



Arctic Warriors

BOTTLES

Puolustaja (100 ml) – boosting the immunity

Ingredients: Angelica archangelica, nettle, northern sweetgrass, vegetable glycerol

Puolustaja (Defence) is a great immunity booster. Angelica was widely used among the Sami, the native people of Lapland. The root of Angelica used in our product has strong antibacterial properties, and is therefore a great relief when problems in respiratory or intestinal tracts occur. The effect of Angelica is boosted by nettle, which contains abundantly vitamin C, iron, calcium, silicon, chlorophyll and amino acids. Purifying and strengthening the blood, nettle is traditionally considered as relief to any illness. Alongside the strong Angelica, northern sweetgrass gives our gel shot a smooth sweet taste. Vegetable glycerol is a pure natural product, which helps us to extract both fat and water soluble particles out of the herbs. Does not raise blood sugar. Dairy and gluten free, vegan. Recommended daily dose 1 teaspoon (5 ml), max 2 per day. 17 kcal / 5 ml. Consume as such or mix with tea, smoothie or yogurt.

Call the Warrior of Defence to your help for example when you

- have a sore throat or feel like catching a cold
- have taken antibiotics
- want to stay alert when driving long distance
- have prostate problems

Taistelija (100 ml) - less stress, more endurance

Ingredients: Roseroot, nettle, vegetable glycerol

Taistelija (Endurance) is a natural stress reliever. Roseroot is a strong adaptogen, which helps to balance your body in physical as well as mental stress. It refreshes you if you feel weary and calms you down if you are nervous. It helps you to focus and concentrate better. Roseroot, the ginseng of the North, gives more stamina men and women alike. The effect of Roseroot is boosted by nettle, which contains abundantly vitamin C, iron, calcium, silicon, chlorophyll and amino acids. Purifying and strengthening the blood, nettle is traditionally considered as relief to any illness. Vegetable glycerol is a pure natural product, which helps us to extract both fat and water soluble particles out of the herbs. Does not raise blood sugar. Dairy and gluten free, vegan. Recommended daily dose 1 teaspoon (5 ml), max 2 per day. 17 kcal / 5 ml. Consume as such or mix with tea, smoothie or yogurt.

Call the Warrior of Endurance to your help for example when you

- feel yourself tired or stressed
- have sleeping problems
- are recovering from demanding physical performance
- work on something which requires focus and concentration
- need more sexual drive



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Puolustaja (500 ml) – boosting the immunity

Ingredients: Angelica archangelica, nettle, northern sweetgrass, vegetable glycerol

Puolustaja 500 ml bottle has exactly the same ingredients as the 100 ml bottle, yet it lasts longer, 3-4 months. Suitable also for restaurant use, mixed with smoothies and drinks, for example.

Taistelija (500 ml) - less stress, more stamina

Ingredients: Roseroot, nettle, vegetable glycerol

Taistelija 500 ml bottle has exactly the same ingredients as the 100 ml bottle, yet it lasts longer, 3-4 months. Suitable also for restaurant use, mixed with smoothies and drinks, for example.

HONEY

Puolustaja (100 ml) – tasty way to fight the flu

Finnish honey, angelica archangelica

Angelica is Lapland's own power herb which has strong antibacterial properties to boost immunity. Honey is nature's own stomach-friendly antibiotic. A real power couple to fight the flu. Consume as such straight from the jar or mix with tea, yogurt, oatmeal or smoothie. Not suitable for children under 1 year of age.

Energia (100 ml) – natural energy and relief to sweet tooth

Finnish honey, roseroot, nettle, vegetable glycerol

Energia honey has exactly the same ingredients as Energia honey shot yet in a more plentiful jar. Consume as such straight from the jar or mix with tea, yogurt, oatmeal or smoothie. Not suitable for children under 1 year of age.

SEEDS

Wild nettle seed – healthy superseed

Dried wild nettle seed

Wild nettle seed is packed with nutrients such as iron, vitamins A, C and E, calcium, silicon, magnesium and fatty acids. One teaspoon a day is enough to strengthen your immunity and to give a nice boost to your day. Add to smoothie, muesli, oatmeal, soups and breads. 1 teaspoon per day.



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SHOTS

Puolustaja gel shot – boosting the immunity

Ingredients: Angelica archangelica, nettle, northern sweetgrass, vegetable glycerol

Puolustaja gel shot has exactly the same ingredients as the 100 ml Puolustaja bottle. It's easy to take with you to work, training and travels. Energy content 15 kcal per shot. Does not raise blood sugar. Dairy and gluten free, vegan. Max 2 / day.

Taistelija gel shot – less stress, more endurance

Ingredients: Roseroot, nettle, vegetable glycerol

Taistelija gel shot has exactly the same ingredients as the 100 ml Taistelija bottle. It's easy to take with you to work, training and travels. Energy content 15 kcal per shot. Does not raise blood sugar. Dairy and gluten free, vegan. Max 2 / day.

Energia honey shot – natural energy and relief to sweet tooth

Ingredients: Finnish honey, roseroot, nettle, vegetable glycerol

Energia (Energy) honey shot is a great alternative to industrial energy gels loaded with additives. Honey gives rapidly and easily absorbable energy without upsetting the stomach. It's a great healthy choice when your sweet tooth is aching. With antibiotic properties it fights back bacteria. Roseroot helps you to stay focused, improves the muscles to adapt to physical stress and enhances recovery. Nettle strengthens the blood and contains abundantly vitamin C, iron, calcium, silicon, chlorophyll and amino acids. Vegetable glycerol is a pure natural product, which helps us to extract both fat and water soluble particles out of the herbs. Energy content ca 55 kcal. During sports, take one honey shot every 20-30 minutes.

Call the Warrior of Energy to your help for example when you

- need energy for physical activities
- feel like catching a cold
- have sensitive stomach
- are in need of natural sweetener