



## red beetroot juice

### Ingredients

100 % lactofermented red beetroot juice, organically or biodynamically grown. The beetroots are washed immediately after harvesting, ground, pureed and squeezed.

### Characteristics

Pajottenlander red beetroot juice has a dark purple red colour. The taste is freshly sweet. Lactofermentation reduces the sandy taste to a minimum.

### Qualities

The Pajottenlander beetroot juice is lacto-fermented. This results in the best flavour possible in which the often disturbing sandy taste does not or hardly reveal itself.

Beetroot juice contains an active substance named **betaine**, which has a wholesome effect on liver and gall. It contains a lot of iron and trace elements stimulating the blood to absorb iron.

It is particularly recommended in case of anaemia and low blood pressure and stimulates the endocrine secretion in particular glands. Additionally, it encourages bowel motion and is known for its preventive anticancer-function.

A glass of Pajottenlander beetroot juice before the meals is a healthy and exciting appetizer.

### Lacto fermentation

See section 'health drink'.

### Recommended selling price from November 1st, 2018

red beetroot juice 0,75 L € 2,45



#### Nutritional values per 100 ml

Energy	181 kJ/43 kcal
Fat	<0,5 g
- of which saturates	0 g
Carbohydrate	8,5 g
- of which sugars (naturally occurring)	7 g
Protein	1 g
Salt (naturally occurring)	0,05 g
Vitamin C	52 mg (65%DRI*)
Potassium	290 mg (15%DRI*)

\*DRI = Daily Reference Intake