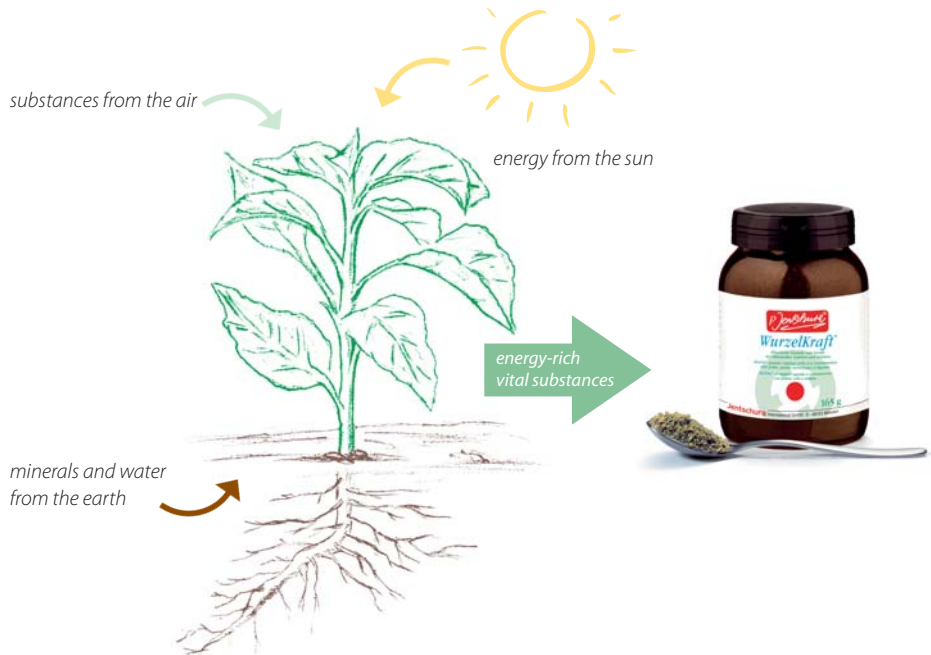
rich in energy



AlkaLife®

– a food product that is as natural as possible –

The plants contained in AlkaLife are harvested and carefully dried. Then they are finely chopped and either ground or granulated before being mixed with other plant-based ingredients to make a brilliant blend.



*The natural plant
provides optimal
bioavailability!*



P. Pentstemon

regenerates and rejuvenates

The variety of nature is abundant

Plants provide the human body with minerals, vitamins, bioactive substances and much more. Since primeval times the plant, in its energy-rich form, has provided human beings with a vital source of nourishment. Our bodies have developed in line with nature and adapted to it.

AlkaLife provides the human organism with a variety of vital substances, which cannot be scientifically limited. Every day new ones are discovered and the number extends into the thousands. A single apple contains over 400 specific types of vital substances.

While each plant is good for you on its own, it is onesided. That is why AlkaLife sensibly combines the specific types of vital substances of 100 plants. The body can then pick out what it needs from the abundance of ingredients in AlkaLife.

Over millions of years, the human body has grown accustomed to metabolising this natural source of nourishment. The plant kingdom thus offers us its vital substances with optimal bioavailability.

Many years ago, the wellknown nutritionist Werner Kollath, said: "Allow your food to be as natural as possible!" AlkaLife lives up to this demand.



The AlkaLife® Recipe

The selection of numerous ingredients is based on decades of research done by the Leisen family of naturopaths, Peter Jentschura and Josef Lohkämper. The specific types of vital substances from 100 plants are wisely blended into an omni-molecular food product.

The recipe demonstrates the immense wealth of valuable plants:

Pollen

Pumpkin seed

Lupine meal

Apple granules

Sweet almonds

Wheatgerm

Fruits:

Mediterranean medlar

Pineapple

Bilberries

Raspberries

Orange

Blueberries

Cowberries

Blackberries

Apricot

Lemon peel

Herbs:

Rose hip shell

Dill seed

Ramson herb

Stinging nettle leaves

Rosemary leaves

Hyssop leaves

Eucalyptus leaves

Melissa leaves

Horsetail herb

Yarrow herb

Wine leaves

Artichoke herb

Water cress

Dill

Tangerine southernwood

Vervain

Tarragon leaves

Black currant leaves

Pulmonary

Melissa herb

Orange leaves

Wild thyme

Rose petals

Burnet-saxifraga

Blackberry leaves

Strawberry leaves

Silverweed groundsel

Ground ivy

Nasturtium herb

Lemon grass

Corn silk

Celeriac leaves

Centauria

Chervil leaves

Vegetables:

Beetroot

Cabbage leaves

Red lentils

Carrots

Dandelion leaves

Cabbage turnip

Black radish

Asparagus

Chick-peas

Capsicum

Seeds and Nuts:

Millet

Buckwheat

Sunflower seed

Pistachios

Walnuts

Amaranth

Spices:

Anise

Fennel seed

Coriander

Caraway

Lovage leaves

Liquorice sap

Liquorice root

Thym

and many more

A valuable blend of approximately 100 types of fruits, herbs, vegetables, spices, seeds and salads are contained in AlkaLife (see schedule at left side). It can be assumed that this blend contains all beneficial plant nutrients and minerals offered by European flora. This plant blend is the “heart” of AlkaLife.

The list of ingredients in AlkaLife is found on every package. All plants are listed in descending order based on their proportions. The majority of plants come from European sources. Many of the herbs used are not cultivated, but instead collected in the wild. This applies for dandelion leaves, stinging nettle leaves, blackberry leaves and other ingredients in AlkaLife.





AlkaLife® – 100% natural

- no preservatives*
- no flavour enhancers*
- no artificial colours or flavours*
- no artificial binding agents or sweeteners*

AlkaLife® - Pure nature

With its extensive offerings of minerals, vitamins etc., the food product AlkaLife is produced as naturally as possible, ensuring that the natural variety and quality of the vital substances is preserved. This way we can make the best use of the nutrients that nature has to offer. They are optimally bioavailable in AlkaLife.

Vital substances *needs the body to conserve its health. They should be daily ingested.*

Minerals

are divided into macronutrients and trace elements.

Macronutrients

such as potassium, sodium, calcium, phosphorus and magnesium are essential building blocks and biocatalysts in our bodies.

Trace elements

such as iron, iodine, copper, zinc, chromium, selenium amongst others are often vitally important for innumerable functions of the body, even in minuscule amounts.

Vitamins

like Vitamin A, B- Vitamins, C, D, E and K are vital organic compounds necessary for diverse metabolic processes.

Essential amino acids

Leucine, isoleucine, valine, lysine, methionine, phenylalanine, threonine, tryptophan are essential for the biosynthesis of the body's own proteins.

Dietary fibres

are indigestible plant components. They effect a high degree of saturation, stimulate the intestinal activity, prevent constipation, bind harmful substances and reduce the amount of cholesterol.

Bioactive substances/ phytochemicals

vitamin similar substances such as beta-carotenoids, flavonoids, chlorophyll, etc. are known, among other things, for their regenerating and metabolism enhancing effects. They also support the immune system.

AlkaLife® - Analysis

The nutritionally relevant analysis of AlkaLife provides information about the amount of protein, fat, carbohydrates, vitamins and minerals contained in the product. But the figures alone, specifically for vital substances, only provide limited information.

More important than the sheer values is on the one hand the high bioavailability of the plants' vital substances. On the other hand, synergy effects come into play through the natural variety of vital substances contained in AlkaLife. The benefits of individual vital substances are multiplied when combined with one another. That is why the variety of vital substances is also the basis for the optimisation of smooth metabolism, physical performance and mental vigour and for the intended regeneration.

AlkaLife contains a complete variety of natural vital substances. Particular emphasis is placed on the scientifically analysed vitamins A, B₁, B₂, B₆, B₁₂, B₁₇, C, D, E, K₁, biotin, pantothenic acid, niacin, folic acid, the eight essential amino acids, as well as the important minerals K, Ca, Mg, Fe, Zn, Se, Cr, and I.

By means of the listed carbohydrate exchange units, diabetics can see that AlkaLife can be easily included in their daily eating habits.

Nutritional information	per 100 g
Water	6,11 g
Minerals	3,02g
Total Protein	19,2g
Total Fat	15,9g
Carbohydrates	41,6g
Fibre	14,2g
Gluten	0,32 mg
Carbohydrate exchange (BE)	3,45 BE
Calories	386 kcal

Minerals*	per 100 g
Zinc (Zn)	4,1 mg
Sodium (Na)	13 mg
Potassium (K)	800 mg
Calcium (Ca)	200 mg
Magnesium (Mg)	160 mg
Iron (Fe)	15 mg
Selenium (Se)	< 0,04 mg
Chromium (Cr)	0,17 mg
Iodine (J)	< 0,2 mg

Vitamins *	per 100 g
Vitamin A	<21 µg
Vitamin B ₁	0,41mg
Vitamin B ₂	0,58 mg
Vitamin B ₆	0,33 mg
Vitamin B ₁₂	0,14 µg
Vitamin B ₁₇	0,06 mg
Vitamin C	102 mg
Vitamin D ₂	<0,5 µg
Vitamin D ₃	<0,5 µg
Vitamin E	5,84 mg
Vitamin K ₁	55 µg
Biotin	29,1 µg
Pantothenic acid	0,97 mg
Niacin	5,1 mg
Folic acid	378 µg

*1 teaspoon (3 grams) of AlkaLife corresponds to 0.103 carbohydrate exchange units and contains 11.58 calories
1 carbohydrate exchange unit = 29 g AlkaLife = 10 teaspoons*



Reg.Nr. 3-1005A

In order to guarantee AlkaLife constantly assured quality, the product regularly undergoes scientific quality controls in the laboratories of the Dr. Weßling GmbH in Altenberge, Germany. There AlkaLife is thoroughly analysed and monitored to check the levels of vital substances and environmental residues.



Analysis from February 9, 2006

* The high-quality minerals and vitamins contained in AlkaLife originate from natural ingredients. They are not of artificial origin.

Tasty Ideas and Recipes with AlkaLife®



A healthy spread

Put a vegetarian spread, tomato and cucumber slices on a piece of wholegrain bread and sprinkle it with 1-2 teaspoons of AlkaLife.

MorgenStund' the millet and buckwheat porridge

Bring MorgenStund' to a boil, simmer for 2-3 minutes and then cool.

Mix in AlkaLife, chopped apple or sliced banana, raisins, nuts, sunflower or pumpkin seeds, maple syrup, cinnamon and a bit of cream
- a healthy way to start your day!



Honey Bread with AlkaLife

This variation can be recommended to those of you with a sweet tooth: sprinkle AlkaLife on a piece of honey bread or on a honey roll.

Do try the 7x7 AlkaHerb with your meals.

It is available as a loose tea mixture and also in filter bags.



Tasty Salads

A great tasting salad, for example with tomatoes, cucumbers, chicory, radishes, green onions, avocado, a good oil and 1-2 teaspoons of AlkaLife - delicious!

Even a leafy salad with sprouts and fresh herbs or a fruit salad enhanced with pumpkin or sunflower seeds, nuts and raisins can be spiced up with AlkaLife.



A quick treat between meals

Fill up a glass with freshly squeezed juice or a 100% pure juice unconcentrated, for example vegetable, carrot or tomato juice and stir in 1-2 teaspoons of AlkaLife. It can also be used in fruit juices.



A delicious dinner

In the evening, AlkaLife can be enjoyed with potatoes, steamed vegetables and herbal quark. AlkaLife can also be used as a tasty spice addition to vegetable soups.



Sprinkle AlkaLife onto foods once they have cooled down.

The right size for every occasion,
for children and adults alike

Dwarfs and Giants



The 66 g jar is for testing and the healthy present for friends and family.
The 1650 g jar is the right size for athletes, for pregnant women and for women during menopause. It is the family or team jar, and also the jar for men in their prime – the jar for new alkaline generating enjoyment.



regenerates and rejuvenates

AlkaLife®

- an alkaline-generating, omni-molecular food product



Urs Zumstein

Vice-World Champion Natural Bodybuilding 2007
www.fitness-panthera.ch

As a purely plant-based natural food product, AlkaLife should become a part of daily meals: we recommend taking three to six teaspoons (or as many as desired) over the course of the day.

Every additional teaspoon gives you a positive boost in valuable plant-based vital substances.

Minerals from 100 plants

Vitamins from 100 plants

Energy from 100 plants

alkaline-generating:

Plants contain valuable vital substances. The minerals the vital substances contain are scientifically known as "alkaline generators". Their alkaline effect for the body is demonstrated in the digestive process. Acids are optimally bound and eliminated.

omni-molecular: omnes = all (Latin)

Its combination of specific vital substances from over 100 plants makes AlkaLife an omni-molecular food product.

<i>Get by with 3 teaspoons each day</i>		
66 g	20 tsp	1 week
165 g	50 tsp	2½ weeks
330 g	100 tsp	5 weeks
660 g	200 tsp	10 weeks
1650 g	500 tsp	25 weeks



KÖRPERPFLEGE

Advice and assistance

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die Re-Aging Company

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