



Taste of Nature

FROM THE GARDENS OF EUROPE TO YOUR HOME



BRINGING YOU THE RICH TASTE OF NATURE,
~ FROM THE GARDENS OF EUROPE STRAIGHT TO YOUR HOME ~

We carefully select every fruit and berry of the highest quality for you
and your loved ones. All Naturama juices and nectars come in a
family-sized bottle, delivering you only the best on the market.

LIVE HEALTHY WITH NATURAMA



WHO ARE WE?

Here at Naturama we look only for the freshest fruits and then harvest them only when they are at their peak of ripeness. All our juices and nectars are from fresh fruits from seasonal harvests—never from concentrates. This ensures that each and every product you receive is complete and full of all its healthy vitamins and antioxidants.

All our fruits and berries are hand picked from trusted European plantations including lemons from southern Italy and berries from Poland. Our selection process from only high quality products guarantees a natural, unique and delicious flavor. All Naturama products are minimally processed in order to retain their original nutritional and health composition.

WHY ARE WE DIFFERENT?

Naturama products compared with others are:

- ✓ 100% natural
- ✓ never from concentrates
- ✓ tastier
- ✓ aromatic
- ✓ highest in nutritional values

Our production process makes us stand out from others:

- Fresh fruit and berries are pressed immediately after harvesting because doing so guarantees the unique flavor of our products. We never freeze or store our fruit and berries.
- All our products come only from trusted and reliable plantations with whom we've had a long working relationship.
- Instead of using industrial filters like others producers, we only use wicker inserts to filter our juices and nectars. This is how we know that none of the valuable ingredients are lost during the filtering process.
- Our pasteurization process is carried out 70 degrees Celsius for 60 minutes. This ensures that all levels of vitamins and minerals from the fruits and berries are maintained and their shelf life extended to 18 months.

WHAT WILL YOU EXPECT?

By choosing Naturama products, you will expect:

- ✓ reduced cholesterol
- ✓ beneficial properties from fiber
- ✓ purified wealth of nutrients
- ✓ excellent metabolism from pectin
- ✓ strong and healthy bones from minerals and vitamins
- ✓ overall healthier body from vitamins A, B, C, D, E and an abundance of antioxidants

APPLE JUICE

„An Apple a Day Keeps the Doctor Away“

Have a glass of our apple juice which we COLD PRESS from only the juiciest and tastiest apples direct from European plantations. Ripening in the sunny gardens under loving care of apple growers, our apples provide you with a beautifully fragrant juice, which will delight you with its full flavor and aroma.

Provides you with

Vitamins: B1, B2, B6, C, E, P-carotene, sodium, potassium, magnesium, calcium, phosphorus, iron, iodine

Medicinal Properties

- strengthens the immune system
- regulates water in the body and increases muscle tension
- prevents anemia
- seals and tones the walls of capillaries, preventing the formation of "spiders"
- strengthens the heart, nervous system, muscles and improves liver function
- reduces swelling in the legs
- inhibits the development of infection
- improves digestion
- reduces the risk of lung cancer, asthma, diabetes and cardiovascular disease
- reduces mental tension and rheumatic pains
- has a positive effect on hair and nails
- treats intestinal disorders
- combats colds
- lowers cholesterol
- stabilizes blood sugar levels



880 ML



5 904730 530125



6 bottles

TRY ONE OF OUR BLENDS CREATED WITH HEALTH BENEFITS
AND INCREDIBLE TASTE IN MIND

ARONIA BERRY JUICE

The Aronia Berry is a tiny, dark Super Berry with amazing health benefits. It is cultivated primarily in USA, Lithuania and Poland. We choose only the best aronia berries from Poland because they provide the most health benefits compared to other regions. For this reason, Poland is called The Capital of Aronia. Aronia has greater antioxidant activity than the cranberry, blueberry, strawberry, cherry, pomegranate, goji and mangosteen. You can think of Aronia as the master of antioxidant berries.

Provides you with

Antioxidants, flavonoids, anthocyanins, proanthocyanidins,
quinic acid, iron, vitamins

Medicinal Properties

- prevents the formation of free radicals
- removes the harmful heavy metals accumulated as a result of environmental pollution
- strengthens the walls of blood vessels
- prevents cardiovascular disease
- regulates blood pressure
- reduces adverse effects of anticancer drugs and radiation
- reduces blood pressure due to the contributory affects of bioflavonoids
- improves and works on the tiniest blood vessels, e.g. blood vessels in the eyes and around the hair follicles, thus delaying the onset of eye diseases such as glaucoma, cataracts and macular degeneration on the retina (AMD)
- reduces lipid oxidation, lowers levels of bad LDL cholesterol, and increases HDL good cholesterol



880 ML



5 904730 530163



6 bottles

GOLDEN PEAR JUICE

Pears are fragrant, delicious and nutritious and our Pear Juice is just that. We preserve all the nutrients and best bits of what a pear has to offer by our COLD PRESSED process of juice extraction. You can now enjoy the taste of summer any day of the year.

Provides you with

Vitamins A, B1, B2, B6, C and PP, potassium, phosphorus, calcium, magnesium, sodium, copper, iron, iodine, fiber and pectin

Medicinal Properties

- reduces symptoms of edema, persistent fever, indigestion, constipation migraines and symptoms of heart and liver disease
- recommended for colds, flu and angina
- acts as a diuretic, laxative and tonic
- reduces cholesterol
- prevents atherosclerosis
- releases the absorption of sugar, which is especially important for people with diabetes
- prevents gallstones
- helps remove toxins from the gastrointestinal tract



880 ML



5 904730 530156



6 bottles

APPLE WITH MINT JUICE

Mixing our juicy and tasty apples with soothing properties of mint creates not only a refreshing and fragrant juice but also a healthy and delightful everyday drink. Please see our Apple Juice for more nutritional information.



880 ML



5 904730 530231



6 bottles

APPLE & ARONIA BERRY JUICE

The idea to blend two, cold-pressed flavors together was conceived when we sought to create a recipe for a "health bomb" juice. Mixing the incredible Aronia Berry juice with our Apple juice, we created something exactly that. The Aronia berry is extremely healthy on many levels and its flavour, taste and potency strong. By adding apple juice to aronia we created a blend that suits everyone and can be enjoyed by all ages.



880 ML



5 904730 530149



6 bottles

SOUR CHERRY NECTAR

All our cherries are handpicked at the peak of their ripeness making them incredibly juicy, sweet and aromatic with just the right amount of tartness. Once our cherries are selected they are immediately transformed into juice. This fruit is extremely high in antioxidants and is a natural choice for its healthy benefits. Thanks to our production method, our juice is then made into nectar, keeping all the same qualities that it once was as a fruit. We lock in all the cherry goodness in our Nectar by COLD PRESSING the fruit.

Provides you with

Vitamins A, B1, B2, B8, C, PP, fiber, minerals: potassium, calcium, sodium, copper, iron, magnesium, iodine, phosphorus

Medicinal Properties

- combats symptoms of pneumonia and inflammation of the upper respiratory tract
- acts as an antiseptic and expectorant
- stimulates digestion and the secretion of gastric juices
- alleviates rheumatic pain and helps prevent arthritis
- reduces fever
- prevents anemia due to iron deficiency
- stabilizes the heart, blood vessel walls, improves blood circulation in the capillaries
- prevents clots and varicose veins
- counteracts swelling
- anti-inflammatory
- protects the heart and helps prevent cardiovascular disease
- helps cleanse the body of toxins and waste products
- supports kidney function
- has laxative properties and helps eliminate constipation
- reduces levels of bad LDL cholesterol in the blood
- has anti-cancer properties
- has high content of vitamin C
- improves overall immunity of the body
- accelerates digestion
- slows the aging process
- prevents graying



880 ML



5 904730 530200



6 bottles

RED CURRANT NECTAR

This tiny little gem known as the RED CURRANT originated from Sweden and spread to the rest of European countries in the middle ages. Since then its nutritional values and health properties have been cherished by everyone. We bring to you only the freshest and natural taste of this delicious and healthy fruit in our RED CURRANT Nectar where juice is extracted by our COLD PRESSED process.

Provides you with

Vitamin C, provitamin A, mineral salts, organic acids, polyphenols such as anthocyanins

Medicinal Properties

- combats rheumatism, anorexia, urinary stones, indigestion caused by a deficiency of digestive juices, liver failure or chronic liver disease, inflammation of the urinary tract, constipation, colic, migraine, heart ailments and atherosclerosis
- helps with hyperacidity and heartburn



880 ML



5 904730 530194



6 bottles

BLACK CURRANT NECTAR

Blackcurrants are small dark fruits loaded with nutrition. They are considered to be Super Foods packed with antioxidants. We bring you the essence of this incredible fruit in our Nectar which some may say makes the healthiest and tastiest drink around. Blackcurrants are immediately COLD PRESSED and bottled – pure summer in a bottle!

Provides you with

Vitamins C and provitamin A, pectin, potassium, sodium, calcium, phosphorus, sulfur, magnesium and trace elements: chlorine, iron, zinc, copper, iodine, cobalt, molybdenum and manganese

Medicinal Properties

- reduces symptoms of edema, persistent fever, indigestion, constipation migraines and symptoms of heart and liver disease
- recommended for colds, flu and angina
- acts as a diuretic, laxative and tonic
- reduces cholesterol
- prevents atherosclerosis
- releases the absorption of sugar, which is especially important for people with diabetes
- prevents gallstones
- helps remove toxins from the gastrointestinal tract



880 ML



5 904730 530187



6 bottles

STRAWBERRY NECTAR

Our Strawberry Nectar is made from the Kashubian strawberry. This particular strawberry is a rare gem and is commercially protected under European Union law. Kashubian strawberries are graded as a Class 1 fruit for its nutritional and flavor values. The strawberry is extremely sensitive to storage and loses its natural properties quickly, which is why we COLD PRESS this fragrant fruit at the day of harvest to lock in all the goodness.

Provides you with

Vitamins A, B1, B2, PP, C, calcium, phosphorus, iron, magnesium, manganese, organic salts, pectins, macro and micronutrients, antioxidants

Medicinal Properties

- breaks down dietary protein and accelerates the burning of fats and carbohydrates
- regulates the oxygenation of the blood
- allows the purification of the body - helps remove toxic fluids and thus contributes to weight loss
- has more natural vitamin C than even the lemon or other citrus fruits
- facilitates the reduction of body fat and regulates the water content of the tissue cellulite
- strengthens bones, teeth and muscles as well as the heart
- has antibacterial properties and strengthens the body
- improves metabolism and acts as a colon cleanser
- recommended for the treatment of ringworm
- supports kidney function and treatment of gout
- protects against atherosclerosis



880 ML



5 904730 530224



6 bottles

RASPBERRY NECTAR

The raspberry has been cultivated in Europe for over 2000 years, making it one of the earliest berry crops. It is extremely fragile and is a perishable fruit. The raspberry has a truly remarkable range of antioxidants and phytonutrients. Its flavor is mild and sweet with a beautiful flowery scent. We protect its properties by pressing it at the day of harvest so our Nectar gives you all this fruit has to offer.

Provides you with

Vitamins A, C, B1, B2, B6, E, PP, sodium, potassium, magnesium, calcium, phosphorus, iron, pectin, lecithin, folic acid

Medicinal Properties

- has a diaphoretic effect
- is antiviral, antibacterial and antipyretic
- is a source of fiber
- has antioxidant properties
- prevents the development of cancer and cardiovascular disease
- cleanses the body of toxins
- strengthens the heart
- protects against myocardial infarction
- restores the nervous system
- has a positive impact on the level of red blood cells
- improves digestion
- slows the aging process
- relieves menstrual cramps
- treats anemia
- lowers blood sugar level



880 ML



5 904730 530231



6 bottles

LEMON WITH HONEY NECTAR

The best lemons in Europe are from Italy where they are cultivated with the utmost care and love. They are juicy and extremely fragrant and we use them to create our Nectar. To sweeten the sourness of lemons we use only organic honey from our trusted beekeepers. The benefits of honey go beyond its great taste as it provides strength and energy for our body. Our fresh and tasty Lemon and Honey Nectar is a performance booster that can be drank on a daily basis.

Provides you with

Vitamins A, B1, B2, B6, B12 C, E, sodium, potassium, magnesium, calcium, phosphorus, iron, iodine, pectin., folic acid, potassium, chloride, iron, manganese, cobalt, various enzymes.

Medicinal Properties

- improves liver function
- has a positive effect on the respiratory system, especially for cough.
- helps the heart and cardiovascular system
- helps regulate digestion and constipation
- soothes the nerves
- eliminates hair loss
- has beneficial effects on asthma
- is warming and soothing on bronchial disorders, sinusitis, coughs and colds
- helps in the treatment of wounds and burns (placed directly on the wound)
- lowers blood pressure
- helps in the state of weakness
- recommended for diseases of the circulatory system and heart problems
- helps in diseases of the bladder, kidney and prostate.
- kills bacteria
- ensures longevity
- reduces pain



880 ML



5 904730 530217



6 bottles



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