

## 100% Roasted Poppy Seed Paste

Plant-Powered Bone Health Meets Sustainable Impact

### A Delicious Step Toward Healthier Bones

Most people don't realize it, but bone loss begins after **age 30**. Our 100% Poppy Seed Paste is a plant-based, **allergen-free**, **VEGAN** and natural source of Calcium – making it an ideal daily support for stronger bones, especially for women.

#### Rich in Nutrients That Matter:

- ✓ Calcium – essential for bones, teeth, muscle function – **1 630 mg/100gr Top of the top**
- ✓ Phosphorus, Iron, Magnesium – natural synergy for absorption
- ✓ Healthy plant fats – satiating & anti-inflammatory

#### Safe for Everyone:

- ✓ 100% Roasted Poppy Seed Paste – nothing else added
- ✓ Vegan & Allergen-free – no dairy, nuts, soy, or gluten
- ✓ No preservatives – naturally shelf-stable

#### Main causes of Calcium deficiency or higher demand

- ✓ Physiological changes (pregnancy, breastfeeding, menopause)
- ✓ Childhood and adolescence for bone growth
- ✓ Certain medications (diuretics, chemotherapy agents, antiseizure agents, ...)

### Why It's the ESG-Friendly Choice

Choosing December 33 isn't just healthy – it's smart for the planet too.

#### Climate-Smart & Local:

- ✓ Grown within 100 km of the production site – short, traceable supply chain (**EU Origin**)
- ✓ Zero water used in the production process
- ✓ No cold storage needed – shelf-stable at room temperature
- ✓ CO<sub>2</sub> absorbing crop – poppy fields help balance emissions

	<u>Calcium</u>	<u>EU origin</u>	<u>VEGAN</u>	<u>ALLERGEN-FREE</u>	<u>ENERGY</u>
DECEMBER 33	16 300 mg/kg	YES	YES	YES	LOW
TAHINI PASTE	9 750 mg/kg	NO	YES	NO	MEDIUM
ALMOND BUTTER	2 600 mg/kg	YES	YES	NO	LOW
PARMESAN	11 800 mg/kg	YES	NO	NO	HIGH

### Workplace Wellness & ESG Synergy

Bring DECEMBER 33 to your office – it aligns with:

- ✓ Employee wellness initiatives
- ✓ ESG & SDG #3 (Good Health) and #12 (Responsible Consumption)
- ✓ Sustainable food gifting (Women's Day, Health Days, Holidays)

*Poppy paste, try it today and tomorrow just copy paste!*

[info@d3c3mb3r.com](mailto:info@d3c3mb3r.com)

Krisztian Rem

+36 30 269 3226