

Topinambur feinbitter

Herbal liquor 20 % alc.

“naturally-cloudy”



The tuber-building sunchoke (Topinambur), a member of the sunflower family, is an ancient, from the North-American Indians cultivated plant. It arrived in Europe before the potato and since then, due to its calorie-reducing and digestion supporting qualities, has been very much appreciated by experts. The reason for this is the inulin, a prebiotic, appetite-reducing digestion support. Diabetics value Topinambur because it does not cause any insulin necessity.

The singularity of the “*Topinambur fine-bitter*” is that its sweetness derives purely from its tuber juice and does not contain any added sugar.

A recipe with 9 choice herbs and spices, the remedial effect of which was already mentioned by Hildegard von Bingen (1098 – 1179), produces the aromatic, fine-bitter taste:

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| 1. Fenugreek | heart-strengthening |
| 2. Sweet calamus | helps stomach and gall-bladder problems |
| 3. Dandelion | supports the function of the gall-bladder |
| 4. Holy thistle | heart strengthening supports the flow of juices from the gall-bladder |
| 5. Vermouth | stimulates the appetite and digestion |
| 6. Aniseed | stomach and intestine relaxing |
| 7. Fennel | helps with digestion problems |
| 8. Peppermint | supports the flow from the gall-bladder and with digestion |
| 9. Sage | works anti-oxidative and is repressive by inflammation |

The physiological effect of the purposely made naturally-cloudy liquor is also determined through the content of natural anti-oxidants and plant-phenols. In order to preserve this it is only filtered very coarsely. A characteristic of this quality-maintaining handling is the sediment as in a red-wine

Characteristics of “*Topinambur fine-bitter*”:



- 100% sweetness from the sunchoke juice
- no added-sugar
- low glycaemic-value and calorie content
- suited for diabetics, 100ml = 0,43 BE
- natural anti-oxidants and poly-phenols
- pre-biotic effect
- helpful for stomach and intestines
- naturally cloudy

More information about the contained ingredients and their use can be found in the brochure:

Information zu einer geistreichen Bio-Spezialität: Kräuter Liqueur Topinambur feinbitter

Prof. Dr.-Ing Günter Bärwald, www.baerwald-prof.de

Price: € 2,90 plus dispatch costs

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