

Description of active substances

Green barley juice

Green barley juice is obtained by gently pressing the shoots of young barley (*Hordeum vulgare*). The juice is rich in chlorophyll and antioxidants (flavonoids), ferulic acid and contains gamma-aminobutyric acid (GABA). Green barley is a good source of important minerals and vitamins. Green barley juice contributes to the overall stimulation of the body thanks to the content of vitamins and minerals. In Japan, people consume a drink made from the green juices of "aojiru" (it also contains young barley). This green drink is widely consumed to maintain health. In this country, young barley is popularly used as an ingredient in many smoothies.

Apple fibre

Apple pulp (apple pectin) is made from apple peels, which are dried and then ground into a fine powder. It is a natural product without any additional additives. This soluble fibre helps us keep the gut clean and promotes peristalsis. Consumption of apple fibre induces a feeling of satiety.

Citrus fibre

Citrus fibre offers us a wide range of beneficial effects, especially on our digestion. Moreover, it is tasty and has an amazing prebiotic effect. It is well tolerated and at the same time increases satiety. Clinical studies point to its physiological benefits: it helps maintain regular intestinal peristalsis.

Microbially activated (fermented) fruit and vegetable juices

It is a blend of microbially activated fruit and vegetable juices from 35 types of fruit and vegetables with high content of polyphenols and flavonoids. An amazing cocktail of natural substances that have high bioavailability and efficacy thanks to activation by controlled multi-stage fermentation. What is meant by controlled fermentation? The juices are gradually fermented by the action of lactobacilli and bifidobacteria and are a significant source of microfibre, which has a strong prebiotic effect.

Dosage

We recommend **20 ml twice a day, ideally in the morning and evening**. The syrup can be directly consumed or the recommended dose can be added to tea, water or another beverage. Shake before use. Sediment is not an issue. Do not exceed the recommended dosage. The product is not intended as a substitute for a varied diet. Do not use in case of hypersensitivity to any of the components. Store out of the reach of children. Not suitable for breastfeeding and pregnant women and children under 3 years of age.

Composition: Purified water, soluble fructooligosaccharides-based fibre, soluble corn fibre, green barley juice, blend of microbially activated fermented juice from fruit and vegetables, *Chlorella sp.*, *Spirulina sp.*, apple fibre, citrus fibre, colour (copper complex of chlorophyllins – chlorophyll), acidity regulator (citric acid), aroma: natural lime, banana, pineapple, mango, thickening agent (xanthan gum), preservatives (potassium sorbate and sodium benzoate), sweetener (steviol glycosides).



harmonelo

GREEN

Harmony in your body

Combination of green foods – young barley, chlorella, spirulina, fruit fibre and fermented fruit and vegetable juices – contributes to the overall stimulation of the body and the normal function of the immune system. Soothes digestion and has a strong prebiotic effect.



Use the QR code for more
detailed information on
the composition



Main advantages

- Contains a natural source of chlorophyll
- High bioavailability and effectiveness of active substances
- Sweetened with soluble fibre
- Free of gluten and dairy ingredients
- Low glycaemic index

What is supports

- Overall stimulation of the body and the normal function of the immune system
- Purification of the body
- Proper functioning of the body and replenishment of vitamins and minerals
- Antioxidant
- Soothing digestion and alkalising the body
- Promoting proper intestinal peristalsis



Chlorella sp.

The green microscopic unicellular alga.

Spirulina sp.

A blue-green spiral-shaped freshwater blue-green alga (cyanobacteria).



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Apple and citrus fibre

Fibre offers us a wide range of beneficial effects, especially on our digestion.



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Chlorella sp.

The green microscopic unicellular chlorella alga can be found in clusters (and individually) in fresh and salt water. Chlorella has the highest chlorophyll content of all known green plants. Chlorella contains CGF (Chlorella Growth Factor), which literally has a rejuvenating effect. It contributes to the cleansing of the body (removes heavy metals from the body) and has a positive effect on the proper function of digestion and normal liver function. Chlorella is high in protein, vitamins, minerals, amino acids, fibre and other important substances. It is popularly used as a superfood and is added to smoothies, shakes and various dishes and desserts. The high efficiency of our Chlorella SP is due to a special form of treatment called disintegration. Thanks to this process, the cell walls of chlorella are disrupted – the content of these cells is then easily digestible, has a high bioavailability and thus has a beneficial effect on the human body. Did you know that humans are not normally able to digest algae, and without the disintegration process it can pass through the human digestive tract without effect?

Spirulina sp.

Spirulina is a blue-green spiral-shaped freshwater blue-green alga (cyanobacteria), hence its name. It is a very old evolutionarily organism, estimated to be approximately 3.5 billion years old. Its influence on us and our planet is undeniable – it was responsible for releasing oxygen to form the Earth's atmosphere. People have been using it since time immemorial, it was used by the Aztecs and is even mentioned in the writings of Christopher Columbus. Spirulina is characterised by a specific intense taste. Its bluish colour is due to chlorophyll and phycocyanin. Its nutritional values are also interesting. Spirulina is rich in nutrients such as carbohydrates, vitamins, minerals and chlorophyll. In addition, it is one of the foods that contain the highest amount of protein from the plant kingdom. It contains 18 of the 22 amino acids the body needs. It is used in weight control and as an antioxidant and helps to support natural immunity and normal blood sugar levels.