

PLANTAVIS  
SWITZERLAND 

# MONOFOOD

PRODUCT CATALOGUE

Highly nutritious superfood powder  
in the form of food concentrates  
made from natural raw materials for  
a healthy diet and as a nutritional  
supplement for therapeutic  
purposes – made from fruits, fungi,  
vegetables and seeds.



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## PLANTAVIS MONOFOOD

### MONOTONY IS A THING OF THE PAST!

Gain an insight into the wide spectrum of products available in our range of highly concentrated and healthy superfood powders. These powders use the natural ingredients of an individual plant or medicinal fungus to provide the body with important nutrients that it is unable to absorb from everyday food. They therefore enable us to better deal with our day-to-day work, leisure activities and hectic family life.

MonoFood is easy to use and offers you a multitude of different options so that you can enjoy it as a smoothie, sprinkled over your meal or as a drink to enjoy between meals. Best of all, it guarantees you plenty of healthy variety.



# FRUITS AND PULSES

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## JUICY, REFRESHING AND HEALTHY

Fruit is not only diverse when it comes to the wide range of different varieties and types available, but can also be prepared and eaten in an extremely large number of different ways. Be it pure or as powder, fruit is always an excellent choice. Particularly as the winter months start to draw in, fruit can truly enrich our diet by providing plenty of vitamins and mineral nutrients that our body needs in order to strengthen our immune system. During the summer, their ingredients can have a refreshing and vitalising effect.

Try out our colourful PlantaVis fruit powders full of nutrients for yourself and inject some freshness into your diet!

## GRAPESEED OPC POWDER



### NATURAL CELL PROTECTION

Grapeseed powder is obtained during the extraction of grapeseed oil, which is used for a multitude of different purposes. It contains antioxidants such as OPC, which help our bodies to protect our cells against free radicals.

*Highly potent antioxidants with oligomeric proanthocyanidins (OPC) and a high ORAC value.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 6.5g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

150g · Item no.: 26010

## BAOBAB POWDER



### OUR VITAMIN C HIGHLIGHT FROM AFRICA

The baobab fruit has a high pectin content and is therefore able to support the cleansing of the bowel. Its positive impact on the gut flora is particularly valuable for sufferers of coeliac disease.

*A high-quality source of vitamin C with antioxidants, fibre and iron.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 4.4g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

120g · Item no.: 26034



**BAOBAB:** The baobab fruit is the hard brown fruit of the monkey-bread tree. It is between 10cm and 40cm long and has a velvety surface. The inside of the fruit contains a multitude of oily seeds embedded in its flesh, which has a slightly sour taste due to its high vitamin C content. The people of Africa also like to call the tree the "chemist tree" due to its wide range of different health-enhancing qualities.



## ROSE HIP POWDER



### RICH IN NATURAL VITAMIN C

Rose hip powder is rich in natural vitamin C and therefore supports our body's energy metabolism processes and nervous system. It is frequently used to treat joint pains and inflammation in naturopathic medicine.

*With vitamin C, important B vitamins and secondary plant compounds.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 6.5g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

150g · Item no.: 26011  
300g · Item no.: 26511

## WHITE KIDNEY BEAN POWDER



### A WANTED BLOCKAGE

White kidney beans contain phaseolin. During digestion, this protein can block the alpha-amylase that breaks starch into sugar. It therefore enables unwanted carbohydrates to leave the body rather than being additionally stored.

*With phaseolin, a multitude of mineral nutrients and a high protein content.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 7.5g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

210g · Item no.: 26031

## AVOCADO PIT POWDER



### A LITTLE BALL OF MAGIC

Avocado pits are power balls in the truest sense of the word! They contain an abundance of important nutrients that help the body to feel good all over, for example by supporting the burning of fat, our cholesterol level, our muscles and much more.

*With antioxidants, secondary plant compounds and a high amino acid content.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 6.0g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

160g · Item no.: 26032



# GRASSES AND VEGETABLES

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## MAKING THE MOST OF GREEN POWER

From an early age, the phrase "Eat your vegetables and you'll grow up to be big and strong!" is engraved in our minds. Grasses and vegetables really give us a boost by providing us with a multitude of important nutrients that our body desperately needs in day-to-day life. They not only contain vitamins and mineral nutrients that give our body a push in the right direction, but also another valuable ingredient in the form of the plant compound chlorophyll.

Our PlantaVis grass and vegetable powders have a vitalising effect and provide our bodies with a perfect foundation for a healthy and balanced diet. Experience the world of green eating for yourself!

## ASPARAGUS POWDER



### MORE THAN A TREAT FOR THE TASTE BUDS!

Asparagus is said to have diuretic properties, which is above all highly favourable for the production of urine in the kidneys. The potassium found in asparagus is also responsible for a number of important functions in our body.

*With beta-carotene, saponins and a good calcium-magnesium ratio.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 3g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

75g · Item no.: 26020  
150g · Item no.: 26520

## KALE POWDER



### THE VEGETABLE SUPERHERO

This local vegetable trend supports our body by providing it with ingredients rich in nutrients. Kale not only offers a multitude of mineral nutrients and antioxidants, but also a large content of omega-3 fatty acids.

*A unique nutrient composition, a high vitamin K content and rich in flavonoids.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 4.7g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

170g · Item no.: 26021

## MORINGA LEAF POWDER



### A LEAF FULL OF VITALITY

Moringa leaf powder is not only packed full of nutrients but is also an outstanding spice. Its numerous ingredients such as B vitamins and antioxidants are a true source of vitality for our body.

*With zeatin, mustard oil glucosinolates and a high nutrient density.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 3.5g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

100g · Item no.: 26015  
220g · Item no.: 26515

## BARLEY GRASS POWDER



### AN EXTRAORDINARY FOODSTUFF

Barley grass contains highly concentrated and excellently balanced nutrients. Its chlorophyll can stimulate the digestive system and support our kidneys and liver by removing heavy metals and toxic substances.

*Basic, with proanthocyanidin and a special combination of vital nutrients.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 3.5g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

100g · Item no.: 26016  
180g · Item no.: 26516



**KALE:** Kale is currently making a huge comeback. The vegetable is a cultivated variety of cabbage and belongs to the cabbage family. Kale is considered to be a typical winter vegetable and has a hard and fibrous stem with flat or curly leaves in colours ranging from green to violet.

## BEETROOT POWDER



### RED FOR THE BLOOD

Iron (ferrum) is an important trace element that our bodies partly absorb from our food. Women in particular frequently suffer from low iron levels and it is essential that they top up the amount of iron in their body.

*Rich in betaine and with a high folic acid and iron content.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 6.5g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

200g · Item no.: 26018

## SPINACH POWDER



### A GREEN POWDER THAT PACKS A PUNCH

Alongside its high iron content, spinach also contains a considerable amount of β-carotene. When converted into vitamin A, this pigment helps to protect the eyes against night blindness and free radicals. Lutein can help to protect the eyes against age-related macular degeneration (AMD).

*Rich in iron, β-carotene, lutein and vitamin K.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 4.7g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

130g · Item no.: 26035

## CHLORELLA POWDER



### USING NUTRIENTS FROM ALGAE

Chlorella has a high chlorophyll content. Chlorophyll is what gives plants their green colour. It also provides a positive benefit for our body by supporting the cellular respiration of our cells.

*With chlorophyll and a high iron and protein content.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 6.5g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

150g · Item no.: 26013

310g · Item no.: 26513

## OLIVE LEAF POWDER



### MEDITERRANEAN SUPPORT

Olive leaves can be used to benefit our body in a wide variety of different ways. Their oleuropein content in particular is extremely important because it provides antioxidant protection against free radicals and thus helps to preserve our blood vessels.

*With oleuropein and hydroxytyrosol.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 3.5g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

100g · Item no.: 26014

210g · Item no.: 26514



# PROTEINS AND SEEDS

## LITTLE SEEDS WITH A BIG IMPACT

Day-to-day lives in which we always have to give it our all demand a balanced diet that gives us the strength that we need to master even the toughest of situations. Proteins and seeds are often underestimated but can actually be strong sources of energy. It's therefore well worth getting to know the power of these little seeds, however old or athletic you may be.

Protein elements provide our body with valuable substances that are needed in different areas of our body. Discover the impact of these special sources for yourself by giving PlantaVis seed and protein powders a try!

## MALT PROTEIN POWDER



### A GRAIN WITH REAL MUSCLE!

Our body is very good at absorbing and metabolising plant protein. Protein is needed in different areas of our body, for example for the cellular structures of our skin, hair and muscles.

*Rich in unsaturated fatty acids and with essential amino acids.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 6.5g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

150g · Item no.: 26024  
320g · Item no.: 26524

## WHOLE CHIA SEEDS



### FULL OF OMEGA-3 FATTY ACIDS

Chia seeds support our body by providing it with fibre, vitamins, mineral nutrients and a large amount of omega-3. These unsaturated fatty acids are important for hormone production, protein synthesis and cell metabolism.

*A high density of vital nutrients, omega-3 and omega-6 fatty acids and an abundance of antioxidants.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 7.5g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

200g · Item no.: 26022



**CHIA SEEDS:** These small seeds are mostly grown in Central or South America and are packed full of energy. Their health benefits and vitalising properties help our body to produce defence cells and protect us against infections. The fact that "chia" stands for "power" in the Mayan language therefore comes as no surprise.



## PEA PROTEIN POWDER



## SWEET LUPIN POWDER



**PEA PROTEIN:** Peas not only have a high protein contents, but are also a purely plant-based source of essential and non-essential amino acids. These acids support our body's muscle development, give us radiant skin and also help our immune system to work well.



### PROTEIN FOR THE MUSCLES

Pea protein is an outstanding source of plant protein that is not only popular among vegetarians and athletes. Elderly people are also increasingly making the most of its amino acids, which help to prevent muscle atrophy.

*A purely vegan source of amino acids containing both essential and non-essential amino acids.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 5.5g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

120g · Item no.: 26017  
250g · Item no.: 26517

### THE REGIONAL ALTERNATIVE

This low-carb alternative to soya beans contains carbohydrates that are mostly indigestible and therefore also helps to reduce increases in blood sugar levels. Sweet lupin is considered to be an outstanding source of protein and an important substance for cell formation.

*A high protein content and essential amino acids; ideal for vegans and raw food eaters.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 5.5g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

120g · Item no.: 26023  
260g · Item no.: 26523



# MEDICINAL FUNGI

## A FORCE OF LIFE FROM THE GROUND

Medicinal fungi offer us a wide range of benefits by providing us with important nutrients such as vitamins, minerals, trace elements and amino acids. The special substances found in medicinal fungi support both our immune system and our digestive system in their day-to-day work. These microorganisms also contain antioxidants that protect our cells against free radicals.

Discover the multitude of nutrients found in our PlantaVis medicinal fungi powders for yourself and find out more about the individual ways in which they help our body to work!

## REISHI POWDER



### A FOREST RESIDENT RICH IN NUTRIENTS

The reishi mushroom, which is also known as the lingzhi mushroom, is most commonly found in deciduous forests. It not only provides vitamins and minerals, but is also rich in nutrients and able to protect our cells.

*Rich in triterpenes and secondary plant compounds, calming and with a relaxing effect on muscles.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 3.7g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

100g · Item no.: 26026  
200g · Item no.: 26526

## MAITAKE POWDER



### WHEN LEVELS START TO RISE

Diabetes, excess weight or excessively high blood pressure are all problems that can already affect us at a young age. Maitake, also known as hen of the woods, supports our body's metabolic processes and provides it with a special glycoprotein.

*A high concentration of polysaccharides and a high ergosterol content (a provitamin form of vitamin D).*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 2.5g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

80g · Item no.: 26029

## CORDYCEPS POWDER



### A WIDE RANGE OF BENEFITS FOR YOU

Cordyceps has already been a popular type of fungi used to promote vitality in Traditional Chinese Medicine for thousands of years. It contains an antibacterial substance called cordycepin, which can have similar effects to an antibiotic in our organism.

*With cordycepin and ergosterol (a provitamin form of vitamin D); vitalising and invigorating.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (=6.4g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

170g · Item no.: 26025  
350g · Item no.: 26525



**REISHI:** The reishi mushroom is also known as the "immortality plant". In Traditional Chinese Medicine, it is a popular substance used to strengthen the body's defences and provide vitality. Reishi's most beneficial compound is its triterpenoids, which protect it against hostile microorganisms and are well known for their anti-inflammatory and antibacterial capabilities.



## CHAGA POWDER



### KEEPING OUR LIFE IN FLOW

The chaga mushroom is considered to be an insiders' tip when it comes to medicinal fungi. It contains a very important combination of mineral nutrients, with magnesium, potassium and copper all helping to ensure a smooth flow of blood through our body.

*An important combination of mineral nutrients, rich in organic acids and contains pterin.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 2.7g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

70g · Item no.: 26028

145g · Item no.: 26528

## SHIITAKE POWDER



### FROM ASIA TO EUROPE

Alongside mineral nutrients, the shiitake mushroom also provides vitamin B12, which is important for functions such as a normal energy metabolism. It helps our body to divide cells and helps us to tire less quickly.

*With AHCC Complex ® the polysaccharide lentinan and eritadenine.*

#### RECOMMENDED INTAKE:

Stir 1 measuring spoon (= 3.5g) into liquid or sprinkle over food 1–3 times a day.

#### SIZE:

90g · Item no.: 26027

190g · Item no.: 26527



**SHIITAKE:** Shiitake is considered to be the king of medicinal fungi. It grows on deciduous trees, favouring those with hard wood, and supports our body with vital organic nutrients such as B vitamins and vitamin D. Shiitake is a well-known stimulant for the immune system and has a positive influence on the regulation of our cholesterol level.



## PRODUCT OVERVIEW

### SMALL TINS

### LARGE TINS

#### FRUITS AND PULSES

GRAPESEED OPC POWDER	150g · Item no.: 26010	—
BAOBAB POWDER	120g · Item no.: 26034	—
ROSE HIP POWDER	150g · Item no.: 26011	300g · Item no.: 26511
WHITE KIDNEY BEAN POWDER	210g · Item no.: 26031	—
AVOCADO PIT POWDER	160g · Item no.: 26032	—

#### GRASSES AND VEGETABLES

ASPARAGUS POWDER	75g · Item no.: 26020	150g · Item no.: 26520
KALE POWDER	170g · Item no.: 26021	—
MORINGA LEAF POWDER	100g · Item no.: 26015	220g · Item no.: 26515
BARLEY GRASS POWDER	100g · Item no.: 26016	180g · Item no.: 26516
BETROOT POWDER	200g · Item no.: 26018	—
SPINACH POWDER	130g · Item no.: 26035	—
CHLORELLA POWDER	150g · Item no.: 26013	310g · Item no.: 26513
OLIVE LEAF POWDER	100g · Item no.: 26014	210g · Item no.: 26514

#### PROTEINS AND SEEDS

MALT PROTEIN POWDER	150g · Item no.: 26024	320g · Item no.: 26524
WHOLE CHIA SEEDS	200g · Item no.: 26022	—
PEA PROTEIN POWDER	120g · Item no.: 26017	250g · Item no.: 26517
SWEET LUPIN POWDER	120g · Item no.: 26023	260g · Item no.: 26523

#### MEDICINAL FUNGI

REISHI POWDER	100g · Item no.: 26026	200g · Item no.: 26526
MAITAKE POWDER	80g · Item no.: 26029	—
CORDYCEPS POWDER	170g · Item no.: 26025	350g · Item no.: 26525
CHAGA POWDER	70g · Item no.: 26028	145g · Item no.: 26528
SHIITAKE POWDER	90g · Item no.: 26027	190g · Item no.: 26527





## EXPERIENCE THE NATURAL POWER OF PLANTS

### TRY OUR PLANTAVIS HEALTHFOOD RANGE WITH EXCLUSIVE CELL PROTECTION COMPLEX TOO!

Nowadays, we always seem to be living life in the fast lane and one thing is particularly essential: protecting your own health! Here at PlantaVis, we want to support your health using dietary supplements, dietary supplements for special medical purposes and medical devices.

Many of these HealthFood products are supplemented with our micronized cell protection complex, which helps to slow down the cellular ageing process with its qualities which boost the immune system.

See for yourself at:

[WWW.PLANTAVIS.CH/HEALTHFOOD](http://WWW.PLANTAVIS.CH/HEALTHFOOD)

-  **ACTIVITY**
-  **VITALITY**
-  **DETOXIFICATION**
-  **HEALTH TESTS**
-  **PERFORMANCE**
-  **BEAUTY**
-  **SLIMMING**
-  **IMMUNE SYSTEM**
-  **METABOLISM**
-  **FERTILITY**
-  **LOVE**

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