

100 % natural superfoods from Lapland!

MAHTI Elixir (100 ml/500 ml bottle) and MAHTI Herb Shot **Boost your immunity**

Ingredients: Angelica archangelica, nettle, vegetable glycerol

MAHTI is a great immunity booster. Angelica archangelica was widely used among the Sami, the native people of Lapland. The root of Angelica used in our product has strong antibacterial properties. It is a great relief with respiratory and digestion problems. 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 1-2 teaspoons or 1-2 herb shots per day. 17 kcal / 5 ml. Consume as such or mix with tea, smoothie or yogurt.

SINNI Elixir (100 ml/500 ml bottle) and SINNI Herb Shot **Boost your physical and mental performance**

Ingredients: Rhodiola rosea, nettle, vegetable glycerol

SINNI is a natural stress reliever. Rhodiola rosea is a strong adaptogen, which helps to balance your body and mind. It refreshes you if you feel weary and calms you down if you are nervous. It helps you to focus and concentrate better. Rhodiola rosea, the ginseng of the North, gives more stamina men and women alike. The effect of Rhodiola rosea 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 1-2 teaspoons or 1-2 herb shots per day. 17 kcal / 5 ml. Consume as such or mix with tea, smoothie or yogurt.

PUHTI Honey Herb Shot 15 g **Natural energy and relief to sweet tooth**

Ingredients: Finnish honey, Rhodiola rosea, nettle, vegetable glycerol

PUHTI Honey Herb Shot gives you quick, stable and easily absorbable energy without upsetting your stomach. Beats the artificial energy gels 6-O. PUHTI is a great snack keeping the blood sugar even. It also relieves your sweet tooth.

Consume directly from the package or mix with tea, smoothie or yogurt. 49 kcal / shot. Take one when needed. Not suitable for children under 1 year of age.

KERKKÄ Spruce Sprout Powder 6 g / 40 g / 150 g, ORGANIC **Rustproof your body**

Ingredients: spruce sprouts

Spruce sprout powder is a natural vitamin and antioxidant booster. It contains vitamins C, K1 and A in abundance. Spruce sprouts are also very antibacterial. They reduce inflammation in the body and can also be used for dental hygiene. Thanks to freeze-drying the power is not only nutritious but also has great color and intense smell and taste.

Use to season foods and drinks or cook spruce sprout latte. 1 teaspoon per portion is enough.

MUSTI Wild Blueberry Powder 45 g, Organic **Easy way to eat handful of berries**

Ingredients: Bilberry

MUSTI Wild Blueberry Powder is made of whole berries which have been handpicked and dried in very mild temperature to preserve nutrients and intense color. The powder is 100 % natural containing nothing added. One teaspoon equals to a handful of fresh berries. Mix in yogurt, smoothie, porridge, ice cream etc.

PUOLU Wild Lingonberry Powder 45 g **Easy way to eat handful of berries**

Ingredients: Lingonberry

PUOLU Wild Lingonberry Powder is made of whole berries which have been handpicked and dried in very mild temperature to preserve nutrients and intense color. The powder is 100 % natural containing nothing added. One teaspoon equals to a handful of fresh berries. Mix in yogurt, smoothie, porridge, ice cream etc.