



vegan
• kombucha •
live drink

your favourite
• healthy drink •
on the go

kombucha

frequently asked questions

What is authentic Kombucha?

Authentic Kombucha is a green tea, fermented with the aid of a "scoby" (Symbiotic Culture Of Friendly Bacteria and Yeasts). The sugar serves as food for this "Scoby". This method has been passed down from generation to generation for more than 2,200 years.

What makes Kombucha unique?

In Purasana Kombucha Drink we use only certified tea, natural herbs and fruit pieces.

Is there any sugar in Kombucha?

Each real Kombucha is produced on the basis of tea, water and sugar. The majority of this sugar is consumed by yeast and bacteria during the fermentation before bottling, so in the drink remains an insignificant quantity.

When should I drink Kombucha?

Kombucha is a great drink suitable for any time of the day. Open the bottle, pour into a glass and leave a few seconds to "relax." If it is more carbonated, just swirl the glass a few times. Sparkling and healthy, Kombucha is ready to take care of you.

Why Kombucha is packed in a dark bottle?

Kombucha is packed in a dark bottle to protect probiotics from harmful ultraviolet rays or fluorescent light found in the household refrigerators.

Why is there a sediment at the bottom of the bottle?

During the secondary fermentation that takes place after bottling yeast "eats" the oxygen in the bottle, then they settle to the bottom to rest. The presence of such a light sediment is a sign that what you drink is what you paid for - a healthy and living drink.

Sometimes I feel a slight difference in acidity and carbonati- on. Is this normal?

Kombucha is a drink without preservatives and stabilizers. The Physico-chemical process that goes through the various stages is complex and diverse. That's why sometimes you can

get such a difference.

The reason may be in storage at the store or at home. In any case, this does not diminish the quality of the drink and the pleasure to have it as assistant to care for your health.

How much Kombucha should I drink?

Everyone can individually decide which amounts of beverage they drink. It is better if you listen to your body. We recommend, if you try for the first time this healthy drink, to allow your body to get used to its detoxifying effect. Take 100-150ml twice a day. After a few days, enjoy all more. Kombucha is a healthy beverage and its biggest fans drink 1.5l daily. This can only be beneficial to your health.

Why Kombucha is good for my body?

Kombucha is an organic source of live cultures that are of great benefit for healthy digestion.

Can pregnant or breastfeeding women take Kombucha?

Just like the other detoxifying products, Kombucha is not suitable for consumption by pregnant or breast-feeding women.

What happens if I keep a bottle of Kombucha warm?

Kombucha is a living beverage and as such we should treat it carefully. Store it in a cool, shady spot.

Best in the refrigerator. Warm bottles tend to have more carbonation. We recommend you to enjoy the drink chilled and the open bottles must be stored in the refrigerator.

Is there any caffeine in Kombucha?

Quantities are insignificant - less than 5mg. Caffeine content in 225 mg drink: Coffee - 115/175mg. Instant tea - 30mg. Green tea - 15mg. Cacao - 14mg. Decaffeinated coffee brewed - 3/ 4 mg.

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raw & organic
unpasteurized
health drink

• kombucha •

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is a tea mushroom that looks like a jelly membrane, made of beneficial probiotic cultures, bacteria and yeast.

This culture grows in **tea infusion** /solution of green tea or other kind of tea and sugar /and turns sugar into organic acids and carbon dioxide through natural fermentation. At the same time, it produces a variety of other compounds which are **detoxifying and nourishing for the human body**, such as gluconic acid, lactic acid, and folic acid. The final mixture is high in B-vitamins and a wide range of probiotics (beneficial bacteria Lactobacillus acidophilus and s.Boulardii).

Kombucha is a **fermented tea**, an ancient potion, used for thousands of years. Most often, attributed to Kombucha benefits include improved digestion, increased energy and a clear mind.

Kombucha is more than just a drink. Its **unique flavor** is a delight, and the **natural aeration** is tickling the throat to remind that something magical happens.

The origin of Kombucha goes back through the centuries. In 250 BC, the people of the Yuan dynasty in China consumed beverage of fermented tea. They called it the **"elixir of immortality"**. Several centuries later, in Russia, it was known as "tea kvass". In Austria it was called "kombuher" and in America - "Kombucha", but a lot of people know it just as "mushroom of Manchuria." No matter where you meet it, the name can be translated as **"miracle mushroom"**. Translated from Japanese, Kombucha means tea (cha) made of seaweed (kombu).

kombucha

health benefits

While you are enjoying the unique and playful taste of Kombucha, it will give your body its beneficial ingredients. Kombucha is a living beverage and as such, you should treat it carefully - store it in a dark bottle in a cool place, and in return, it offers us its numerous healing benefits.

In the first half of the 20th century extensive research on Kombucha were made in Russia and Germany and was called there "tea kvass". Thus began a series of studies that find out what is so beneficial about Kombucha and some other aspects it affects.

Kombucha is rich in many of the enzymes and acids that your body produces and /or uses to detoxify.

In the middle of the last century, Kombucha is registered in the official German Pharmacopoeia. Kombucha harmonises and balances the body's metabolism. Green tea is known for its positive influence on the fat metabolism and supports a healthy lifestyle.

natural

Kombucha Natural is produced by the classic recipe - green tea, sugar and filtered water. This widespread formula is assumed to be the classic in the production of the drink. This recipe, which passed millennia of testing, is the base of our Purasana Kombucha Drink Natural.



fresh ginger

Kombucha Fresh Ginger with ginger has as base the classic recipe. This is one of the most aromatic and distinctive combinations of Kombucha with spices.



available
per bottle
or per 6
in a box



www.purasana.be

Purasana bvba, Heulestraat 104, 8560 Gullegem



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