



**nutriqa.**

*Serving your health*

PRODUCT CATALOGUE

# Conscious, healthy and delicious!



We are a health-conscious couple Elvira and Christian. We have been passionate about healthy tasty food and following predominantly whole plant-based diet for a few years. After we became parents of two lovely kids, a healthy lifestyle and well-balanced diet became our top priority, so we learnt nutrition and experimented with many recipes.

We find superfoods to be the easiest and most delicious way to maintain and improve health and mood.

We carefully select our suppliers to ensure the highest quality and the best natural taste. We take nutritional value and safety of our products seriously and use organic ingredients. We do not put fillers, artificial ingredients, sweeteners or any other doubtful additives into our products. We sell to our customers only what we as a family of 4 consume and love ourselves.

**Our goal** is to help people to become the best versions of themselves: fit, energetic and resourceful. All it takes is having a balanced diet and adding powerful and delicious superfoods to meals every day, sipping the cleanest protein shake or indulging in our unique and absolutely heavenly superfood lattes.

Healthy can be delicious  
and delicious can be healthy.

Serving your health!  
- Elvira & Christian  
Nutriqa Foods



gluten-free



lactose-free



no added sugars



soy-free



100 % organic



100 % vegan



GMO free

Webshop:

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## ORGANIC ACAI BERRY POWDER

Use

2-3 g/day



BREAKFAST



JUICE



SMOOTHIE

### Possible benefits

- weight loss
- healthy heart
- brain function
- healthy skin

### Description

Acai Berry is a small, purple berry of the Acai palm which grows normally in the flood lands and swampy areas of the Brazilian Amazon region. Harvested twice a year, these black glittering berries are a treasure of nutrients embodying a wealth of minerals. Acai was firstly introduced in Rio De Janeiro and became instantly popular as the city is famous for its surfers and body conscious people. Brazilian jiu jitsu fighters started using it for developing extra stamina. Soon after that Acai became spread all over the world, mainly by celebrities who referred to Acai as their „secret“. Our Acai berry powder can be effective in supporting the immune system, protecting the heart, having an anti-aging effect, improving mental functions, and stimulating libido.



## ORGANIC CACAO POWDER

Use

10-15 g/day



BREAKFAST



BAKING



HOT DRINK

### Possible benefits

- mood enhancer
- antidepressant
- healthy heart
- healthy brain
- anti-inflammatory

### Description

Let us present you Theobroma Cacao or „Food of the gods“. Ancient tribes of Central America treated cacao as divine elixir due to its exclusive curative purposes and it was available only for rich and influential people. The Kuna tribes in Panama still take up to 5 cups of pure cacao per day and according to the research heart diseases, blood pressure issues or diabetes are non-existent there. Harvested by hand as pods, the raw beans are selected for the finest quality and fermented to reduce their initial bitterness. The production process preserves a significant proportion of the nutritional value of the beans without any additives. Consuming our cacao powder can help balance cholesterol levels, protect the heart, stimulate brain function, and have mood-enhancing and anti-depressant effects.



#### ORGANIC CHLORELLA & SPIRULINA TABLETS

##### Use

6-8 tablets/day



##### Possible benefits

- immune system boost
- improved digestion
- healthy hair and skin
- body detox
- energy boost

#### Description

This product is a perfect combination of organic Chlorella powder and organic Spirulina powder in equal proportions mixed together and compressed into a tablet form. Chlorella is well-known for its detoxifying effect on our body. Key vitamins and minerals such as calcium, iron and potassium are present within the product of Chlorella. Spirulina is a wealthy source of protein, vitamins and is believed to improve our immune system.



#### ORGANIC SPIRULINA POWDER & TABLETS

##### Use

5 g/day or  
6-8 tablets/day



##### Possible benefits

- immune system boost
- improved digestion
- lower cholesterol
- energy boost
- increased stamina

#### Description

United Nations: „The most ideal food for mankind!“ . World Health Organization (WHO): „Mankind’s best health supplement in the 21st century.“ NASA: „One of the primary foods to be cultivated during long-term space missions“. UNESCO: „The most ideal and complete food of tomorrow.“

And we simply wouldn't say it better about Spirulina in a couple of words. A modern day „superfood“, Spirulina is a natural spiral shaped blue green algae. Spirulina is sometimes called „green meat“ because it is 60% protein by weight and it is a complete protein. Spirulina can alkalize the blood and detoxify the body from heavy metals. It is extremely high in naturally occurring antioxidants and the list of vitamins is very long as well (B1, B3, C, D, E, calcium iron, zinc, phosphorus, selenium etc.) No surprise why some health coaches are even recommending spirulina as a primary supplement for fertility.



#### ORGANIC MACA POWDER (GELATINISED)

##### Use

5 g/day



##### Possible benefits

- libido and fertility
- energy boost
- healthy brain
- hormonal balance
- increased stamina

#### Description

Maca Root is native to the Peruvian Central Andes and also today the best quality Maca is still grown there. It has been used for thousands of years to boost energy, libido and fertility in both men and women. Inka warriors used Maca before while conquering the new cities for vitality and stamina. Also inkas had their children eat Maca to improve their performance at school as it helps to boost brain function. It is also believed to improve your mood and balance hormones. Why we advise to use gelatinized Maca versus raw Maca? Gelatinized Maca doesn't contain any gelatine by the way. 'Gelatinization' refers to a heating process that kills the problematic enzymes and makes Maca more digestible. Moreover, gelatinized Maca is significantly richer in nutrients. It may contain over 4 times the iron, the calcium, the zinc content of raw Maca powder.



#### ORGANIC CHLORELLA TABLETS

##### Use

6-8 tablets/day



##### Possible benefits

- immune system boost
- body detox
- bioavailable B12 vitamin
- neurological health
- energy boost

#### Description

Chlorella is a single-celled, green freshwater algae. Chlorella contains many nutrients, including vitamins, minerals, antioxidants and omega-3 fats. Chlorella may help the body immunize, energize and detox by binding to heavy metals and other toxins. Our organic Chlorella tablets contain 500mg of Chlorella per tablet providing a potent dose of nutrition.



## ORGANIC ASHWAGANDHA POWDER

Use  
2-5 g/day



### Possible benefits

- immune system boost
- antidepressant
- anti-inflammatory
- stress relief
- libido and fertility



## ORGANIC MATCHA POWDER

Use  
5 g/day



### Possible benefits

- energy boost
- healthy brain
- fat-burning
- stress relief
- healthy skin

### Description

Ashwagandha is one of the main herbs of Indian Ayurvedic system which has been used as a medicine treating various diseases. 64 individuals with chronic stress were invited to take part in the research where they were required to take this herb for 60 days. Participants were randomly divided into placebo and Ashwagandha groups. 60 days later Ashwagandha team had their the serum cortisol (stress hormone) reduced in comparison to placebo group. Apart of its main benefit which is reducing stress and depression, Ashwagandha showed encouraging research results in increasing men fertility, helping to strengthen the muscles and even fighting cancerous cells!

### Description

It is made from tea leaves of Camellia Sinensis. The finest tea buds are picked and dried to create the fine milled powder. Matcha has skyrocketed in popularity in the last years. You see matcha lattes, shots and desserts in every small or even big chain coffee shops. Who would have thought this green tea would become such a serious competitor for coffee, right? And it is for a reason: it has all the essential benefits of coffee but doesn't have its drawbacks. Matcha contains controversial caffeine however it also contains L-theanine which magically eliminates the harmful part of caffeine and helps to avoid the energy crashes usually caused by caffeine consumption. This means the energy boost will be evenly spread throughout the day. Additionally, Matcha has an incredibly high amount of antioxidants and we all know that these little heroes help us to stay younger looking, beautiful and healthy!



## ORGANIC DETOXYFY POWDER BLEND

Use  
15 g/day



### Possible benefits

- body detox
- improved digestion
- energy boost
- immune system boost
- healthy skin



## ORGANIC BEETROOT POWDER

Use  
5-10 g/day



### Possible benefits

- immune system boost
- improved blood flow
- increased stamina
- improved digestion
- healthy brain

### Description

This superfood blend gently cleanses your body and it is an ideal addition to your morning self-care routine.

Our detoxifying powder blend composed of Nettle powder (30%), Matcha powder (20%), Moringa powder (20%), Psyllium husk powder (10%), Ginger powder (10%) and Cinnamon powder (10%) is a blend of fibre-rich superfoods. This combination perfectly detoxifies the body by accelerating the metabolism and helps to improve gut health due to prebiotic properties. Add it to water, juice or your favorite smoothie.

### Description

Using a beetroot powder is a convenient and quick way to get all the nutrients of the beetroot. Moreover, the powder in a way is even more beneficial as it contains a concentrated amount of all the good stuff: antioxidants, vitamins and nitrates. The nitrates help you to maintain heart health and blood pressure. Recent studies have shown that nitrate molecules dilate the blood vessels and it helps to increase the blood flow which is essential for every organ in our body! Nitrates also help you to improve your stamina. They increase the amount of oxygen you use while training. Simply said : it helps you to gain better results while using less energy! It is recommended to take beetroot before and/or after a workout to enhance your results!



### ORGANIC RICE PROTEIN POWDER

Use  
30 g/day



#### Possible benefits

- muscle building
- improved blood sugar
- fat-burning
- healthy liver
- lower cholesterol

### Description

Rice Protein Powder is produced only from the endosperm of the rice grain where the highest proportion of the protein is stored. Rice protein started gaining popularity as a vegan cruelty-free alternative to whey protein. According to University of Tampa study which took 8 weeks, the results of males who took rice protein after workout were absolutely comparable to the other group of males who took whey protein instead for body fat reduction and increasing muscle mass. It is easy to digest and is metabolized quickly which makes this protein ideal for post-workout recovery. We love rice protein for being universal, it has a subtle taste in comparison to other plant-based protein and can be used in many recipes to improve the nutritional value of a meal. Protein in rice powder is not destroyed by the heat, so you can cook and bake with it.



### ORGANIC TURMERIC POWDER

Use  
5 g/day



#### Possible benefits

- anti-inflammatory
- brain function
- lower cholesterol
- healthy skin
- healthy heart

### Description

Turmeric is a tropical plant originating from India and its usage dates back 4000 years. The active ingredient of turmeric what gives it a vivid orange color and amazing health benefits is curcumin. The results of many studies on curcumin show that turmeric can effectively fight inflammation in different organs, lower anxiety and depression symptoms, lower cholesterol and triglycerides levels, support bowel movement and digestion, help to improve the rheumatoid arthritis condition and even reduce the spread of cancer and negative effects of chemotherapy. You can use our Organic highest quality Turmeric powder in a variety of dishes and drinks.

Nutritional tip: using it with black pepper increases the absorption of curcumin by about 2000%.



### ORGANIC HEMP PROTEIN POWDER

Use  
40 g/day



#### Possible benefits

- muscle building
- stress relief
- healthy heart
- healthy hair and skin
- improved digestion

### Description

Hemp in its fully legal format is a plant-based COMPLETE protein containing ALL essential amino acids! Hemp protein also contains branched chain amino acids known as BCAAs which helps muscle recovery and is important for people with an active lifestyle. It has an ideal balance of Omega 3, Omega 6 and Omega 9 which is crucial for a strong heart and reducing inflammation. It also helps to promote healthy hair growth. Being rich in fiber hemp protein helps to feel fuller for longer and reduces cravings throughout the day which makes it a perfect choice for someone who wants to maintain a healthy diet. Once digested all essential amino acids produce twice as much energy as carbohydrates. This energy is released slowly and evenly in your body which makes hemp protein smoothie a great alternative to your morning coffee, 3 PM or even midnight snack!



### ORGANIC CEYLON CINNAMON POWDER

Use  
5 g/day



#### Possible benefits

- improved blood sugar
- healthy heart
- improved digestion
- improved blood pressure
- anti-inflammatory

### Description

Ceylon Cinnamon is the highest quality and healthiest cinnamon.

It has also more delicate sweeter taste in comparison to Cassia type and it is also safe. Ceylon cinnamon contains antioxidant compounds called proanthocyanadins which offer a great protection against cancer and heart disease. It is also known for its anti-inflammatory and anti-parasitic properties, promoting digestive health, blood pressure reduction. Very often doctors do „prescribe“ cinnamon to people with diabetes or insulin resistance as it helps the body to moderate the sugar levels more effectively. Ceylon cinnamon is also a great source of vitamin A, K, Magnesium, Zinc and Potassium. And it just goes without saying that Ceylon cinnamon makes any breakfast porridge, pastry, or coffee heavenly delicious and odorous!



## ORGANIC GINGER POWDER

**Use**  
3-4 g/day



### Possible benefits

- immune system boost
- improved digestion
- weight loss
- anti-inflammatory
- lower cholesterol

### Description

Ginger root is one of the most well-known and useful plants in the world and has been used as a medicinal plant and a food spice since ancient times. Thanks to human creativity ginger is used in a huge variety of recipes. It is also an exceptional natural medicine for treating common cold and flu. So it is a must-have in your kitchen especially during colder seasons. Ginger powder has all the benefits of fresh ginger and has a long shelf life. The organic ginger may have anti-inflammatory, antibacterial, antiviral, antioxidant, and other healthful properties; it can help prevent various types of nausea, may help improve weight-related measurements, which include body weight and the waist-hip ratio, can speed up emptying of the stomach, which is beneficial for people with indigestion and related stomach discomfort. Ginger may significantly reduce menstrual pain and help lower cholesterol levels.



## ORGANIC ASHWAGANDHA-TURMERIC LATTE

**Use**  
5-10 g/day

### Possible benefits

- immune system boost
- anti-inflammatory
- lower cholesterol
- stress relief
- improved sleep

### Description

The most powerful herbs of Ayurveda meet in this gorgeous golden latte drink or "moon milk": Ashwagandha and Turmeric. Being an adaptogen, Ashwagandha is believed to help the body resist stress and have a positive effect on the quality of your sleep. It may improve your immunity and libido, help increase muscle strength and support your brain function. Turmeric is anti-inflammatory and helps to protect your heart health, fight arthritis, depression and, according to some studies, even prevent cancer.

This calming latte is contributed by Lucuma, ginger, vanilla, black pepper and cinnamon for maximizing the health benefits and making its taste so delicious. Have a blissful latte time!



## ORGANIC HEMP SEEDS (HULLED)

**Use**  
30 g/day



### Possible benefits

- brain function
- hormonal balance
- healthy skin
- healthy heart
- healthy joints

### Description

Hemp, originated in Central Asia, is one of the most ancient plants.

The organic hemp seeds have an impressive nutritional profile and provide a range of health benefits. These small seeds are rich in protein, fiber, and healthy fatty acids, including omega-3s and omega-6 in perfect balance. They have an antioxidant effect and may reduce symptoms of numerous ailments, improving the health of the heart, brain, skin, and joints.

The seeds have a delicious nutty flavour and will be a great topping for your breakfast, salad or a smoothie ingredient.



## ORGANIC BEETROOT-PITAYA LATTE

**Use**  
5-10 g/day

### Possible benefits

- healthy brain
- increased stamina
- immune system boost
- improved blood flow
- improved digestion

### Description

This gorgeous, rich and nourishing latte is full of vitamins and minerals. Beetroot is known for improving blood circulation, having a positive effect on your immune system and digestion. Dragon fruit may promote the growth of healthy bacteria in the gut, which is associated with a healthy gastrointestinal tract. Carob - as caffeine-free alternative to Cacao - rich in fibers, good source of antioxidants and calcium, and it gives unique taste to the drink.

This delicious latte is contributed by Lucuma, ginger, cloves and cinnamon for maximizing the health benefits and making its taste so delicious. Have a blissful latte time!



### BUTTERFLY PEA-MACA LATTE

#### Use

5 g/day

#### Possible benefits

- mood enhancer
- improved blood sugar
- hormonal balance
- healthy brain
- healthy skin

#### Description

Beautiful, delicious and so healthy! This aromatic blue latte wins your heart after the first sip! The main ingredient, butterfly pea flower is well-known in southeast Asian countries for its beautifying and healing properties. Being extremely rich in antioxidants, butterfly pea plant is believed to give you brain boost, enhance your mood, reduce stress, improve your eyesight, control blood sugar level, help your digestion and fight diseases. Maca has been used for thousands of years to boost energy, libido and fertility in both men and women.

This flavourful latte is contributed by Lucuma, ginger, cardamom and cinnamon for maximizing the health benefits and making its taste so delicious. Impressive, right? Have a blissful latte time!



### ORGANIC VEGAN PROTEIN (BAOBAB-ARONIA)

#### Use

30-40 g/day

#### Possible benefits

- anti-inflammatory
- immune system boost
- weight management
- lower blood pressure
- muscle building & recovery

#### Description

This plant-based 60% protein powder contains only natural organic ingredients with no added sugars/sweeteners. Complemented by powerful Superfoods (Aronia, Baobab, Beetroot), this fruity muscle building blend is full of antioxidants and vitamins, which protect your overall health and increase your energy. Aronia berries, as an excellent source of antioxidants, has anti-inflammatory, anti-aging and immune system strengthening effect. Baobab is high in fibre, which makes it useful in helping curb appetite and support weight management goals. Beets contain a high concentration of natural nitrates, which can have a blood pressure lowering effect and may also help you to improve your stamina; they increase the amount of oxygen you use. This blend is naturally slightly sweet and perfectly combines with plant-based milk or water.



### ORGANIC MUSHROOM-CACAO LATTE

#### Use

15-20 g/day

#### Possible benefits

- energy boost
- stress management
- mood enhancer
- healthy heart
- antidepressant

#### Description

This hot chocolate blend with a unique flavor was born by combining 7-mushroom (namely Reishi, Chaga, Shiitake, Maitake, Lion's Mane, Cordyceps, White Fungus) and Cacao powder. It is contributed by Lucuma, Carob, Bourbon vanilla, Ceylon cinnamon and Himalayan salt to maximize the health benefits and make its taste more delicious. Medicinal mushrooms are known for supporting the immune system, cardiovascular system, boosting energy level and for many other health benefits. Cacao powder can help keep cholesterol levels in balance, protect the heart, stimulate brain function, and have a mood-enhancing and anti-depressant effect.

Have a blissful latte time!



### ORGANIC VEGAN PROTEIN (MACA-CAROB)

#### Use

30-40 g/day

#### Possible benefits

- energy boost
- weight management
- increased endurance
- improved cholesterol
- muscle building & recovery

#### Description

This plant-based 60% protein powder contains only natural organic ingredients with no added sugars/sweeteners. Complemented by powerful Superfoods (Maca, Carob, Cacao, Ceylon cinnamon), this muscle building blend has a great effect on your energy levels, resistance to diseases, heart health, stamina and brings other amazing health benefits. Maca is known to give energy boost and endurance as well as support hormonal health. Carob helps to maintain healthy weight, reduces cholesterol level and supports the digestive system. Cacao is responsible for regulating energy consumption, reducing appetite, increasing fat oxidation and feeling of fullness. Ceylon cinnamon can lower blood sugar levels, has a powerful anti-diabetic effect, and reduces heart disease risk factors. This blend is naturally slightly sweet and perfectly combines with plant-based milk or water.



#### ORGANIC VEGAN PROTEIN (BANANA-MESQUITE)

Use  
30-40 g/day

#### Possible benefits

- weight management
- improved digestion
- blood sugar control
- safe for people with pea protein intolerance
- muscle building & recovery

#### Description

This plant-based 54% protein powder contains only natural organic ingredients with no added sugars/sweeteners. This is an allergy friendly and anti-bloating protein blend based on rice and hemp protein. Complemented by powerful Superfoods (Banana, Mesquite), this creamy muscle building blend is full of antioxidants and vitamins, which protect your overall health and increase your energy. Bananas are sometimes referred to as the perfect food for athletes due to their content of easily digested carbs along with potassium and magnesium, which act as electrolytes. Mesquite contains lots of calcium for the bone health, magnesium for enzyme production, relaxation and mental health, copper and iron for keeping anemia away, potassium for water regulation and muscle recovery. This blend is naturally slightly sweet and perfectly combines with plant-based milk or water.



#### ORGANIC SUPER HORMONE BALANCE POWDER BLEND

Use  
3-8 g/day

#### Possible benefits

- libido boost
- antidepressant
- mood enhancer
- relief of PMS symptoms
- menopause management

#### Description

This superfood mix contains the essential adaptogens (Shatavari, Ashwagandha, Maca) which naturally support healthy hormone balance and female reproductive system.

This is your tasty and effective remedy for PMS and menopause symptoms like mood swings, cramps and hot flashes. It can also positively affect female fertility and improve libido level.

Complemented by Beetroot, Banana, Apple, Lucuma and Baobab this blend provides a solid source of vitamins like iron, vitamin C, potassium and, also, fiber to aid you digestion. You can mix it into your smoothie, juice, water or even make a latte with it.



#### ORGANIC SUPER GREEN ENERGY POWDER BLEND

Use  
3-8 g/day

#### Possible benefits

- energy boost
- improved digestion
- body detox
- immunity boost
- healthy skin

#### Description

7 powerful greens and algae meet in this blend to boost your immune system, fill you up with natural energy throughout the day and support your gut health.

Complemented by banana, apple, Lucuma and Baobab powders this blend provides a solid source of vitamins and minerals and have a delicious taste.

This energizing blend will make you fall in love with your daily green smoothie routine! Feel free to have it with just water or juice as well.



#### ORGANIC BUCKWHEAT BAR (CACAO-MACA, APRICOT-BAOBAB)

Net weight  
40 g



#### Possible benefits

- nut free
- oat free
- gluten-free
- antioxidant-dense
- plant protein and fiber rich

#### Description

You've made a great decision by choosing this healthy, nutritious and filling snack, which is made with organic, vegan, gluten- and nut free natural and Superfood ingredients.

NUTRIQA bar combined with organic sprouted buckwheat and other superfoods (Maca & Cacao or Baobab & Apricot) provides a balanced source of nutrients that taste great and maintain the necessary energy levels between meals.

Throw a few bars into your bag to make sure your energy and mood levels are always up.



Do not exceed the recommended daily intake!

Keep the product out of the reach of small children!

The product is no substitute for a balanced, mixed diet and a healthy lifestyle.

Please, consult with your doctor before taking any nutrient-dense products!

Content on our web and social media sites and in printed versions is not suitable for the prevention, diagnosis, treatment and cure of any disease.

According to the Hungarian Decree 37/2004 (IV. 26.), dietary supplements are not suitable for the treatment of diseases and disorders of the body, they do not replace the appropriate specialist diagnosis and medication.

Dietary supplements are foodstuff, so their labeling (label inscriptions, any mark on the label, packaging, etc.) and their advertising must be subject to the general rules on foodstuff. Accordingly, the labeling and advertising of products may not claim or suggest that they are suitable for the prevention or treatment of diseases.

The claims made relate only to the physiological effects of the active substances (and not the product) and are intended to provide general information to consumers. The results of current scientific research on the active substances are summarized, indicating the relevant scientific publication, resp. clinical trial where the claim was made.

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