



## carrot juice +

### Ingredients

Carrot juice top quality, lacto-fermented.

Single strength juice (not made of concentrates) with natural lacto-fermentation.

The carrots are washed immediately after harvesting, ground, pureed and squeezed.

### Characteristics

Carrot juice lacto-fermented has a fresh bright orange colour. The taste is nicely fresh.

### Change of name

The name carrot juice lacto-fermented will change into carrot juice + Carrot juice + because of the high level of rightturning lactic acid (L+). The name "lacto-fermented" suggests the presence of dairy products, whereas lacto-fermented vegetables no milk or dairy products contain. They are completed free of lactose.

The change will take place during this year.

### Qualities

Organic carrot juice has a highly **cleansing effect**. It is easily digestible, refreshing and delicious. It contains valuable vitamins and lots of minerals. It has a wholesome effect in juice cures thanks to its acid-neutralising action and has a low glycemic index. The result is a good metabolism and a good digestion, the bases of good health.

Carrot juice owes its nice orange colour to the high content of beta-carotene, a provitamin which is converted, in the body, according to its needs, into vitamin A and which has an anti-oxidizing effect. It contributes significantly to cell growth and, as such, is highly suitable for babies and small children.

Beta-carotene also plays a key role in the protection against cancer and has a wholesome effect on the skin and its pigmentation.

Vitamin A has a positive effect on eyesight, improving one's sight in half-dark and dark conditions.

The carrots for the Pajottenlander carrot juice are all grown organically or biodynamically.

Carrots require deeply raked and well-drained, humus-rich soil. They are grown by "old force", a piece of land which was extensively manured during the previous year and, therefore, leaves sufficient nutrients for carrots. This amount is important in order to as much as possible avoid attracting the damaging carrot-fly.





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

carrot juice lacto-fermented 0,75 L € 2,55

Nutritional values per 100 ml	
Energy	174 kJ/41 kcal
Fat	<0,5 g
- of which saturates	0 g
Carbohydrate	9,2 g
- of which sugars (naturally occurring)	6,6 g
Protein	<0,5 g
Salt (naturally occurring)	0,07 g
Vitamin A	956 µg (120%DRI*)
Vitamin C	8,5 mg (11%DRI*)
Potassium	292 mg (15%DRI*)

\*DRI = Daily Reference Intake