			kcal	g	g	mg	mcg	mg	mg	mcg	mg	mg	mg	mg				mcg	mg	mg	mg	mg	mg	mg	mcg	mg	mcg	mg	mcmol	mmol
CONTENTS		**Gr**	**Ener**	**Sugar**	**Fiber**	**O-3**	**A**	**D**	**E**	**K**	**C**	**B1**	**B2**	**B3**	**B5**	**B6**	**B12**	**Folic a**	**Karot**	**K**	**Mg**	**Ca**	**P**	**Fe**	**J**	**Zn**	**Se**	**Fenols**	**T-orac**	**Antiox**
linen seed, pell. sien (soaked 15 h)	3/4 dl	50	253	0	13	11407	0	0	0.15	2.15	0.3	0.82	0.08	?	?	?	0	43.5	325.5	406.5	196	128	321	2.85	0	2.15	1.4	?	?	?
shia seed shian siem(soaked 15 h)	3/4 dl	50																												
banan, banaani	med size'	150	131	20	2.7	30	2.55	0	0.3	0.75	15	0.07	0.09	1.35	?	?	0	18.8	45	540	49.5	10.5	39	0.6	1.5	0.3	1.5	?	?	?
fig, viikuna	dry, 2 pc	40	86	16.8	3.2	4.8	1.84	0	1.16	9.8	1.92	0.02	0.04	1.28	?	?	?	5.8	106	306.4	18.4	22.8	28.8	0.64	0	0.88	0.12	?	?	?
apricot, aprikoosi	dry, 2 pc	20	44	8.6	1.46	19.4	46.8	0	1.24	2.31	0.2	0	0.02	1.16			0	2.8	725.8	101.4	5.6	19.6	7	0.28	0	0.2	0.1	?	?	?
plum dry, luumu, kuiv+kivetön	dry, 4 pc	50	14	2.46	2.58	5.4	4.5	0	0.54	11.4	0	0.02	0.1	0.36	0.01	0	0	0.9	103.2	267	15.6	20.1	27	0.6	0.9	0.15	0.09	165	2190	0.5
blueberry, metsämustikka	6 tblsp	150	66	9.6	4.95	176	5.85	0	3.75	13.5	22.5	0.06	0.11	0.06	?	?	0	24	465	165	13.5	28.5	30	0.9	0.15	0.3	0.15	990	9828	8.2
lingonberry, puolukka	2 tblsp	50	81	3.4	1.3	71.5	0.4	0	0.75	4.5	3.75	0.03	0.04	?	?	?	0	0.1	15.5	40	4.5	11	8.5	0.2	0.5	0.1	0.05	1350	81	2.5
granberry, karpalo	2 tblsp	60	20	2.1	1.98	85.8	1.08	0	0.54	5.4	12	0.03	0.04	0	0	0	0	1.2	30	15	4.8	7.8	6	0.42	0.6	0.12	0.06	372	5520	3.0
wild rasberry, metsävattu	4 tblsp	100	64	4.1	3.7	53	1.1	0	0.9	10.2	38	0.01	0.5	0.6	0.4	0.3	0	33	96	10.2	25	35	37	1.1	1	0.4	0.1	2990	7700	6.1
black current, mustaherukka	2 tblsp	50	24	3.9	2.9	13.5	4.1	0	1.1	15	60	0.03	0.04	0.3	0.25	0.03	0	6	271	170	12	36	29	0.6	0.5	0.15	0.05	1250	3980	3.7
buckthorn, tyrni	1 tblsp	25	23	1.58	1.5	22.5	0.65	0	0.75	2.75	50	0.05	0.02	0	0	0.25	0.25	2.5	37.5	33.25	7.5	10.5	2.15	0.1	0	0	0.03	8.75	17500	5.3
aronia, marja aronia	2 tblsp	50	25	?	?	?	?	0	2.6	0.7	25	0.5	0.3	0	0	1	0	?	?	101	7	15	12	0.2	0.5	0	?	2010	16062	?
glaud berry, lakka	2 tblsp	50	27	3.9	3.2	37.5	7.2	0.0	1.5	4.5	50.0	0.03	0.04	0.65	0.00	0.05	0.50	15.0	120.5	85.0	14.5	8.0	18.0	0.4	0.5	0.3	0.1	850	1000	1.6
green tee	2 dl	200																												
and		735																												
tea spoon of gingseng powder	spoon	6																												
teaspoon of tulsa powder	spoon	6																												
teaspoon of maca powder	spoon	6																												
teaspoon of lucuma powder	spoon	6																												
tablepoon of green powder		10																												
innonotus obliguus (Reishi) "tee"		200																												
ganoderma lucidum extr. powder		5																												
birch tree ash		1																												
pollen grains		20																												
	TOTAL	**1095**	**857**	**77**	**42**	**11925**	**76**	**0**	**15**	**83**	**279**	**2**	**1**	**6**	**1**	**2**	**1**	**154**	**2341**	**2241**	**374**	**352**	**565**	**9**	**6**	**5**	**4**	**9986**	**63861**	**31**

HOW TO MAKE: Put seeds to soak in warm high quality water (about 7 dl) the night before in the bowl of a strong mixer, mix with a spoon. Also soak the dried fruit in a cup. Next morning add all components together and mix very well. Be sure that the seeds and all broken down to get the 40 % of nutrients of the seeds which are in the seeds. Add green tee enough to keep the liquid rotating in the bowl.

HOW MUCH YOU GET This recepie shall make about 6 classes + one glass of valuable rinsing water from the bowl what you can drink right away.

HOW MUCH TO EAT Take 2 glasses/cups a day. One after you intestine has cleaned itself after morning drinking and the other one for the afternoon snack.

WHAT TO EAT WITH IT I sometimes put some nuts and a bit of organic cream into this smoothie too.

IMPACT Most noticeable impact is that your intestyne starts to empthy itself 2-3 times a day which is very sound. The peristaltic motion shall activate. You also get huge amounts of nutrients.