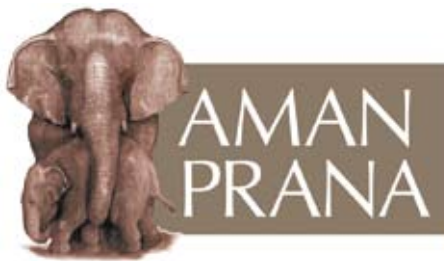




Serene VITALITY

What is Amanprana? A force of life as expressed Bovis and YinYang. News about Okinawa Omega-3, 6, 7, 9. Preparing food with love makes it delicious: Qi-board. Why Verde Salud extra virgin olive oil? Why wheatgerm as a force of life? Health and tasty: walnut oil from the Périgord. What everybody needs to know about fats. What everyone should know about fats. Which oils can be heated and which should absolutely not be heated? Why should we always use extra virgin oils? Is it possible to cook healthy chips with Cocos or Palm Kernel oil? Is there a lot of carotene and vitamin E in Red Palm? Actor Koen De Bouw talks about organic food and Amanprana...



SERENE VITALITY



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Visit the website for extensive information and register for our newsletter



▲ Will our children only know Prozac? Informing people about the advantages of St. John's wort was curbed by the Codex Alimentarius



Serenely strengthening
and supporting your life energy,
without harming your body or mind,
gently and without excess

The Amanprana philosophy

In Sanskrit, the classical Indian written language, 'aman' means peace or rest and 'prana' refers to life energy. Thus, serene life energy.

The elephant symbolises a latent, non-aggressive force and embodies wisdom, tolerance and peace. It symbolises happiness. Elephants are herbivores and eat no meat or fish. They do not kill.

Amanprana is a range of products that supports and strengthens our life energy serenely without harming our body or mind. In short: gently and without excess. Amanprana does not believe in the 'magic pill'.

Amanprana is always organic and vegetarian. Attention is also paid to healthy ecological packaging. We prefer glass over plastic, as it is better for the environment, your health and the taste. Whenever possible we print with vegetable inks and on ecological paper.

At Amanprana we believe in the whole and not in the separate parts. Our products are therefore processed as little as possible and we do not use isolates. Isolates are chemically or naturally fabricated isolated substances that will never be capable of equalling the whole. We do not, for example, add isolated vitamin E but use red palm and wheat germ oil as rich natural sources of vitamin E.

At Amanprana we are aware of Hippocrates' wise words: 'Let nutrition be your medicine and medicine your nutrition.' We wish you a great deal of Amanprana.

Health curbed

Free information on health, the therapeutic and medical advantages of organic nutrition, plants, herbs and natural remedies is rigorously censored and curbed. It is forbidden terrain for common sense and reserved for the pharmaceutical and medical world. The pharmaceutical industry, its front the Codex Alimentarius Commission and the medical world suppress any information that gets in their way.

We are moving towards a world where the therapeutic and medical advantage of St. John's wort can no longer be mentioned anywhere. A world in which it is forbidden to consume fresh eggs or raw milk and raw cheeses. Long live a sterile world in which the pharmacists and the medical practitioners spin straw into gold. A world in which we visit an apothecary and doctor's practice weekly and in which we spend the last thirty years of our lives in a hospital or retirement home in the good caring hands of this industry. The objective is to sustain, not cure. If we leave the pharmaceutical and medical world to their devices, natural supplements, vitamins, minerals, herbs, essential oils and even unprocessed food will no longer be available tomorrow. We will live on heavily processed food, stripped of its healthy qualities. Man, plant and animal will consist of an ever-growing cocktail of vaccinations, antibiotics and chemical substances. We will end up in the medical world of radiation, surgery and medicines.

The pharmaceutical and medical industries caution us about the risks of self-curing using common sense and age-old customs. They caution us about herbs, vitamins and minerals. This super-profitable industry forgets, however, that today it is the third greatest cause of death. No, you haven't misunderstood. The side effects of medication and medical interventions are the third greatest cause of unnatural death (the cause of aids is not taken into consideration). A phenomenal 30% of its turnover goes to marketing! That is twice the amount that goes to research and development.

This brochure does not contain all the proven health advantages of our products. We are forbidden from doing so. Only terms that were approved and primed have been included. Amanprana explicitly opposes the trend and will spend a part of its revenue to fight this dangerous censorship. Even though we are only the Tom Thumb of this great world.



▲ Everything absorbs and emits energy.
Standing under a waterfall for example gives life energy

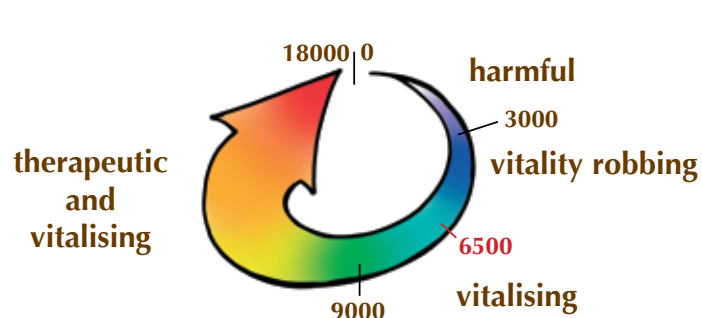
▲ Being unhealthy is like a set of scales that are out of balance.

The Bovis value

Fresh-from-the-field lettuce and wilted lettuce have very different life energies. How can we measure that life energy? Frenchman André Bovis has developed a frequency scale to measure the vitality of things. The Bovis value is a subjective measurement that, when it is carried out professionally and under the same conditions, shows repeatable results.

Everything has vitality

Healthy people have a value of 6,500 to 8,000 on the Bovis scale. Therefore, a person must take in food of more than 6,500 Bovis in order to remain healthy. Much foodstuff does not reach this value. At a lower Bovis value, a person becomes susceptible to diseases and his/her energy level is subdued. It is known, for example, that maturity, cultivation methods, packaging, freshness and preparation methods affect the Bovis value of certain foods. Freshly harvested vegetables have values of between 8,000 and 10,000 Bovis. By the time they arrive in the shop, a third of that has already gone. Vegetables cooked for a long time rarely surpass 200 Bovis. The renowned Dutchman Robert H. Steelooper says: 'Food products with a Bovis value of less than 7,000 take energy from the body and induce disease. Food products above 7,500 provide energy and can be considered good for health. Above 9,000, the food products even have a cleansing and therapeutic effect.'

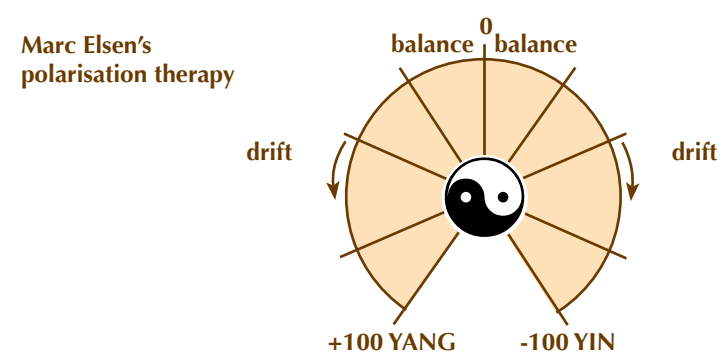


Vitality through YinYang

Yin and yang are universal power fields that maintain all life. They are opposite yet complementary and they depend on each other. The interaction between the energies generates life energy called 'chi'. Yin attracts yang and yang attracts yin. Nothing is 100% yang or 100% yin. Nothing is neutral. Examples are man/woman, plus/minus, warm/cold, day/night, acid/alkaline, and so on. Yin stands for anabolic and positive: expanding, cooling, purifying, centrifugal, detaching and blossoming. Yang stands for catabolic and negative: shrinking, warming, strengthening, centripetal, persistent, and so on. As such, the cell core is yang and the cell membrane is yin. The bipolarity is essential, something to which Johanna Budwig, an authority in the field of fats and nutrition, also subscribes.

Polarity therapy by Marc Elsen: 'Being unhealthy can be perceived as a set of scales that is off balance. The cause must be found. The Yin polarity on the one side must weigh as much as the Yang polarity on the other side of the balance. According to Marc Elsen, ailments develop when one of the two polarities is predominantly present in the body. The body and the mind recover once this balance is restored. By looking for the cause, a person can cure him/herself by adjusting his/her nutrition. We have to learn to take care of ourselves.

'Okiniwa Omega oils are well-balanced because the composing Yang force and the activating Yin force are equally present. They can be recommended to people within and round the metabolic balance. It is a balanced oil that is slightly more Yin or Yang according to your choice and need', according to Marc Elsen who has already written two books on therapy: 'Voedsel als medicijn' ('Food as Medicine') and 'Ziekte als vervuiling' ('Disease as Pollution').





▲ Actor Koen De Bouw: 'I have been using Amanprana products for some time now already.'

▲ Koen De Bouw: 'Amanprana is one of the organic products that I have come to cherish after some time and that can contribute to a healthier and more conscious way of life!'

Your body is the hero

Body and mind strive for balance and health, for homeostasis. This natural pursuit is the survival mechanism of each living creature. It has developed, adapted and perfected itself over many millions of years of evolution. Body and mind achieve equilibrium and health if we supply them with sufficient nutrients and relaxation. This doesn't require us to eat with a calculator but we do have to give our body and mind sufficient vitamins, minerals, essential fatty acids, proteins, fats, carbohydrates, antioxidants and so on, without overdoing it. The body takes care of the rest. We need not worry much about small imbalances; the body knows how to deal with these. It can excrete the excesses and recycle anything which may become in short supply. We do have to worry about deficiencies. A deficiency of one nutrient can have negative consequences for body and mind because everything is connected and dependent on each other. It is known that magnesium is involved in 400 processes in our body. And this applies to all nutrients. This is one of the basic principles of Amanprana. Or as Herman Le Compte puts it: 'The greater the deficiencies, the faster the ageing process.' Amanprana allows your body to be the hero.

No isolates

One orange, one piece of ginger or a dash of extra virgin olive oil each contains at least 400 known synergetic nutrients (1,200 together). All our food put together contains more than 10,000 interconnected nutrients. For this reason alone, a supplement consisting of isolates can never replace food. Recently, research from the University of Texas showed that an orange is good for the bones. Researchers then have the tendency to try to isolate the substance that is responsible for this. But studies show that it is the orange as a whole, with its 400 other interconnected and synergetic substances that have evolved in the course of millions of years to what an orange is today, is better for our bones than its 'most active substance'.

Paul Schulick writes in his book 'Ginger, popular spice and miraculous medicine' that ginger has a matrix of at least 477 components that work as a team and that, together, account for the healthy effects of ginger. Research has shown that when the most active components of ginger are isolated, some components

could even be very harmful. It was only after adding the other parts of ginger that the active substance became healthy again.

Isolation can have bad consequences. He who tries to isolate, to deliver the active ingredient and in doing so disregards the botanical context, wants to outsmart the knowledge the plant has gathered in the course of millions of years of evolution and symbioses. Isolates reflect the illusion of the 'magic pill' Amanprana does not believe in. That is why medicines always have negative side effects and that is why they are in part responsible for being the third greatest cause of death among people.

Four basic rules about healthy oil

1. Healthy oils are as important as vegetables and fruit: The time we considered oils only as working instruments to prepare food must remain a thing of the past. We even require more calories from healthy oils than from proteins.

2. The quality of oil is more important than the kind: Only use extra virgin. Refined oils are more harmful than refined sugar. You recognise refined oils because they have a neutral taste or have become odourless through refinement. Margarine is often called plastic butter. Never use it. It is a cheap imitation from World War II when butter was too expensive. The healthy part oil the oil is sold at a high price to the pharmaceutical industry. The waste is descented, refined and bleached and serves as the base for margarine.

3. Vary oils as you vary vegetables and fruit: A carrot is not the same as lettuce. Eating only wholesome carrots is too one-sided. That principle also applies to oils. Variation, also in oils, is the message.

4. Some oils you can heat, others are only to be used cold: Oils with many PUFAs (Polyunsaturated Fatty Acids) are exclusively suitable for cold preparations. They become very harmful when heated. It is best that oils for heating contain as few PUFAs as possible.



▲ Omegas ensure the electrical conductivity of our cells and recharge our batteries. Okinawa Omega for vitality and concentration.

Omega-3, 6, 7, 9 necessary for our health

People who are aware pay a great deal of attention to vegetables and fruit but they often forget that there are two essential fatty acids that a healthy body cannot do without. They are alpha-linolenic acid (ALA) from the omega-3 family and linoleic acid (LA) from the omega-6 family. Your body cannot produce these itself. They must be extracted from food. Without them, health is not possible. They only appear in oil-rich food.

ALA and LA are indispensable. In addition, the body can transform them into more than 30 different fatty acids, which is an additional advantage. Our body contains more than 30 kinds of fatty acids and they are all important, such as GLA, DGLA, EPA and DHA. However, there are only two you cannot make yourself and without which health is not possible. These are ALA and LA. They must be extracted from your food.

Sufficient omega-3,6,7,9 in one teaspoon of Okinawa Omega

According to the World Health Organisation, there is too little ALA (omega-3) and LA (omega-6) in Norwegian food. In other words, there is no abundance of omega-6, as many would have us believe. In the same way, there is no gross shortage of omega-3. Not a single epidemiological study has shown this for Norway.

Fish oil is not a solution. Fish oil contains omega-3 fatty acids that your body can make itself. There is scarcely any ALA and LA present. Okinawa Omega, 100% vegetable based, is the better solution. With one teaspoon (minimum) or one tablespoon (optimal) per day, not only are your ALA and LA needs replenished but also all your omega-3, 6, 7, 9. Easy: one teaspoon equals five large capsules. Moral: with vegetable-based omega oils you do not need to swallow fish oil. But with fish oil, you will need to take vegetable-based omega, the vital ALA and LA fatty acids.

Why omega-3, 6, 7, 9?

A healthy body cannot do without omegas. ALA and LA and omegas in general support many important life processes. They strengthen the muscles of your 'ticker', support circulation, increase libido and accelerate your recovery. They are good for your cholesterol housekeeping. They help overcome emotional dips, changing moods and flushes. Concentration and memory, peace of mind and mood, your skin, and so on, they all need essential ALAs and LAs (and the 30 fatty acids that can be made from them).

Omegas to charge the battery of each cell

A human being is made up of billions of cells. The vitality of each cell depends largely on the quality and protection the cell walls (membranes) provide. Cell walls consist predominantly of fats. Sufficient omega-3/6 render the cell walls flexible and permeable and allow them to take in nutrients. They also ensure that the cells' batteries can be recharged. They take care of the electrical conductivity and the generation of electrical impulses. Too little omega-3/6 makes us tired, both physically and mentally.

Johanna Budwig on recharging our batteries: 'The bipolarity between fat (cell capsule) and protein (cell core) is of fundamental importance for the preservation and the structure of living cells. This bipolarity depends largely on the presence of sufficient omega-3/6. The lack of omega-3/6 cripples many vital functions of the cell. When the bipolarity between the cell core and the cell covering is destroyed as a result, for example because of a lack of omega-3/6 or by consuming partly or fully hardened fats (trans-fats), the electrical charge disappears. In other words, the cell battery will be drained.'



▲ No omegas without sufficient carotenes and vitamin E to protect your beauty and vitality of tomorrow. Omegas without sufficient carotenes and vitamin E age us.

▲ Do you want to read this particularly interesting Okinawa book yourself? ISBN 0-609-80750-1

What is Okinawa?

Okinawa is an archipelago south of Japan with 1.2 million inhabitants and an American military base. Most of the active and happy 100-year-olds live there. American and Japanese scientists researched 600 100-year-olds over the course of 25 years. From their book 'The Okinawa Program', it appeared that the 100-year-old Okinawans are of slender and limber build and have strong bones. They had supple, young arteries, low cholesterol and homocysteine levels and they were in good shape. They had sharp minds and few memory problems. They had a healthy libido and had passed the transition well. They looked 'youthful', were energetic and had bright eyes.

The secret of eternal youth

According to the authors, genetic factors were minor. The most important reason 'to successfully becoming 100 years old' laid with their lifestyle. What were the five pillars for a 100-year-old youth for the Okinawans? 1) They had a strong social network and solid family ties; 2) through meditation, they were stress resistant and better able to withstand time pressure; 3) they turned to Eastern and Western remedies; 4) they took sufficient physical exercise; and 5) they ate little and healthy (whole wheat grains, many and varied vegetables, enough fruit, little fish and very little dairy or meat).

The comparative Shangri-la (immortality) research of the Okinawans showed that: They consumed three times more omega-3; they ate three to four times more omega-6 than omega-3; they obtained significantly more vitamin E, the stay-young vitamin, from their food; they obtained their healthy omega fats mainly from vegetable sources.

Tip: Both the Okinawans and the inhabitants of Crete obtain their omegas from plants (not from fish oil). The inhabitants of Crete obtain it from wild plants and purslane. The Okinawans from leaf vegetables and omega-3, 6, 9 oil.

Okinawa Omega-3, 6, 7, 9

Extra virgin. Okinawa Omega oil is pressed mechanically and the temperature does not rise above 40°C during the entire production process. That keeps the enzymes intact. Amanprana uses slow screw presses to keep the oil's oxidation to a minimum. Exposure to oxygen is avoided as much as possible. The result is an oil with greater health value and less peroxidation. 100% pure.

Packed in glass in order to prevent the harmful migration of plastics and HDPE into the unsaturated oil and limit the amount of plastics in the environment. Moreover, we use dark bottles covered in paper to protect the light-sensitive omegas. The paper is recycled, chlorine-free and printed with vegetable inks. Packaged with respect.

For him and her, from baby to 100-year-old. For every day. Okinawa Omega is all natural. 100% smart food and 0% supplement. Without excess, without negative side effects. Year after year, Okinawa Omega delivers serene life energy, Amanprana. Without harming body and mind.

Naturally high in carotenes and vitamin E. Omega-3 and 6 are very sensitive oils pressed by Amanprana with much respect. Result: the oil suffers very little peroxidation. Moreover, only Amanprana's total formula has many carotenes and vitamin E naturally. These antioxidants and vitamins protect the oil against oxidation from light, oxygen and warmth. Both in the bottle and in our body. We at Amanprana know that omega-3/6 not accompanied by a sufficient amount of protective substances, like carotenes and vitamin E, can do more harm than good to our body and mind. The carotenes reinforce the effect of vitamin E and vice versa. Together they offer better protection than either does on its own. Amanprana is proud that it has the only omega mixture that, by its nature, meets the World Health Organisation's advice on vitamin-E and does so without adding vitamin E or carotene isolates. Because of these carotenes and vitamin E, Okinawa Omega can be stored for nine months after opening.



▲ The body needs more omega-6 (sunflower oil) than omega-3 (linseed oil). Okinawa Omega is all natural and has no additives.

Okinawa Omega: 3-in-1

First, Okinawa Omega contains the required omegas. Second, it contains many protective substances such that they can continue doing their job. Third, the herbs, spices and essential oils enhance the taste and also the effect.

Omega-3/6/6/7/9 is a balanced total formula in which all omegas can fulfil their important role in our body, because Amanprana believes strongly in the whole and not in the components. Okinawa Omega is holistic and supports your health day after day. It does not disturb any balance but brings balance. Okinawa provides you with all the omegas your body needs and does so with one teaspoon per day. 'Give body and mind what they need and your body and mind will do the rest' is the Amanprana principle.

There are sufficient protective substances in Okinawa Omega that protect the omegas inside us against oxidation and ageing. Omegas are very sensitive to oxygen, light and warmth because of which they become rancid and toxic. This is especially the case in the human body where the temperature is 37°C and that is constantly using oxygen. There, the sensitive omegas really need protection. The protective substances in Okinawa Omega, carotenes and vitamin E, prevent the omegas from becoming rancid and toxic not only in the bottle but more particularly also in our bodies. Okinawa Omega is the only omega oil that meets the World Health Organisation's vitamin-E recommendation. But we take it yet a step further. Okinawa even contains all the vitamins E (eight kinds) that exist, a wide range of natural carotenes and antioxidants from herbs or oil. Vitamin E, carotenes and antioxidants each protects. But together they are stronger.

Herbs, spices and essential oils strengthen the total formula with the typical taste and their healthy effect. These herbs, spices or essential oils are not added but cold-pressed along with the oil. For our Happy Delight, for example, no essential oils are added. We obtain Happy Delight through a process we developed. We cold-press the bio-dynamic lemon, lime and orange peels with the seeds of Okinawa Omega. All natural. Delicious in taste and super healthy.

1 formula, 3 delicious tastes

1. Happy Delight, omega-3/6/6/9 and 7 14,300 Bovis, -40 Yin
With bio-dynamic oil of lime, lemon and orange. For a soft skin. Its fresh taste is ideal for children. 50% sunflower oil, 35% linseed oil, 10% red palm oil and 4.5% wheat germ oil. With 0.5% bio Happy Delight (oil of the peel of bio-dynamic oranges, lemons and limes). And nothing more...

2. Indian Delight, omega-3/6/6/9 and 7 14,300 Bovis, +15 Yang
With ten smooth-tasting Indian Ayurveda Garam Massala herbs. For greater resistance and harmony. 50% sunflower oil, 35% linseed oil, 10% red palm oil and 4.5% wheat germ oil. With 0.5% bio extra virgin Garam Massala (= coriander, cumin, ginger, cinnamon, black pepper, cardamom, cloves, chilli, bay leaves, nutmeg).

3. French Delight, omega-3/6/6/9 and 7 14,300 Bovis, -20 Yin
Cold pressed oil medley with 50% extra virgin sunflower oil, 35% extra virgin linseed (flaxseed) oil, 10% red palm oil, 4.5% extra virgin wheat germ oil, 0.5% extra virgin fennel-camomile oil.

How and how much do you use? You can use Okinawa Omega à volonté. Every day. Okinawa Omega is not a supplement but rather a smart food. In order to take in your daily recommended allowances of ALA and LA, one teaspoon (5g) suffices. For the optimum quantity and to restock shortages you can take 1 to 2 tablespoons per day. If you take a teaspoon every day and also have a healthy diet, you are super healthy and you are taking in the optimal amount in a well-balanced proportion. How do you use it? Either straight with a spoon or in vegetable juice, yoghurt or dressing or add to your food when it is ready. Do not wok or fry with it. Only use cold. It is also a perfect addition to potato salad or tomato sauce. For her, for him, for the baby and for the 100-year-old.



▲ Perilla oil soothes and helps with all types of allergic reactions. Amanprana brings eastern wisdom that bit closer with perilla.

Perilla oil has all the advantages of omega 3 that you find in flax seed oil and has been tried and tested for intolerances

Perilla oil has been used for centuries in traditional Chinese medicine for all kinds of problems. It is obtained by pressing the seeds of the perilla frutescens plant. The excellent oil can be used without restriction and even contains more omega 3 than flax seed oil. Amanprana is proud to introduce the first organic cold pressing of this fabulous oil.

The two most important and proven advantages of perilla oil

1. More omega 3 than flax seed oil. All the advantages of flax seed oil also apply to perilla oil. Perilla oil produces the richest source of (alpha linolenic acid). ALA is the essential fatty acid in omega 3. We need ALA to keep our youthfulness and vitality. It protects us against the ageing process. But it also helps us concentrate and helps our memory. And it is good for the good functioning of our blood pressure, circulation and cholesterol. We need it to avoid emotional ups and downs and above all to avoid the dips. The ALA in perilla oil is good for you. It makes you happy.

2. Soothes allergic reactions in the eyes, nose, airways and digestion system. Amanprana Perilla Oil soothes them all. Perilla reduces the creation of cytokines, in turn reducing the number of antibodies and histamines that are created when we consume or come into contact with allergens. Perilla has been tested extensively and positively for allergic reactions in the Far East.

3 New Okinawas: with perilla

1. Happy Perilla, omega-3/6/6/9 and 7 14.400 Bovis, -45 Yin
The same composition as Okinawa Omega Happy Delight but with perilla oil replacing the flax seed oil. Perilla has tested much more positively for its positive effects on the airways and allergic reactions. Ingredients: 50% sunflower, 35% perilla, 10% red palm and 4,5% wheatgerm oil. With 0.5% organic Happy Delight (oil from the peel of biodynamic oranges, lemons and limes).

2. Happy Perilla Special, omega-3/6/6/9 and 7 15.000 Bovis, -15 Yin
The same proportion of omega with very specific cold pressed oils that are fantastically good for the body and mind. 25% perilla, 25% hemp, 10% nigella, 7.5% walnut 7.5% pumpkin seed, 10% evening primrose, 10% red palm-, 4,5% wheatgerm oil . With 0.5% Happy Delight (oil made from the peel of biodynamic oranges, lemons and limes).

3. Eicosan Perilla omega 3: omega 3/3/3/6/ 9 and 7 14.500 Bovis, -70 Yin
Okinawa omega 3 speedily restores the omega 3/6 balance if there is too little omega 3 present in your diet. The traditional Chinese, Ayurvedic Indian and Mediterranean herbs moreover reduce the effects of AA and promote the positive effects of DGLA (LA) and ALA. Ingredients: 80% perilla, 15% rode palm, 5% wheatgerm oil + 0.5% organic extra virgin Eicosan oil (=ginger, turmeric, rosemary, camomile, cloves, coriander, cinnamon)

How and how much should you consume? You can consume Okinawa Omega in unrestricted quantities. Day in and day out. Okinawa Omega is not a supplement but a smart food. You just need one teaspoon (5g) per day to meet the daily recommended amounts of ALA and LA. For optimal quantity and to make up for any shortfall you can take 1 to 2 desertspoons per day. If you take a teaspoon every day and eat a healthy diet, you will be very healthy and will be getting the optimal quantities in good proportions. How to take it? Either by the spoonful, or in vegetable juice, yoghurt, in a dressing or added to any food. Only consume cold. Makes a perfect addition to potato purée or tomato sauce. For women, men, babies and centenarians.



▲ Enrich your meals with Amanprana organic wheatgerm

Why enriching your meal with Amanprana organic wheatgerm

Wheatgerm is the essence of life in wheat. The germs produce a new plant. They are also a storage depot for vitamins, minerals, proteins, healthy omega 3/6/9, fibre and a lot of other good nutrients and anti-oxidants such as lecithin and 800mg alfa-lipon acid per 100g. Sprinkle it into drinks, muesli, soup, yoghurt, sauces, pasta, rice, potatoes and on vegetables, salads and bread (do not heat, add after cooking) or eat it separately – one to six dessertspoons or more per day. They add a delicious sweet flavour to dishes. This special designed bag protects them against oxygen and light. Checked organically by Blik. 0% genetically modified and 0% irradiated. **Available in two versions. Raw: 100% natural, 100% active enzymes or enhanced: bitterness removed thermally but not roasted.**

	100 g*	%RDA
B1 thiamine	1,8 mg	128%
B2 riboflavin	0,8 mg	50%
B3 niacin	10 mg	55%
B6 pyridoxine	1 mg	50%
B9/B11 folium	500 mcg	50%
Vit E (6 sorts)	25 mg	250%
Zn zinc	14 mg	93%
Cu copper	0,7 mg	63%
Mn manganese	20,3 mg	579%
Fe iron	9,3 mg	66%
Mg magnesium	325 mg	108%
Cr chromium	70 mcg	56%
Se selenium	113 mcg	161%
P phosphor	1000 mg	125%
alfa-lipon acid	800 mg**	
B5 pantoteen	1,4 mg	23%
B12 cobalamine	0,2 mcg	20%
K potassium	957 mg	24%
Ca calcium	71 mg	9%
lecithin	2g	

**broad-spectrum anti-oxidant no ADH but 100mg is generally recommended

Nutritional value per 100 gr. Amanprana organic wheatgerm

Calorific value 291kcal/ 1226 kj • Protein 28g • Carbohydrates 24g
 Of which sugar 12g • vet 9.2g • Polyunsaturated fatty acids 5.9g • of which omega 3 5.4g • of which omega 6 0.5g • Monounsaturated fatty acids omega-9 1.5g • Saturated fat 1.8g • Fibre 25g • Sodium 5mg • Water 9g • Bovis 11.350 • +30 Yang • Glycaemic Index 40 • Allergen information: contains wheat and is gluten-free



▲ Culinary and health, extra virgin walnut oil is rich in omega 3,6,9

Extra virgin walnut oil from the Périgord, Selected by Amanprana

Franck Monsallier uses a blend of four varieties of walnuts from his orchard to create a delicate and pure Périgord flavour. Franck Monsallier: *'Not a single kilo of nuts escapes my attention. Excellent walnut oil can only be produced by using the best quality walnuts.'*

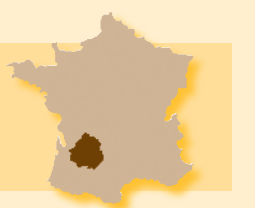
The nuts are not pre-heated or roasted. That would produce a higher oil yield but the quality would suffer. The nuts are crushed with authentic granite millstones until a nice homogenous mass is obtained after which they are pressed in the press designed by Franck Monsallier himself.

The unique aspect of his invention is that no heat is created in the process. This totally cold process produces a lower yield, but the quality and mildness of the oil is superior. Five to six kilos of walnuts produce just one litre of extra virgin walnut oil in the space of around 30 to 45 minutes. The result is an oil with a peroxidation of less than 2mg and acidity level of less than 0.5%, which is excellent.

It was for all these reasons that Amanprana selected this mild walnut oil with its subtle aromas. In order to protect this oil from light, we chose a dark glass bottled covered in paper. Do not heat. Delicious on bread, with salads, pasta, vinaigrette and to add a finishing touch to all your dishes. Keep cool and in the dark. Use within six months of opening. *Bon Appetit!*

Bovis 14.000, -50 Yin

Source: Périgord, France
Manufacturer: Franck Monsallier, winner of the Golden Medal in 2005 at the 'World Edible Oils Fair'





▲ Healthy oils of Amanprana are pure. they contain 0% trans-fats (chemical wasters)

▲ Healthy oils are as important as vegetables and fruit

What are the most suitable oils for frying, wokking and deep-frying?

	% saturated	% mono	% PUFAs
Topper! The only stable oils to deep fry, only to be replaced after two years on condition of regular filtering; perfect for deep-frying, frying and wokking			
Extra virgin coconut oil	92	6	2
Extra virgin palm kernel oil	85	13	2
Very good alternatives: for 7 to 10 uses, very good for single use frying and wokking			
Extra virgin cacao butter	59	39	2
Unhardened beef fat	59	38	3
Unhardened sheep fat	52	45	3
Clarified butter (ghee)	63	31	6
Babassu, Capu Assu and Shea butter	-	-	-
Good alternatives: less suitable for repeated deep-frying, suitable for single use frying and wokking			
Extra virgin red palm oil	50	40	10
Unhardened pig fat	55	34	11
Unhardened goose fat	33	56	11
Extra virgin cashew oil	20	73	7
Extra virgin olive oil	16	76	8
Extra virgin macadamia oil	12	71	7
Extra virgin avocado oil	20	70	10
Extra virgin sesame oil **	13	42	45
Special* sunflower oil	10	81	9
Special* safflower oil	8	80	12

* hybrid species with few PUFAs and many monounsaturated fatty acids must be extra virgin
 ** contains sesamin which protects the PUFAs reasonably well

Never use refined oils, not even for heating. Refined oils are more harmful to health than refined sugar. Any healthy elements were extracted from it and sold at a high price. They cause wrinkles, moles, eye problems and the common diseases of civilisation. Extra virgin olive oil, for example, is super healthy. Olive oil that does not mention extra virgin, however, is very bad for your health. For

instance, mild olive oil that is not extra virgin is unhealthy. Do not use it. It is a waste product of the extra virgin olive oil. Processing or refining food is the n°1 villain of all of civilisation's diseases. All margarines, including the organic ones, are also made of refined fats. Avoid refined oils like the plague. Only use extra virgin. These oils are obtained with respect and give you vitality.

The advantages of extra virgin and the disadvantages of refined oil

Organic and extra virgin oils	Refined oils
+ contain healthy nutrients	- rob healthy nutrients
+ nourish the body	- rob vitality
+ give the body life energy	- cause ailments through deficiencies
+ contain more vitamin E, protect against ageing	- rob vitamin E
+ provide minerals like magnesium, iron, calcium	- rob minerals and cause vitality to decrease
+ contain carotenoids, good for skin and eyes	- rob carotenoids, which is bad for skin and eyes
+ do not contain solvents or chemical preservatives (E320)	- contain harmful solvents that tax body and mind
+ supply lecithin for better stimulus transfer	- contain very little lecithin
+ contain plant sterols for a good cholesterol level	- contain very few sterols
+ contain enzymes and help digestion	- rob enzymes
+ supply vascular-protecting polyphenols	- contain very few polyphenols
+ supply chlorophyll, help detox the body and improve oxygen transport	- contain very little chlorophyll, increase the accumulation of toxics and decrease the oxygen transport



▲ Coconut in our daily nutrition and body care results in a soft skin and shiny hair. The skin is the mirror of our inner beauty.

▲ The oil (sebum) that the skin produces naturally consists mainly of MCTs, of which coconut and palm kernel oil contain many.

The advantages of extra virgin coconut and palm kernel oil

1. Both coconut and palm kernel oil contain many healthy MCTs. These are medium-length chains of fatty acids that are hardly stored as fat but mainly provide extra energy
2. They are very easy to digest and are particularly suitable for people who have trouble digesting fats.
3. They improve calcium and magnesium intake as well as the intake of all fat-soluble vitamins (A, D, E and K) and of 600 different carotenes as they appear in nearly all vegetables.
4. They improve the intestinal flora, support the walls and aid digestion. There is nothing better for troublesome bowels.
5. They decrease the feeling of hunger and hunger fits, contain fewer calories than other oils and increase the burning of calories.
6. They give you a nice appearance and keep you young.
7. They care for your teeth because of their MCT fats.
8. They lower the glycemic index of food because of which there are fewer mood and sugar level fluctuations. It therefore fits perfectly in a low-sugar diet.
9. They improve endurance and are especially suitable for endurance athletes.
10. They contain large amounts of lauric acid, also capric, caprylic, capron and myristin acids that increase resistance and fight bad beasties*.
11. Ideal as a massage oil, lubricant, toothpaste, natural deodorant and used a great deal for body and hair care.

Coconut and palm kernel oils are ideal carriers of essential oils

The molecular structure of coconut and palm kernel oils is much smaller than those of other oils. An essential oil mixed with coconut or palm kernel oil as a carrier, penetrates much faster and deeper into the body through the skin. The essential oil is therefore faster and more active. In addition,

the effect of the essential oil is enhanced by the capric, caprylic, capron and myristin acids from the coconut and palm kernel oils.

TIP against ear and tooth ailments: quick result!

Mix ten drops essential clove oil and ten drops cinnamon oil with 100ml of coconut oil and you have an ideal aid against ear and tooth problems. It is important to apply it every half hour over a wider area.

Do we also need saturated fats?

Each oil, plant, animal and human being is composed of saturated, and mono and polyunsaturated fatty acids. We have more than 30 different types of fatty acids each of which fulfils its specific function. This is why variation in extra virgin oils is as important as variation in fresh vegetables and fruit. In a healthy food pattern, there should be twice as many healthy fats as proteins. Most health organisations advise that 30% of our calorie intake should come from healthy fats, equally divided amongst the three kinds. A third of these healthy fats should therefore come from saturated fats. It was long assumed that saturated fats did not fulfil any specific function but rather had a negative effect on health. This assumption belongs to the past. Research over the last 15 years has sufficiently demonstrated the specific role of saturated fats. Saturated fats: 1) are essential for the intake of magnesium and calcium, 2) protect the omegas, 3) surround and support our ticker*, 4) are the only fats in our air pump* and ensure improved respiration, and 5) strengthen our resistance. Now we know that: 45 to 50% of the fat in breast milk is saturated, people in France, Polynesia, Thailand and the Philippines, whose diet is rich in saturated fats, have healthy vascular systems. Saturated fat, like in coconut and palm kernel oil, is the safest fat because it cannot oxidize. Saturated fat gives fewer opportunities to wrinkles and ageing.

*Legislation prevents us from calling things by their proper names (see also p.3)



▲ The ultimate island feeling on bread, in the wok, for frying and for deep-frying

1

2

3

4

5

Healthy fries? It is possible with extra virgin coconut or palm kernel oil

How can fries be healthy? Simple! Deep-fry them in healthy oil, in Amanprana Extra virgin Coconut or Palm Kernel Oil. All natural. Moreover, both Amanprana oils contain many healthy qualities that are not lost when you fry with them. Use them cold and you taste the coconut or palm kernel. When you deep-fry with them you do not. You can use Amanprana Extra virgin Coconut or Palm Kernel Oil for deep-frying for two years if you filter it regularly. Cold-pressed Amanprana Coconut or Palm Kernel Oil makes your fries super healthy, delicious, mild tasting and extra easy to digest.



Tip: homemade organic fries in the peel. Simple and so much healthier!

Five healthy and tasty oils for frying, wokking and deep-frying

The Amanprana range is pure: 100% extra virgin, 0% chemically treated, 0% refined. **Healthy:** 0% trans-fats and pressed with respect in order to respect the botanical composition of the oil. **Tasty:** In cold preparations you taste the original bouquet. In warm preparations, the taste of your dish is accentuated by a soft undertone. **Ecological:** We use exclusively 100% recycled glass and in this way contribute to keeping the mountain of plastic waste to a minimum. We print exclusively on recycled paper with vegetable inks. **Animal friendly:** 100% vegetable and never tested on animals. Cats, dogs and birds find our oil absolutely delicious and it is tasty and healthy for them, too. The whole range is available in two sizes: 380ml and 1700ml. Shelf life: 2 years, even after opening.

Range of five delicious and healthy kinds, variation is the message:

1. Coconut: 100% coconut oil. **2. 100% palm kernel oil:** has almost identical frying and health advantages as coconut but without the coconut taste. **3. Coconut + Olive: coconut and olive oil:** the delicious taste of olive oil is softened with coconut oil. Praised by many chefs. **4. Coconut + Olive + Palm: coconut, olive and red palm oil:** the best of three worlds brought together for you in one jar. **5. Red Palm: red palm oil.** The typically African and Latin American oil offers you the richest source of vitamin E and carotenes. Adding a bit of Red Palm to boiled rice gives it a nice golden colour and a delicious flavour. Also for frying onions, potatoes and eggs. Red Palm is a known ingredient in Moambe. Experiment with other recipes. Tip: red palm oil with spinach is super food for the eyes.

Coconut: Bovis 13,700, 70 Yang; **Palm kernel:** Bovis 12,000, 60 Yang; **Coconut + Olive:** Bovis 13,100, 45 Yang; **Coconut + Olive + Palm:** Bovis 12,600, 50 Yang; **Red Palm:** Bovis 11,500, 55 Yang

Red palm oil is brimming with carotenes and vitamin E

Carrots and tomatoes are healthy because they contain carotenes. Carrots contain beta carotene. So does red palm oil. In fact, Red Palm contains ten times more carotenes than carrots. Tomatoes contain lycopene carotenes. So does Red Palm. In fact, Red Palm contains 30 times more carotenes than tomatoes. Moreover, Red Palm is very rich in vitamin E. Red Palm even contains seven kinds of vitamin E. Red Palm is the richest source of tocotrienols, a specific vitamin E that is up to 30 times better at preventing ageing of eyes and skin by the sun than other kinds of vitamin E. Vitamin E and carotenes are natural antioxidants that help protect body, mind and skin against ageing.



GLUTEN 0%



**10 g fibre, just 30 cal per
dessertspoon of coconut fibre**

Amanprana organic coconut fibre for excellent bowel movements & few calories

To guarantee good bowel movements you need 10g of fibre in each meal. A lot of people do not manage this and often have problems with stomach ache and irregular and/or hard stools. This is not healthy. Eating coconut fibre regularly with meals ensures regular and easy bowel movements and a flat stomach. Coconut fibre moreover also cleans the intestines and provides more resistance and vitality. Coconut fibre ensures that toxic substances and cholesterol are eliminated more speedily from the body ensuring improved health. One full dessertspoon of coconut fibre contains just 30 calories and 10g of fibre. Amanprana coconut fibre has a deliciously mild coconut flavour. Coconut fibre contains fewer calories and more fibre than other fibre-rich products.

Sources of fibre	Coconut meal	Wheat flour	Flax seed	Dried Prunes	Oatmeal
g fibre / 100 g	61g	30g	35g	16g	16g
soluble	6g	3g	9g	11g	8g
non-soluble	55g	27g	26g	5g	8g
phytic acid	no	yes	yes	no	yes
gluten	no	yes	no	no	yes
cyanide	no	yes	yes	no	yes
10 g fibre	1 spoon	2 spoons	2 spoons	4 spoons	4 spoons
10 g fibre	30 cal	72 cal	114 cal	150 cal	253 cal

Coconut fibre contains no gluten to irritate the gut, no phytic acid and no cyanide that inhibits calorie burning. It contains the eight essential proteins and healthy MCTs that promote mineral absorption. Health begins with a healthy digestion.

Use coconut fibre three times a day with each meal, 1/2 or 1 dessertspoon

- As a fibre drink: 1/2 or 1 dessertspoon in a glass of water (25cl) juice, shake, smoothie, choco-milk, tea or coffee
- Sprinkle: 1/2 or 1 dessertspoon in sauce, yoghurt, muesli, oatmeal, desserts or over your meal
- As gluten-free flour high in fibre for bread, cakes, biscuits, snacks, etc. Replace 10 to 15% of normal flour with coconut meal (fibre) and add water if necessary
- Available in 500g and 1kg packs