

*Greenfinn's*



# Greenfinn's Products

- ❖ High-quality superfood made from pure, naturally produced ingredients.
- ❖ Finnish quality products. Made in the Finnish countryside, at the Saari garden in Western Finland.
- ❖ Modern production process with high-level quality control.



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# Greenfinn's Juices

*Top quality juice products are produced with the greatest care and using only the best ingredients.*

Greenfinn's juices:

- ❖ 100% berry juice, not from a concentrate and with no added water. You can always add water to taste.
- ❖ No additives or preservatives, the natural qualities of the ingredients ensure the keeping quality of the products.
- ❖ Manufactured using berries that are either organically farmed, or picked from their clean, natural forest environment.
- ❖ No added sugar. You can always add sugar to taste.

# Nutritional Qualities of Berry Juice

- ❖ *All Greenfinn's juices have healthy qualities and contain lots of vitamins that are particularly beneficial for children, athletes and people with an active lifestyle.*
- ❖ *Because of their ingredients, the juices also contain antioxidants, fatty acids vital for the body, and fiber.*
- ❖ *Drinking berry juice promotes your health. You can, for instance, replace vitamin and mineral tablets with natural juice, and lower the risk of inflammation and heart and cardiovascular disease. Berry juices can also help you fight illness by lowering the risk of inflammation.*



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# Sea-buckthorn

*A story tells that Genghis Khan himself fed his battle horses with sea-buckthorn leaves and berries. The Latin name for the berry - Hippophae - also means 'shiny horse'.*

- ❖ Contains 8 different vitamins, unusually high quantities of vitamin C (approx. 200 - 450 mg per 100g, a quantity ten times that of an orange), and carotenoids, or precursors to vitamin A.
- ❖ The juice contains seed oil, which is rich in vitamin E and Omega-3 acids. The seed oil has a lowering effect on your cholesterol levels, particularly the harmful LDL-cholesterol. Sea-buckthorn oil is also good for the skin, mucosa, heart, blood vessels, circulatory system, and the body's immune system.
- ❖ Various B vitamins, such as B12 are otherwise only available in meat and are therefore important for vegetarians and people looking to lose weight. B1 vitamin (thiamine) is also vital for the nervous system and metabolism.
- ❖ Sea-buckthorn also contains high quantities (four times more than Ginseng root) of an enzyme called superoxide dismutase, which is an efficient anti-oxidant. The enzyme is efficient in neutralizing the most common type of free radical, superoxide.
- ❖ The juice is a concentrate that you can dilute and sweeten with sugar or honey to taste. Use 5 parts of water for 1 part of juice.



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# Cranberry

- ❖ Contains lots of vitamin C.
- ❖ Cranberry seeds contain lots of vital fatty acids such as Omega-3 and Omega-6.
- ❖ Widely researched and found to be a cure against urinary infection. Cranberry is used as a treatment for urinary infections and its acidity has also been found to prevent future infections. Cranberry contains anti-inflammatory compounds that prevent inflammation, kill bacteria and prevent bacteria from fastening to mucous membrane cells.
- ❖ A great source of fiber.



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# Blueberry

- ❖ Contains various vitamins, a great source of C and E vitamins.
- ❖ Contains minerals and micro-nutrients such as manganese, fiber and lots of chrome.
- ❖ Contains anthocyanin compounds, or antioxidants that have a beneficial influence on the mucous membrane of the eye. Blueberry is a common source of ingredients in various eye medicines. Blueberry extract may reduce intraocular tension and prevent retinal disease relating to diabetes. Blueberry is also known for improving night vision.
- ❖ Contains fatty acids such as linoleic acid and alpha-Linolenic acid that are vital for the body.
- ❖ The natural flavonoids of blueberry have a lowering effect on blood pressure, prevention of inflammation and a positive effect on gastrointestinal problems.
- ❖ Blueberry is also a great source of dietary fiber.





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# Chokeberry (Aronia)

- ❖ The chokeberry has five times the antioxidants of blueberry, making it one of, if not the best source of antioxidants. Antioxidants slow the body's ageing process and prevent some circulatory diseases and types of cancer.
- ❖ Chokeberry contains lots of micro-nutrients, vitamins and a supreme amount of anthocyanin, or flavonoid coloring agents. The flavonoids in chokeberry lower blood pressure, prevent inflammation and relieve gastrointestinal problems. Flavonoids are also believed to reinforce the heart, circulatory and immune systems against bacteria and free radicals.
- ❖ Contains minerals and micro-nutrients such as manganese, magnesium and iron.



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# Lingonberry

- ❖ Contains substantial amounts of vitamin E.
- ❖ Rich especially in manganese.
- ❖ Contains acids (citric acid and benzoic acid) that help preserve the product for a long time in cool temperatures. Lingonberry has also been found to help with urinary infections, much like cranberry. The quinine in lingonberry raises the acidic level of urine, destroying bacteria in a similar way to antibiotics.
- ❖ Lingonberry also has a beneficial effect on the functionality of the stomach, choler, and liver.
- ❖ Contains vital fatty acids such as linoleic acid and alpha-Linolenic acid.
- ❖ Due to its high level of benzoic acid it has been found that lingonberry helps to sustain the body's natural pH level.





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## Blackcurrant

- ❖ Contains lots of vitamin C (four times the amount in an orange) as well as vitamin A and E.
- ❖ An excellent source of fiber, where the ratio of fatty acids (Omega3/Omega6) in the seeds is near perfect.
- ❖ Blackcurrant is a source of vital antioxidants, nutrients and minerals. Blackcurrant also contains twice the potassium in a banana and nearly twice the amount of antioxidants in blueberries.
- ❖ Blackcurrant prevents a lot of infections caused by bacteria, urinal infection and rheumatism.
- ❖ Helps to keep the cardiovascular organs, skin and hair healthy.
- ❖ Also contains flavonoids that help protect from heart and cardiovascular disease by lowering blood pressure, prevent inflammation and help with gastrointestinal problems.



Greenfinn's  
**MUSTA-  
HERUKKA**  
100% TÄYSMEHU

*Ribes nigrum*  
Black Currant Juice • Svart Vinbär Saft  
Schwarze Johannisbeere Saft

LUOMU • ORGANIC



**50 cl**  
Ei lisätyä sokeria  
Lisäaineeton  
No added sugar  
No preservatives

FI-EKO-112  
Tuotettu Suomessa