

Liebig's minimum law – interesting but not only for plant organisms

In the XIX century Justus von Liebig introduced, that the propagation of the plant organisms are limited by the smallest nutrient – even other nutrients are available. This is demonstrated by a wooden bulk where each wooden elements represents one nutrient: the max. water level is limited by the shortest wood.

🧑 There is no such official modell for the human body but the analogy can be applicable. It is well known that missing volume of a vitamin or a nutrient can have much higher effect on the health, even the others are highly available.



Functional foods role in the human diet

A food is functional food when its' health benefits are proven and not just the nutrient level, and can be consumed in the normal diet and normal way in the everyday life.

Poppy seeds are traditional part of the Central European cuisine for centuries. The modern science of diet and fitotherapy rediscovered the natural treasures especially among the functional foods. The **100% roasted poppy seed paste is an innovative, functional, plant-based food**, which is not only a gastronomical speciality but fully implementable into the lifesupporting diet.

DECEMBER 33 – 100% POPPY SEED PASTE – HUNGARIAN INNOVATION TO NATURALLY SUPPORT THE HEALTHY DIET

👉 A DECEMBER 33 - 100% POPPY SEED PASTE is a natural source of many essential nutrients which are missing from the modern diet:

Name of the nutrient	Role	Contains % of NRV
Calcium (Ca)	bone and tooth strength	253%
Magnesium (Mg)	nerve and muscle support	135%
Phosphorus (P)	normal tooth maintan	101%
Manganese (Mn)	wound recovery, antioxidant	245%
Copper (Cu)	immun system, Iron operation	160%
Iron (Fe)	oxygene delivery, tireness prevention	42%
Zink (Zn)	cell propogation, immunity support	42%
Potassum(K)	normal blood pressure, muscles	37%
Selene (Se)	growth support, antioxidant	27%

Consumption is advised to recover missing Calcium and Magnesium

Pregnants; breast feeding ladies; children above 1 year age; higher activity sportmen; ladies before and after menopause; in case of bone disease (e.g..osteoporosys); stb.

Can be doseable in harmony with the normal diet, proposed daily amount

DECEMBER 33 – 100% POPPY SEED PASTE is offered to dose **2 teaspoons a day which can be decrease to 1 teaspoon after 1-2 weeks**. The novel ultrasonic food technology and the micron level grinding support the natural nutrients better absorbtion in the human body.

A DECEMBER 33 – 100% POPPY SEED PASTE BENEFITS:

FREE FROM „SUGAR, GLUTENE, LACTOSE, ALLERGEN, ADDITIVES, PRESERVATIVES”
REACH IN ORGANIC MINERALS – FUNCTIONAL FOOD

B2C ops: shake, cake, drink or as is

B2B ops: Calcium/Magnesium reach protein bar, joghurt, bonbon, etc.