

A4L Aronia for Life

100 % ARONIA BERRY JUICE
NO ADDED SUGAR!
NO ADDITIVES!
NO PRESERVATIVES!

BIO ORGANIC



The juice of **FRESH ARONIA BERRIES**, also known as Aronia melanocarpa is derived purely from selected fresh and undamaged berries right after harvesting the yield. It is produced using sparing technology through cold pressing and pasteurization in order to preserve the rich biochemical content of the berries in the Aronia Berry Juice.



Aronia berries originate from North America and have been cultivated in Eastern Europe due to favorable climate conditions. Aronia berries are grown at a high altitude, below the mountains of the Balkan of Bulgaria (VelikoTrnovo).

Live Aronia berry juice is a drink with a refreshing crisp taste and healing properties. It helps to maintain good health, as supported in a number of medical studies. Its antioxidant rich properties are determined by the unique natural chemical composition of the plant.

IT CONTAINS

Bioflavonoids: important polyphenolic natural compounds:

- anthocyanins
- catechins
- flavones
- quercetin

These are unique natural antioxidants, necessary for every cell of the human body to help fight oxidative stress.

The Vitamin P (polyphenol) content of

Aronia berries is up to 8000 mg/100g of dry matter, no other plant has this record high content of polyphenolic (P-active) substances. In comparison to grapes and grapefruits, Aronia berries contain 5 times as much polyphenols!

Minerals and microelements: normal concentrations of iodine, potassium, calcium, phosphorus, magnesium and iron.

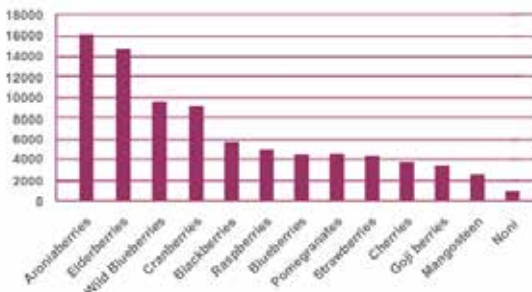
Vitamins: A, B1, B2, B3, B5, B6, B9, C, E, K, P. Traces of B17.

Amino acids:

ESSENTIAL amino acids:

- Arginine (65 mg/dl)- Converts in to nitric oxide which assists in dilation of blood vessels and relaxes arteries thus improving peripheral blood flow. May also help with erectile dysfunction
- Lysine (62.2 mg/dl)- Essential for bone formation especially in children, assists with: collagen formation, calcium absorption and lowering serum triglyceride levels
- Histidine (62.2 mg/dl)- Assists in treating allergy and maintaining optimum blood pH

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Comparison of Antioxidant Capacity of Berries (ORAC)

(ORAC values from USDA Published Data & Nutrient Database. Values based upon 100g of raw berries)

Chart does not include the Acai berry because a powder vs raw berry used in the study.

- Threonine (9.3 mg/dl)- Supports neurotransmitters, helps prevent fatty liver, acts as a detoxifier and assist with normal gastrointestinal tract function

NONESSENTIAL amino acids:

- Tyrosine (38.6 mg/dl)- Increases energy, improves concentration and mental clarity
- Cysteine (17.4 mg/dl)- Protects against free radical damage and essential for repair of the skin
- Alanine(12.2 mg/dl)- Boosts immune system, provides muscles with energy and assists with sugar metabolism
- Asparinate(14.7 mg/dl)- Assists in the removal of harmful chemicals from the body and decreases fatigue

- Serine(14.7 mg/dl)- Assists with growth and maintenance of muscles, stabilizes blood sugar levels and acts as a myelin sheath

- Glutamate(9.3 mg/dl)- Increases energy, assists with sugar cravings, accelerates wound and ulcer healing

The exceptionally high concentration of all health benefiting ingredients in the Aronia berry juice is the result of a 10-year continuous improvement of the juice production technology.

Aronia berries have an indisputable generally tonic and invigorating action! They give the body a burst of energy, overcoming nervous and physical exhaustion.



Research demonstrates consumption of Aronia berry juice may be beneficial for:

- Enhancing energy levels
- Inflammation
- Disturbed lipid and carbohydrate metabolism
- Eye health
- Balancing of blood pressure and cholesterol levels
- Supporting liver function and detoxification
- Strengthening the gastrointestinal system
- Urinary tract health
- Balancing of hormones
- Improving skin condition
- Headaches
- Recovery after physical activities.
- Allergies
- Children with growing pain
- Increasing Libido

As part of your healthy diet, consume Aronia Berry Juice as a functional food,

30-50ml up to 3 times daily. Can be diluted with the same quantity of water and some fresh lemon juice. Can be consumed before or after meals.

REVITALISE, RE-ENERGISE AND REJUVENATE WITH ARONIA FOR LIFE!

References: Boncheva, M., Gorgiev, G., & Shishkov, V. (2013). Effects of Aronia melanocarpa fruit juice in improving medical test results and creating a feeling of health in patients with non-alcoholic fatty liver disease - NAFLD (steatosis). Journal of General Medicine, Bulgaria: 21-30.



100 % ARONIA BERRY POWDER
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Organic Aronia Powder is 100% dried and milled pure fine raw powder without any additives, preservatives or added sugar. The black Aronia Berry or Chokeberries are exceptionally high in bioflavonoids, antioxidants, vitamins (A, B, C, E, K, P, PP) minerals, (Fe, Cal, K, Mo, Mg, I, Cu, B, F), amino acids and fiber.

Due to its high antioxidant level it may assist the body with: energy, recovery after physical activities, liver detoxification, immune support, circulation, cholesterol balance, stabilizing blood sugar levels and to control cravings, metabolism, allergies, headaches, muscular aches and pains, swelling, inflammation, urinal tract health, bowel cleansing and libido.

For general health use just add one tbsp. of Aronia powder in yoghurt, cereal, smoothies, protein balls and baking.

For optimum health use, consume up to three time per day for twelve weeks and thereafter just one serve per day.

The Aronia berry powder should be stored in a dry and cool place.



100 % ARONIA BERRY VINEGAR
ACETIC FERMENTATION
ORGANIC MICRONUTRIENTS
WITH THE MOTHER
BIO ORGANIC



Organic Raw Aronia Vinegar is produced from 100% freshly squeezed Aronia (chokeberry) juice by alcohol and an acetic acid Fermentation becoming a biological vinegar, preserved natural micronutrients, vitamins and minerals. In addition it has other beneficial substances – flavonoids, tannins, anthocyanin and polyphenols.

The Organic Aronia vinegar is thermally untreated and double fermented which offers a rich berry taste and aroma with 'Mother' a cloudy and naturally occurring living mixture of good bacteria and enzymes.

It has been used widely as a popular remedy from ancient times 5000 BC and by about 400 BC Hippocrates had detailed the medicinal qualities of vinegar. In fact the Vinegar Institute suggests that this liquid is one of our oldest remedies that its properties may assist with clearing fungus or stabilizing insulin.

Our Organic Raw Aronia vinegar can be used for flavoring of salads and dishes or as a refreshing drink – 1 teaspoon (5ml) diluted with water and may be sweetened with organic honey or fruit juice. Great way to boost metabolism and control weight by suppressing the appetite. To help assist with weight loss consume 1 tablespoon in a glass of water after every meal. You may add a teaspoon of honey if preferred.



Aronia Recipes



Mediterranean Salad

- ♥ 1 tablespoon Aronia Vinegar
- ♥ 3 cucumbers
- ♥ 250g feta cheese, crumbled
- ♥ 150g green olives, pitted
- ♥ 3 medium size diced roma tomatoes
- ♥ 1/2 red onion, sliced
- ♥ 1/2 lemon, sliced
- ♥ pinch of salt
- ♥ 2 tablespoons organic extra virgin olive oil

In a large salad bowl, toss together the cucumbers, feta cheese, olives, roma tomatoes, lemon and red onion. Drizzle with dressing, tossing to coat. Chill until serving.

Aronia Bowl

- ♥ 1 tablespoon Aronia Berry Powder
- ♥ 2 tablespoons of coconut yogurt
- ♥ 1 cup fresh berries (strawberries)
- ♥ 1 tablespoon Chia seeds
- ♥ 1 tablespoon of Hemp seeds
- ♥ 2 tablespoons of LSA

In a bowl, combine all ingredients. Drizzle with honey and serve.



Recipes



Re-energise Superfood Smoothie Blend

- ♥ 50ml Bio Organic Aronia Juice
- ♥ 1 tablespoon Aronia Berry Powder
- ♥ 1 teaspoon Organic Spirulina
- ♥ 1 teaspoon Chia seeds
- ♥ 1/2 cup fresh/frozen Pineapple
- ♥ 1/2 cup Baby Spinach/ Kale
- ♥ 250ml freshly pressed Apple juice



Refresh with Aronia

- ♥ 30ml Bio Organic Aronia Juice
- ♥ 200ml sparkling mineral water
- ♥ Squeeze of fresh lemon juice



Rejuvenate with Aronia

- ♥ 30ml Bio Organic Aronia Juice
 - ♥ 1 tablespoon Aronia Berry Powder
 - ♥ 3 tablespoons Natural yoghurt/Kefir
 - ♥ 2 tablespoons Linseed meal
 - ♥ 1 tablespoon Sesame seeds
- Top with your favorite fresh/frozen berries