

## Liebig's Law of the Minimum – Not Only for Plants

In the 19th century, Justus von Liebig demonstrated that the **growth of plants is limited by the scarcest nutrient** – no matter how abundant the others are. This is illustrated by the famous “barrel analogy”: the water level can only rise as high as the shortest stave.

👉 Although there is no official equivalent model in human nutrition, the analogy remains relevant. It's well known that a deficiency in even one vitamin or mineral can have a disproportionately large impact on health – even when other nutrients are available in abundance..



## The Role of Functional Foods in Human Nutrition

A food is considered functional if beyond its basic nutritional value, it has a scientifically proven positive effect on health or body functions and can be consumed as part of a normal, daily diet.

Poppy seeds have been a part of Central European culinary culture for millennia. Modern nutritional science and phytotherapy have rediscovered its' exceptional properties, especially in the context of functional foods.

**100% Roasted Poppy Seed Paste is an innovative, plant-based, functional food product** that is not only a gastronomic specialty but also a conscious element of a health-supporting diet.

**DECEMBER 33 – 100% POPPY SEED PASTE – A HUNGARIAN FOOD INNOVATION FOR NATURAL NUTRITIONAL SUPPORT**

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Fruity Kft. – Miskolc

👉 The **DECEMBER 33 – 100% POPPY SEED PASTE** is a natural source of several key elements often lacking in the modern diet:

| Organic mineral | Function                             | Recommended daily intake % |
|-----------------|--------------------------------------|----------------------------|
| Calcium (Ca)    | Strengthens bones and teeth          | 253%                       |
| Magnesium (Mg)  | Supports the nervous system muscles  | 135%                       |
| Phosphorus (P)  | Maintains normal teeth               | 101%                       |
| Manganese (Mn)  | Wound healing, antioxidant support   | 245%                       |
| Copper (Cu)     | Aids immune system, iron metabolism  | 160%                       |
| Iron (Fe)       | Oxygen transport, fatigue reduction  | 42%                        |
| Zinc (Zn)       | Cell division, immune system support | 42%                        |
| Potassium (K)   | Normal blood pressure and muscle     | 37%                        |
| Selenium (Se)   | Growth support, antioxidant defense  | 27%                        |

## Recommended to replenish Calcium and Magnesium

Pregnant mothers, Nursing mothers, Growing children (from 1 year of age), Athletes during intensive training, Women before and after menopause, Individuals with bone-related illness/symptoms (e.g., osteoporosis)

## Recommended Daily Intake

As part of a normal diet, the recommended intake of DECEMBER 33 – 100% Poppy Seed Paste is **2 teaspoons per day, which can be reduced to 1 teaspoon per day after 1-2 weeks**. Thanks to advanced ultrasonic food processing technology and micron-level grinding, the minerals in the poppy seeds are highly bioavailable and efficiently absorbed.

## A DECEMBER 33 – 100% Poppy seed paste key benefits:

**VEGAN – SUGAR-FREE – GLUTEN-FREE – LACTOSE-FREE  
ALLERGEN-FREE – ADDITIVE-FREE – PRESERVATIVE-FREE – RICH IN ORGANIC MINERALS – FUNCTIONAL FOOD**

**A DECEMBER 33 – 100% Poppy seed paste information / order:**

**FACEBOOK: DECEMBER 33 100% Poppy seed paste**

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