



## Immun Booster Package

10'597 kcal

- Dimensions:** 55 x 41 x 23 L/W/H in cm
- Weight:** 7.2 kg
- Storage:** Preferably cool and dry, without direct sunlight.  
Ideally at a constant temperature of approx. 15-20° Celsius.
- Once opened:** Close again with the enclosed plastic lid. Do not eat directly from the container (contamination), then the opened product can be consumed for several weeks.  
Avoid huge temperature range to prevent condensation.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery).

### nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
sage	1566 / 374	12.98g	7.2g	43.65g	43.22g	10.84g	0.03g	18.45g
aronia berries	1077 / 256	0g	0g	45g	40g	6.6g	<0.01g	25g
garlic	1518 / 358	0.3g	0.06g	71g	21.25g	15.13g	0.12g	4.53g
ginger	1474 / 349	6.53g	1.89g	58.77g	58.12g	7.84g	0.21g	7.18g

## Ingredients and directions

### “Immun Booster Package”

#### **2 tins of Sage, 80g each, total 160g (598 kcal)**

Ingredients: sage (irregular leaves) freeze dried

Dry/fresh ratio: 1:7 - which corresponds to 1.12kg fresh sage

Sprinkle directly into a dish and allow to soak

#### **3 tins of Aronia Berries, 400g each, total 1200g (3072 kcal)**

Ingredients: aronia berries freeze dried

Dry/fresh ratio: 1:6 - which corresponds to 7.2kg fresh aronia berries

Soak in cold water, eat cold or warm or sprinkle directly into a dish and allow to soak or or eat directly as “chips”

#### **3 tins of Garlic, 450g each, total 1350g (4833kcal)**

Ingredients: garlic 3x3x3mm cubes, freeze dried

Dry/fresh ratio: 1:3 - which corresponds to 4.05kg fresh garlic

Sprinkle directly into a dish and allow to soak

#### **4 tins of Ginger, 150g each, total 600g (2094 kcal)**

Ingredients: ginger, irregular pieces 5-15mm freeze dried

Dry/fresh ratio: 1:8 - which corresponds to 4.8kg fresh ginger

Sprinkle directly into a dish and allow to soak

