



With helpful tips
on storage and
preparation

Nutrition Guide

The healthiest foods for a balanced diet



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Food is essential *for life*

They provide us with nutrients, energy, and the power to enjoy every day. While our ancestors only had access to a limited selection of foods, today we are faced with a veritable abundance. Our cupboards are full of food, and if you spontaneously feel like something different, you can find something to suit your taste in supermarkets and restaurants at almost any time of day. Almost every week, new varieties hit the shelves or a new “superfood” becomes the focus of nutritional science. The abundance of food and information about “good” and “bad” foods often leads to uncertainty and overwhelm. What can you still buy? Which foods are really good for me?

It's time to clarify things: in this food guide, you will find helpful overviews and information about our foods. You will learn which foods are particularly rich in nutrients, which products you can confidently choose, and you will receive clear recommendations on how much to consume. We also provide helpful tips on storage and preparation.

But before we turn our attention to the individual food groups, here are three simple guidelines that will show you what is important for a healthy diet:

1

Eat as plant-based as possible.

2

Eat as unprocessed as possible.

3

Eat slowly and stop as soon as you feel slightly full.

Whoever follows these three guiding principles does something good for their body and, in addition to enjoyment, creates space for natural cravings (the 80-20 rule). Choose one of these principles and try to implement it over the next few weeks. As it becomes easier, you can begin to incorporate the next principle into your daily life. You will see that these changes will make a big difference and support you on your path to a healthy life.

We hope you enjoy our Nutrition Guide!

Your LaVita Team



Quick Overview: Foods and their nutrient Profile

Below you will find a rough overview of which foods provide which nutrients. In addition to the nutrient profile, the origin, consumption quantity, and bioavailability are the main factors that determine the quality of a food.

Fruits

Carbohydrates	•
Fats	—
Protein	—
Vitamins	• • •
Minerals	• •
Fluids	• •
Fiber / Phytochemicals	• • •

Vegetables

Carbohydrates	—
Fats	—
Protein	—
Vitamins	• • •
Minerals	• •
Fluids	• •
Fiber / Phytochemicals	• • •

Legumes

Carbohydrates	• •
Fats	—
Protein	• •
Vitamins	• •
Minerals	• •
Fluids	•
Fiber / Phytochemicals	• • •

Bread, whole grain cereal flakes, pasta, rice, potatoes

Carbohydrates	• • •
Fats	—
Protein	•
Vitamins	• •
Minerals	• •
Fluids	•
Fiber / Phytochemicals	• •

Milk, yoghurt (plain), quark, cheese

Carbohydrates	—
Fats	• •
Protein	• •
Vitamins	• •
Minerals	• •
Fluids	•
Fiber / Phytochemicals	—

Meat, fish, eggs

Carbohydrates	—
Fats	• •
Protein	• • •
Vitamins	• •
Minerals	• •
Fluids	•
Fiber / Phytochemicals	—

Oils, fats

Carbohydrates	—
Fats	• • •
Protein	—
Vitamins	• •
Minerals	—
Fluids	—
Fiber / Phytochemicals	—

Water

Carbohydrates	—
Fats	—
Protein	—
Vitamins	—
Minerals	•
Fluids	• • •
Fiber / Phytochemicals	—

Nuts

Carbohydrates	—
Fats	• • •
Protein	•
Vitamins	• •
Minerals	• •
Fluids	—
Fiber / Phytochemicals	• •

Legend

• • • very good source

• • good source

• moderate source

— not a significant amount

You should eat this every day.

Vegetables and salad

Rich in vitamins, minerals, secondary plant substances, and plenty of fiber, low-starch vegetables are ideal for satisfying hunger and providing nutrients. They contain high levels of beta-carotene (a precursor to vitamin A), vitamin C, vitamin K, B9, and vitamin B6. Each type of vegetable has a different spectrum of valuable nutrients. The more colorful and varied your diet is with these foods, the better your body will be supplied with health-promoting nutrients.

Storage and preparation methods have a major impact on micronutrient content. Eating vegetables raw or cooking them only briefly prevents vitamin loss through heating. However, certain nutrients, such as beta-carotene from carrots or lycopene from tomatoes, can be better absorbed from cooked vegetables. Incidentally, frozen vegetables are a good choice: they often contain more nutrients than fresh vegetables that have been stored for a few days.

Our shopping tip: Prefer vegetables from your region that are currently in season. Regional and seasonal products are often more affordable, have a better environmental footprint, and stay fresh longer.

Our recommendation:

Eat at least 3 servings (400 g) of vegetables per day – both cooked (200–300 g) and raw (100–200 g).

One serving equals a handful and approximately:

- 1/2 zucchini
- 1 small kohlrabi
- 1 bell pepper



Do's

- Wash vegetables thoroughly under cold water before preparation and consumption.
- Choose canned vegetables (e.g., peas, corn) without added sugar and do not cook them, just heat them up.
- Add frozen vegetables (e.g., broccoli, spinach leaves) directly to the pot or pan with the other ingredients without thawing.
- Add a little oil to the vegetables shortly before eating so that fat-soluble vitamins can be better absorbed (e.g., carrots, peppers).
- Fresh vegetables are best eaten on the same day or the following days.



Don'ts

- Chop vegetables and soak them in water, as this causes vitamins and minerals to be lost.
- Allow frozen vegetables to thaw slowly at room temperature, as this reduces the loss of vitamins that are sensitive to heat, light, and air.
- Peel all vegetables, as the peel often contains many micronutrients and fiber. Opt for organic quality and eat the peel if possible.

Discover the

colorful variety of our vegetables:

Vegetables

- Artichoke
- Eggplant
- Cauliflower
- Broccoli
- Chinese cabbage
- Chili
- Fennel
- Kale
- Cucumber
- Ginger
- Garlic
- Kohlrabi
- Pumpkin
- Turmeric
- Turnip
- Swiss chard
- Horseradish
- Carrots
- Pak choi
- Bell pepper
- Parsnip
- Leek
- Radish
- Radish
- Romanesco
- Brussels sprouts
- Beetroot
- Red cabbage
- Black salsify
- Celery
- Spinach
- Pointed cabbage
- Turnip
- Sweet potato
- Tomato
- Jerusalem artichoke
- White cabbage
- Savoy cabbage
- Parsley root
- Zucchini
- Sweet corn
- Sugar snap peas
- Onion

Salad

- Chicory
- Oak leaf lettuce
- Iceberg lettuce
- Endive
- Lamb's lettuce
- Frisée lettuce
- Head lettuce
- Lollo (Rosso/Bionda)
- Radicchio
- Romaine lettuce (Romana)
- Arugula

Herbs

- Basil
- Savory
- Borage
- Watercress
- Dill
- Tarragon
- Barley grass
- Nasturtium
- Coriander
- Lovage
- Marjoram
- Lemon balm
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Chives
- Thyme

Mushrooms

- Oyster mushrooms
- Birch mushrooms
- Button mushrooms
- Curly milk caps
- Chestnut mushrooms
- Chanterelles
- Portobello mushrooms
- Stubble mushrooms
- Shiitake mushrooms
- Porcini mushrooms



Can I eat too much

fruit?

As the sweet counterpart to vegetables, fruit is one of our healthiest foods. Both the skin and the flesh provide a wealth of various micronutrients, secondary plant compounds, and fiber. The natural sugar in whole fruit is bound to fiber, which affects the body differently than industrial sugar or fructose from processed products.

However, fruit—and especially dried fruit—should still be consumed in moderation. Dried fruits taste particularly sweet due to their low water content and can satisfy sweet cravings, but sugar is still sugar and should be enjoyed in moderate amounts.

Our recommendation:

Eat at least 2 servings (250 g) of fruit daily, preferably fresh and with the skin. One serving equals, for example:

- 1 apple/orange/banana
- 2 handfuls of berries
- 5 dried apricots



Dos

- Wash fruit thoroughly under cold water before consumption.
- Buy fruit as seasonal and regional as possible.
- Use frozen fruit (e.g., mango, raspberries) frozen if possible, for smoothies or baked goods, or heat directly without thawing.
- Choose organic quality to avoid pesticide residues.



Don'ts

- Peel fruit such as apples, as the antioxidant pigments and fiber are found in the peel.
- Store fruit for a long time before eating, as this can lead to significant micronutrient loss.

Discover the *the variety of fruit:*

Fruits

- Pineapple
- Apple
- Apricot
- Avocado
- Banana
- All types of berries
- Pear
- Fig
- Pomegranate
- Persimmon
- Cherry
- Kiwi
- Lime
- Lychee
- Mandarin
- Mango
- Passion fruit
- Melon
- Mirabelle plum
- Nectarine
- Orange
- Papaya
- Peach
- Plum
- Physalis
- Pomelo
- Quince
- Rhubarb
- Sea buckthorn
- Grapes
- Lemon
- Damson

Dried fruits

- Apricots
- Bananas
- Dates
- Figs
- Mango
- Peaches
- Raisins



Low-fructose *fruits*

Those who do not tolerate fructose well can opt for low-fructose fruits. These mainly include blackberries, clementines, strawberries, raspberries, honeydew melon, mandarins, lemons, grapefruit, and papaya.

These are our energy boosters.

Grains and potatoes

Grains and potatoes are top sources of carbohydrates and therefore an excellent source of energy, making them one of the most popular food groups. Bread, baked goods, pasta, or potatoes often appear on plates multiple times a day. Choosing whole-grain options promotes better digestion, longer satiety, and overall well-being. Whole grains provide the body with plenty of fiber as well as vitamins and minerals, especially B vitamins, iron, zinc, and magnesium.

As much as we enjoy eating grain products, they can quickly prevent us from eating more vegetables. Instead of being a side dish, grains often become the main component of a meal. There is no reason to avoid them entirely. However, opting for whole-grain varieties and

occasionally reducing portion sizes in favor of more vegetables offers many benefits for overall well-being.

Our recommendation:

The recommended daily amount is about three slices of bread (150–200 g) and one serving of cooked grain products such as pasta, rice, or potatoes (150 g).

Discover the *different* types of grains:

Types of grains

- Einkorn
- Emmer
- Barley
- Green spelt
- Oats
- Millet
- Kamut
- Corn
- Rice
- Rye
- Wheat

Pseudocereals

- Amaranth
- Buckwheat
- Quinoa



Gluten-free *grains*

- Amaranth
- Buckwheat
- Oats
- Millet
- Corn
- Quinoa
- Rice

Food	Good Choice	Our tip
Bread and rolls	Whole-grain option if well tolerated	Do not be misled by the appearance and color when buying whole-grain bread. Many baked goods disguise themselves as healthy through a dark color or the inclusion of seeds. What really matters, however, is whether they are truly made with whole-grain flour. Bread and rolls labeled “whole grain” must legally consist of at least 90 percent whole-grain flour or meal. The grains do not have to remain completely intact; they can be finely ground.
Cereal flakes	All varieties	Oatmeal is extremely nutritious and a true all-rounder in the kitchen—but it's worth trying other grains such as buckwheat, millet, and others from time to time.
Flour	Whole grain or flour types from 1050	The higher the flour type, the more outer layers and minerals are still contained. White wheat flour is type 405, while type 1050 is the last stage before whole grain.
Potatoes	All varieties	Prefer regional, fresh potatoes and ensure proper storage to avoid green spots or sprouted potatoes. These contain high levels of the toxin solanine, which is harmful to us.
Noodles	Whole grain variant	Whole grain pasta is just as easy to digest as the white flour variety, but provides more fiber and micronutrients.
Rice	Brown rice or parboiled rice	These two varieties contain more nutrients than polished rice, as brown rice contains the outer layers and the nutrients are pressed into the rice grain during the parboiling process before husking.



In case of intolerance

If you cannot tolerate whole grain flour, you can use type 1050 or try whole grain pseudo-cereals.



Why even small amounts are so healthy.

Legumes

Legumes are plant seeds that mature inside a pod, and they are among the top plant-based protein sources. Their protein content usually ranges from 20–40 % of dry matter. But they are not only extremely high in protein; they also provide a wealth of valuable vitamins, minerals, and secondary plant compounds. Legumes are especially known for their high fiber content, which offers numerous benefits for gut health. The indigestible fibers support beneficial gut bacteria, help eliminate pathogens and toxins, and protect the gut barrier. Not to forget: fiber promotes long-lasting satiety, making legumes an ideal, healthy way to feel full.

The variety of legumes allows for diverse preparations and makes them a good alternative to meat products.

Our recommendation:

Due to their high fiber content, you should increase your intake gradually to avoid overloading your digestive system. It is recommended to eat a handful of legumes and legume-based foods, such as tofu and tempeh, daily. One serving equals 3–4 tablespoons of legumes per day.



Do's

- Legumes should generally be cooked before consumption.
- They are easiest to digest when soaked in water (three times their volume) before cooking, which also reduces the cooking time.
- For quick preparation without soaking, canned or jarred chickpeas are suitable. They should contain no spices or added ingredients (sugar, salt) and should be well rinsed with water.
- Use legumes in a variety of ways in the kitchen: in soups, stews, patties, dips, and spreads, in salads, sauces, as a filling for vegetables, in baked goods, or roasted as a snack.



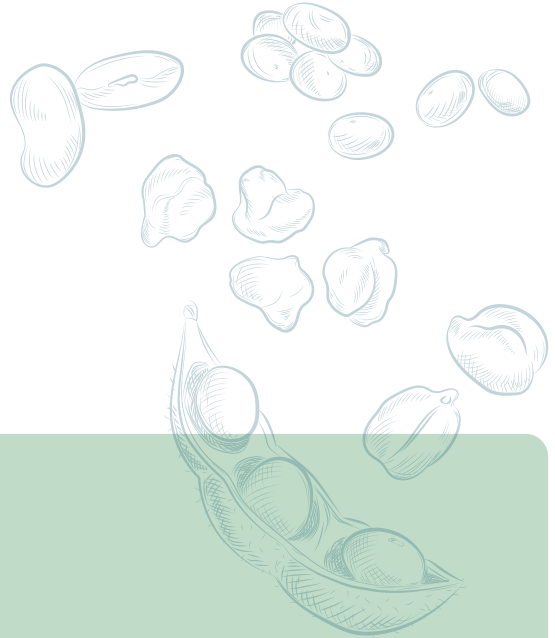
Don'ts

- Raw legumes contain substances that are harmful to health and are only destroyed during cooking. Therefore, you should never eat legumes raw.
- Do not cook legumes in the water they have been soaked in, as the polysaccharide stachyose, which is largely transferred to the soaking water, cannot be broken down by the body's own enzymes, but only by colon bacteria, which can lead to unpleasant gas formation.
- Canned peas are often heavily salted, flavored, and contain fewer healthy ingredients. A better alternative is frozen peas or fresh peas in the summer months.

Discover the *different* legumes:

Legumes

- Field beans
- Beans
- Peas
- Peanuts
- Chickpeas
- Lentils
- Lupins
- Mung beans
- Soybeans



Pasta made from **lentils, chickpeas, and more**

For some time now, legume pasta has been available in many supermarkets. It is just as nutritious as the legumes themselves and contains more protein than traditional grain pasta. Depending on the variety, it also contains more fiber and minerals. Another advantage for people with gluten intolerance is that they are gluten-free, as they are made only from legume flour and water.

These are healthy varieties for every day.

Fats, oils, and nuts

The myth that fats are bad still persists. But in addition to the amount, quality is especially important – and there are fatty acids that the body cannot produce itself: linoleic acid and alpha-linolenic acid. These are therefore essential and must be obtained through food.

Fats, oils, and nuts contain saturated, unsaturated, and the essential polyunsaturated fatty acids as well as vitamin E. They are also extremely important for the absorption of the fat-soluble vitamins (vitamins A, D, E, K).

What matters in nutrition is a healthy amount of high-quality fat and the right balance of fatty acids. One example is omega fatty acids. A high proportion of these polyunsaturated fatty acids in the diet is considered beneficial, as they can potentially reduce inflammation. But what matters most is the ratio of the omega fatty acid groups to one another.

- **Omega-3 fatty acids** (e.g., from fatty fish) reduce inflammation and promote health.
- **Omega-6 fatty acids** (e.g., from baked goods) have vital functions but, if consumed in excess, can also promote inflammation.

Many people consume too few omega-3 fatty acids and at the same time too many omega-6 fatty acids. To restore balance, the focus should be on the intake of omega-3 fats. They are found in fatty fish (salmon, mackerel, herring) and plant-based oils (linseed oil, algae oil).

Our recommendation:

Eat daily:

- 1–2 tbsp oil (e.g. olive, linseed, walnut, or nut oil) and
- 3 tbsp nuts, seeds, or nut butter

Prefer plant-based oils and fats.



Food	Good Choice	Our tip
Oils for cold dishes	Flaxseed oil, hemp oil, walnut oil, olive oil, wheat germ oil, pumpkin seed oil	Make sure to choose cold-pressed and organic quality. Store the oils tightly sealed and in a cool place.
Oils and fats for steaming	Extra virgin olive oil and (organic) butter	Extra virgin und virgin olive oil are both high-quality oils and differ only in their acidity, which is hardly noticeable in taste.
Oils and fats for frying and heating	Coconut oil, rapeseed oil, clarified butter, ghee	When buying rapeseed oil, pay particular attention to the quality.
Nuts and seeds	All varieties	Nuts also taste delicious as nut butter in yogurt and muesli.



Cleverly *refined* – how to spot good oils.

You can recognize high-quality vegetable oils by labels such as “virgin,” “extra virgin,” or “cold-pressed.” The gentle extraction process preserves the unsaturated fatty acids, fat-soluble vitamins, and other beneficial compounds. They are especially suitable for salad dressings or as an addition to herb quark.



What quality you should go for.

Milk and dairy products

Milk and dairy products are particularly rich in protein and provide vitamin B2 and calcium, among other things. There is still much debate about whether milk is really that healthy or not. What is clear is that milk and dairy products provide the body with important nutrients and make it easy to meet your daily protein requirements. However, those who wish to avoid dairy products can also obtain these nutrients from other foods. Milk alternatives such as oat and soy drinks are now enriched with important nutrients.

(Natural) yogurt and kefir, with their lactic acid bacteria, are considered particularly beneficial for intestinal health. Quark is suitable for weight loss due to its high protein content.

Our recommendation:

For those who consume dairy products, the recommended amount is:

- 200–300 g milk and dairy products
- 2 slices (50–60 g) cheese

Food	Good choice	Our tip
Yogurt	Natural yogurt	Fruit yogurts often contain a lot of sugar, artificial flavors, and other additives. Make your own fruit yogurt by mixing natural yogurt with fresh or frozen fruit.
Quark	Low-fat quark (20 %) and full-fat quark (40 %)	Here too, you should always pay attention to the sugar content in ready-made fruit quark, which should not exceed 10 g per 100 g. Ideally, make your own fruit quark by mixing natural quark with fresh fruit.
Milk	Fresh milk, UHT milk, hay milk, goat's milk	Choose organic products: not only for animal welfare, but also for quality (lower hormone and pesticide levels), shelf life, and nutrient content. Organic milk can contain up to 50 percent more beneficial omega-3 fatty acids than conventional milk.

Food

Good Choice

Our tip

Cheese

All varieties

Feta, sheep's cheese, and shepherd's cheese – the subtle differences:

- **Feta** is made from sheep's milk and a maximum of 30 percent goat's milk. The milk must come from mainland Greece or the island of Lesbos.
- **Sheep's** cheese is made from 100 percent sheep's milk.
- **Shepherd's cheese** is made from cow's milk and has a milder taste than the varieties made from sheep's and goat's milk.

Other dairy products

Skyr, kefir, buttermilk, milk drinks with low sugar content

Pay attention to the sugar content of milk preparations: this should be less than 10 g per 100 g.

Milk alternatives

All varieties without added sugar: soy, oat, almond, hazelnut, pea, rice drinks

Milk alternatives, such as soy drinks, often provide plenty of protein and unsaturated fatty acids while being low in calories.



Lactose-free *enjoyment*



- **Lactose-free or only traces (well tolerated):** mature hard and semi-hard cheese, soft cheese, mozzarella, feta, soy products, oat/rice drinks, special lactose-free dairy products
- **Low lactose content (usually well tolerated):** quark, yogurt, and cooked cheese
- **Contains lactose (test for tolerance/amount):** almost all fresh milk products, including milk, buttermilk, fruit yogurt, cream cheese, cream, crème fraîche, condensed milk

What to keep in mind with animal products.

Meat, sausage, fish, and eggs

Animal products such as meat and eggs are among the best sources of protein and iron, making them a valuable part of the diet. They also provide vitamin B12, which is absent or barely present in plant-based foods. Fish is an important source of iodine, and fatty sea fish like salmon, mackerel, and herring provide valuable omega-3 fatty acids.

The key to healthy consumption of animal products lies in quality, origin, and quantity. The most sustainable and high-quality products come from regional organic farms. Organic products may be a bit more expensive, but for those who want to do something good for their health, it is better to prioritize quality over quantity. Eat slightly less often, but choose animal products from sustainable and animal-friendly farming.

Our recommendation:

If you eat meat, fish, and eggs, the recommended amounts are:

- **Fish:** 1–2 times per week (180 g)
- **Eggs:** several times per week
- **Meat and sausage:** 1–2 times per week (300 g)

Food	Good Choice	Our tip
Fish	Choose fresh, non-breaded or non-fried fish whenever possible: salmon, mackerel, herring, and trout.	Choose fresh fish from more sustainable sources (Bioland, Naturland, as well as MSC and ASC certified).
Eggs	Organic quality	The codes on eggs provide information about their farming method and origin. A printed number starting with 0 indicates organic. You can also check with your local farmer to see if you can buy fresh eggs from happy hens.
Meat	Lean poultry meat	Here too, pay attention to organic quality and enjoy red meat (beef, pork) as an occasional delicacy.
Sausage	Varieties with a clear meat structure, such as Kasseler, cooked ham, or turkey breast	Most types of sausage contain only a small amount of muscle meat and a lot of fat, salt, and other additives.

Drink regularly throughout the day.

Beverages

The human body is made up of about two-thirds water. To compensate for the daily loss of water through breathing, urine, and sweat, the body requires a regular supply of fluids. Adequate fluid intake is essential for our well-being, concentration, and performance levels. Water keeps the circulation going, supplies cells with important nutrients, and transports waste products out of the body. However, not all beverages are suitable for maintaining proper hydration.

Recommended fluid intake:

A good guideline for adults is 30 milliliters per kilogram of body weight. Overweight individuals should use their normal weight as a reference.

Important:

Drink regularly throughout the day. Your body absorbs small, frequent amounts better than large amounts consumed infrequently.

Food	Good choice	Our tip
Water	Mineral water, tap water	When buying mineral water, always check the label, as the mineral content can vary greatly.
Tea	White tea, green tea, black tea, herbal tea, rooibos, fruit tea, chai tea	It is best to choose unflavored varieties. Instant tea and granules usually contain a lot of sugar.
Coffee	All varieties	After 3 p.m., switch to decaffeinated coffee so it doesn't mess with your sleep at night. A lot of (milk) coffee drinks from the refrigerated section usually have a lot of added sugar.
Juices	Fruit juice with 100% fruit content, direct juices, freshly squeezed juices	Nectar and fruit juice drinks contain a lot of sugar. It is better to buy juices or direct juices and drink them diluted as spritzers. The more diluted, the better.

Food

Good choice

Our tip

Soft drinks

none

Soft drinks provide no benefit to the body. If you don't want to give them up entirely, they should be enjoyed only once a week.

Alcoholic beverages

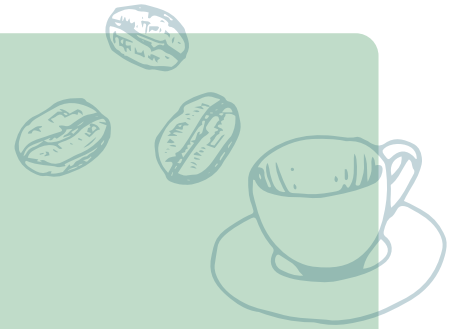
Dry wine, (non-alcoholic) beer

Alcohol is a neurotoxin and should therefore be consumed as rarely as possible. Non-alcoholic beer can be consumed after exercise as an isotonic drink.



Is coffee a *fluid thief*?

This caffeinated pick-me-up does not dehydrate the body and therefore contributes to the body's fluid balance. However, it is not recommended as a thirst quencher, but rather for occasional enjoyment. Experts recommend a maximum of three cups per day.



Store correctly, *preserve freshness*

Storing food correctly means getting more out of it: more freshness, more micronutrients, more flavor. There are also different temperature zones in the refrigerator. Storing food correctly means enjoying it for longer.

Refrigerator

Refrigerator door
(approx. 46–46°F):

Top compartment (approx. 8 °C):

Cheese, packaged food leftovers, sauces, opened jars (mustard, jam, pickles, etc.) and canned goods (peas, corn, etc.)

At the very top

Eggs, butter, margarine

Middle compartments (approx. 5 °C):

Cheese, milk, yogurt, quark, whey, kefir, etc.

Middle compartments:

Opened jars, sauces, tomato paste, ketchup

First glass plate (approx. 2–4 °F):

Sensitive foods, such as raw meat, raw fish, sausage products

Bottom compartment

Opened beverages, freshly squeezed juices

Vegetable compartment (approx. 8–10 °F):

Salad, fruit, vegetables



The following items should *not* be stored in the refrigerator:

- Exotic fruits (mango, papaya, pineapple, bananas)
- Water-rich vegetables (tomatoes, cucumbers, zucchini, peppers)
- Onions, garlic, and potatoes



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