

## 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

👉 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