

## Runa essence

- » NUTRITIONALLY BALANCED SMOOTHIE ACCORDING TO THE PRINCIPLES OF TCM
- » STRENGTHENS THE HEART AND SMALL INTESTINE
- » HARMONISES THE PSYCHE
- » ENCOURAGES JOY OF LIFE
- » REJUVENATING EFFECT, COLLAGEN BOOSTER
- » ALL-NATURAL COMPOSITION, NO ADDITIVES OR PRESERVATIVES





Runa essence is a purely natural, harmonising and biorhythmic smoothie formulated according to the principles of traditional Chinese medicine (TCM) to support the psyche, encourage joy of life and a youthful appearance. Respects the nutritional needs and key biorhythms of the body, supplying it with the most gently prepared and coordinated essential ingredients. All ingredients are carefully selected with the emphasis placed on quality and method of processing, while maintaining their genuine purity and living essence. The smoothie is completely free of chemicals, additives and preservatives. It also contains no gluten or added sugar.

## RUNA ESSENCE

### EFFECTS AND USE

- » This is a nutritionally rich smoothie, created to support a healthy lifestyle, mental balance and foster a youthful appearance.
- » The synergistic composition and effect of the individual ingredients according to TCM acts as a preventive and therapeutic diet in individuals with weakened chi of the heart and small intestine. It nourishes and moves the blood and chi, nourishes yin and the heart, gently refreshes the surface of the body, and supports digestion.
- » The ingredients – fruit, medicinal mushroom, herbs and spices – support each other. It contains a source of fibre, protein, carbohydrates and quality fats and is packed with health-promoting antioxidants, polyphenols, vitamins and minerals.
- » The rejuvenating (anti-ageing) effect is significant. Promotes skin firmness and smoothness, blood vessel elasticity, collagen and hyaluronic acid production. (Hyaluronic acid, together with collagen, is one of the main components of the connective tissue in our body that surrounds skin cells. It hydrates and regenerates the skin, protects it from external influences and harmful toxins, promotes elasticity, smooths wrinkles and nourishes joints.)





## INGREDIENTS

### DRIED PEARS – POWDER

#### Effects according to TCM:

- » gently cools, supports the spleen-pancreas, helps cleanse the liver
- » harmonises the psyche

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Pears have a positive effect on the digestive tract. They contain vitamins A, C and B complex, including folic acid, as well as sodium, potassium, zinc, calcium and iodine (supports thyroid). They are a rich source of fibre, inducing proper defecation and cleansing of the intestines by binding undesirable substances and making it easier for them to leave the body.

### WHEY PROTEIN WPC

#### Effects according to TCM:

- » refreshes and complements yin

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Pure whey protein is made by gentle microfiltration with longer filtering.

It contains almost 90% of easily absorbable protein. It is low in lactose. Proteins are basic and essential building blocks of our body, so we need to eat them regularly. A lack of them in our diet leads to overeating and frequent cravings for sweet things or carbohydrates. Increased intake of easily absorbed protein is indispensable after any physical activity, for regeneration after illness and recovery from injuries.

### COCONUT MILK POWDER

#### Effects according to TCM:

- » neutral
- » cools when yin is insufficient, strengthens yin

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100% pure coconut milk without additives (added sweeteners, starches or stabilisers). It is processed from fresh and ripe coconuts in a gentle way and dried at low temperatures.

This natural form of coconut milk fat is beneficial for health even though it contains saturated fatty acids. They have a medium-length chain and do not burden the gallbladder, which makes a small amount of coconut fat in its natural form suitable even for individuals with liver, gallbladder and fat absorption problems.

### LYOPHILIZED BANANA – POWDER

#### Effects according to TCM:

- » cools, strengthens yin and chi
- » moistens dryness of the stomach and lungs, adjusts stools

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Banana is an easily digestible food suitable for children and weakened individuals, for example those in recovery. It acts as a prevention of high blood pressure, cleanses the body of toxins, lowers cholesterol, and soothes the stomach lining. It contains a fairly significant amount of vitamin B6.



Due to the serotonin and magnesium content it is a great food for all mental workers burdened with stress. Bananas are a valuable source of both soluble and insoluble fibre, helping to get the intestines moving during constipation, and vice versa, to soothe the digestive tract during bouts of diarrhoea. They remove excess metabolism products, especially uric acid, from the body, thereby reducing the risk of rheumatic and arthritic diseases

### **TREMELLA FUCIFORMIS – POWDER**

#### **Effects according to TCM:**

- » replenishes yin, the blood and chi energy

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The medicinal mushroom is in the form of powder, ground by a special method, whereby the chitin envelope of the cell is disrupted, as a result of which all active substances can be released. Compared to the extract, it

has a gentler action and is an ideal choice as an ingredient in therapeutic dishes. The mushroom is a source of powerful antioxidants (polyphenols, triterpenoids, uronic acids, etc.), minerals (potassium, calcium, sodium, iron, magnesium, selenium, etc.) and vitamins C, D and B complex, fibre and amino acids. Supports the production of collagen and hyaluronic acid.

### **LYOPHILIZED BLUEBERRIES**

#### **– POWDER**

#### **Effects according to TCM:**

- » strengthens yin and the blood
- » nourishes and gets the blood moving around the heart
- » strengthens the kidneys, cleanses the liver and intestines

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Blueberries are a source of antioxidants, flavonoids, vitamins A, C and B complex, magnesium, potassium, iron and many other micronutrients that support and

revive the intestinal microflora and therefore the body's natural defences. They also support the correct function of the heart and nervous system, regulate blood pressure and therefore play a role in the protection against cardiovascular disease. They contribute to blood sugar regulation, improve memory and the cognitive function of the brain, and help in the fight against urinary tract infections. Due to their high anthocyanin content, they help prevent cancer and premature cell ageing.

### **PASSIFLORA INCARNATA – EXTRACT**

#### **Effects according to TCM:**

- » regulates chi circulation
- » soothes the heart and spirit of shen

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Passion flower gently soothes, tempers anxiety disorders and insomnia, as well as cardiac palpitations, and supports the normal function of the digestive





system. It contains vitamins A, C and B complex, potassium, magnesium, iron, fibre, antioxidants such as flavonoids, as well as alkaloids, tyrosine and polyphenols.

### **DRIED GINGER**

#### **Effects according to TCM:**

- » curbs stagnation of chi
- » supports yang and chi of the spleen, warms digestion
- » strengthens the lungs

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Dried, finely ground ginger root nicely warms up the stomach, balancing the naturally cooling and refreshing nature of the fruit. One of the principles of TCM says: "Eat radish in winter, ginger in summer and you won't need a doctor to prescribe any medicine." Not only because of this should ginger be part of food or drinks in summer. Ginger is effective in the treatment of coughs, colds, stomach and digestive

problems, but also reduces nausea, supports metabolism and the immune system. It relieves joint problems, menstrual pain and diseases such as arthrosis, arthritis, diabetes or cardiovascular problems. It contains a large number of antioxidants and substances with anti-inflammatory properties, as well as potassium, magnesium, calcium, vitamins A, C, E and B complex, etc.

### **DRIED TURMERIC RHIZOME**

#### **Effects according to TCM:**

- » regulates chi and the blood circulation
- » curbs stagnation, cools

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Its warm nature gently warms up the digestion, while its bitter and sharp taste removes excess heat from the body. Turmeric is known for its antioxidant, antimicrobial and anti-inflammatory properties. Contributes

to controlling the levels of cholesterol and triglycerides in the blood. Due to its active ingredients, it is helpful in the treatment of inflammation, metabolic syndrome, diabetes and cardiovascular disease. Supports proper digestion, including the work of the liver and gallbladder. Helps maintain the good condition of joints and cartilage. Contains vitamins C and B complex, iron, magnesium, potassium, manganese, zinc, antioxidants and polyphenols.

### **UNREFINED SEA SALT**

#### **Effects according to TCM:**

- » has a cold character, belongs to the Water element
- » in small amounts tones the kidneys and supports digestion

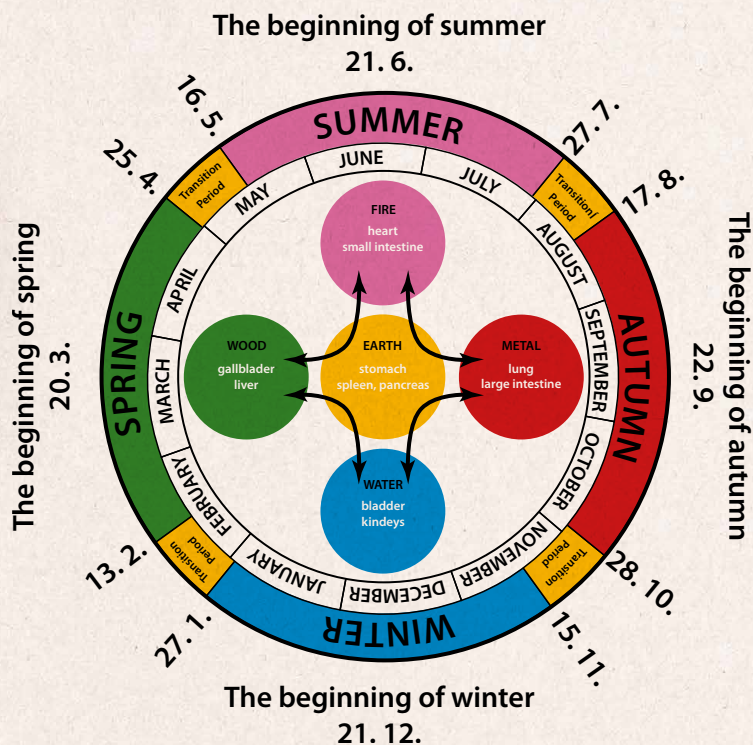
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Unrefined sea salt is full of natural minerals, especially iodine, which is in short supply in the soil around us.



Smoothie Runa essence is part of two unique concepts: therapeutic nutrition according to the five elements of traditional Chinese medicine and The Five Element Regeneration®. The smoothie belongs to the Fire element, nourishing, strengthening and harmonizing the heart and small intestine.

According to the principles of TCM, it corresponds to the summer season. It is at this time that we are allowed to consume as many fresh vegetables and fruits as possible. Meals should be prepared at low temperatures, ideally steamed. Baking or grilling should be considered inappropriate.



## TIME SCHEDULE OF SEASONS ACCORDING TO THE PRINCIPLES OF TRADITIONAL CHINESE MEDICINE

The Fire element belongs to the peak summer. Summer is reigned by lightness, which also applies to the kitchen. It is for this reason that a smoothie was chosen for the Fire element. It can be prepared according to an individual's needs – lighter and finer, or thicker and coarser. Just change the amount of liquid or add other ingredients (protein, other fruits, nuts, etc.). Summer dishes should be refreshing and juicy, yet not burden your

digestion. That is exactly what smoothie Runa essence is and does. The slightly sweet and sour taste of the fruit refreshes the body, while the spicy tinge warms the digestion, with the trace of a bitter taste supporting it while removing the heat. The smoothie is suitable not only in summer, but at any time during warmer days or when we feel internal heat in the body or the need to cool down or refresh.





## TIPS FOR YOU

To increase the nutritional value, you can improve the smoothie's taste by adding ingredients according to your body's current needs.

### » **NUTS, ALMONDS**

suitable source of omega-3 unsaturated fatty acids.

### » **BLUEBERRIES, BANANA**

refreshing and enhance the sweet fruit taste.

### » **YOGURT/SOUR CREAM**

when there is an increased need for protein and satiety.

### » **CHIA SEEDS**

support digestion.



## ANNUAL SCHEDULE

I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII
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## DAILY SCHEDULE

7 h	8 h	9 h	10 h	11 h	12 h	13 h	14 h	15 h	16 h	17 h	18 h	19 h
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 recommended season and time of day for use



### EFFECTS ACCORDING TO TCM

Runa essence helps to move the blood and chi, nourishes yin and the heart, induces well-being, and calms the spirit of shen.



### ENERGY CHARACTERISTICS

The smoothie lightly warms up the digestive system and gently refreshes the surface of the body.



### PREPARATION AND METHOD OF USE

Ideal as a nutritionally valuable and refreshing snack or morning start. Pour 30 g (about 2-3 tablespoons) of smoothie into a blender (or shaker - if you don't mind a coarser consistency) and cover with lukewarm water (200 ml). Add blueberries, banana, almonds, yoghurt or sour cream to taste. Blend and leave it to stand for 1 minute before serving.



### SPECIFICS OF USE ACCORDING TO TCM

Smoothie Runa essence is recommended especially in summer or at any time during the warmer period of the year. It serves very well when the body tends to gather internal heat. We recommend adjusting use according to the physical needs and the current thermal state of the body.



### PRODUCT SUITABILITY

Suitable for busy managers, students, seniors and especially for middle-aged or older women or individuals with mental difficulties. Also suitable as a quick solution on holiday or on the go. Not suitable for children under 3 years of age and pregnant women.



### SUITABLE COMBINATIONS WITH ENERGY PRODUCTS

Korolen, Mycocard, Fytomineral, Himalayan Apricot oil, organic Sacha Inchi oil.