



MY EVERYDAY HEALTH

FEEL FIT FEEL GOOD
USE SANA HEMP JUICE
A SOURCE OF WELLBEING



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In many ways, Sana Hemp Juice is the ultimate Green Juice:

Not only does Sana Hemp Juice have a wide range of vitamins, minerals, and enzymes, it also has Cannabidiol – a compound known to have specific health benefits of its own.



GREEN JUICE BENEFITS

Initially, the juicing market was supported mostly by people doing liquid-only cleanses, marketed as a way to rid the body of toxins and bloat. Now, more consumers are drinking juice as a meal replacement, a quick infusion of juice to imbue the body with a 'health boost'.

There has recently been a marked drop-off in popularity of fruit juices due to the increased realization that fruit juices usually come with a very heavy load of sugars. This has now led to the increasing popularity of vegetable juices and the upsurge in 'Green Juices'.

Vegetable juices have many additional beneficial nutrients, although some fruit ingredients are still included to make the vegetable juices more palatable.

Initially, home production of juices was the most popular approach, however, the time and effort needed to handle the relatively large volumes of vegetables, and fruits, has become a significant negative to handling juicing as a DIY (Do It Yourself) process.

Consequently, there is an increasing industry building up for ready-made juices. Although these ready-made juices appear to be a relatively high price, once the actual costs of self-preparation are taken into account, there is virtually no price difference – yet the convenience of ready-made juices is extremely significant.



A BRIEF HISTORY OF HEMP

Hemp is one of the oldest, most versatile, and important natural resources for humans, and has been used for over 10,000 years. For centuries, worldwide, Hemp has been used for clothing, building, food and medicine...

The earliest mention of the use of Hemp as a medicine was in 2,300 BC...

The Chinese used Hemp to make paper as early as 100 BC – and, 1500 years later, the Hemp paper method reaches Europe, and makes the Gutenberg Press Printing Revolution possible: leading to the first printing of the Bible, on Hemp paper, in 1455.

The industrial and commercial use of Hemp has been essential throughout human history. Its hardwearing properties making it invaluable in sailing ships, for sails and rope. Hemp was even the material used in the original Levi's jeans, originated during the San Francisco Gold Rush of the mid-1850's.

Later, in 1941, Henry Ford created his 'Hempmobile' – so called because the car was made out of Hemp – i.e. plastics for the car body, armatures, textile interior equipment. Even today, Hemp is still depended on for making car panels.

In fact, Ford's Hempmobile was futuristic in many ways: not only did he use Hemp to build his car, he used Hemp oil to run it. This use of Hemp is now being echoed with Hemp being one of the most environmentally-friendly biofuels.

So, Hemp products include: nutritional products (oil, seed, juice, etc.), wax, resin, rope, cloth, pulp, paper, durable clothing, mulch, animal bedding, bird feed, textiles, clothing, biodegradable plastics, construction, insulation, cosmetics, health food and bio-fuel – and, most recently, in super capacitors [environmentally-friendly batteries]

HEMP VERSUS MARIJUANA

Both Hemp and Marijuana come from the same family of plants: *the Cannabaceae*. This family of plants also includes Hops.

The term 'Hemp' is used for *Cannabis* species & varieties employed for useful purposes, whereas the term 'Marijuana' is solely used for the 'recreational' use of *Cannabis* varieties containing psychoactive substances.

'Cannabinoids' is the group of substances that are active in humans, the 2 main Cannabinoids being:

- Cannabidiol (CBD) which has medicinal effects, but is not psychoactive
- Tetrahydrocannabinol (THC) which is

psychoactive, the active ingredient in Marijuana. Plant breeding methods to select for high or low levels of CBD or THC are quite straightforward. The *Cannabis* varieties used to supply the illegal Marijuana market have been bred to contain high levels of THC, and low (or nil) levels of CBD.

The *Cannabis sativa* varieties used in the production of Sana Hemp Juice, are *Epsilon 68*, *Fedora 17* and *Futura 75*. These varieties are fully approved by the EU Directorate General for Health & Consumers. These varieties were selected specifically because they have high levels of the medically effective Cannabidiol [CBD], and mere traces of THC (<0,2%)



BEST OF HEMP: PURE, FRESH, COLD-PRESSED, FROZEN & RAW ...

Sana Hemp Juice is the highest-quality, and most pure, raw juice that it is possible to produce.

PURE

Hemp is a fast-growing and extremely resilient plant.

So, no pesticides, herbicides, or fertilisers are used on our Hemp crops.

We just don't need to!

FRESH

Our Hemp crops are grown in fields immediately next to our state-of-the-art production facility.

This ensures that the harvested Hemp maintains maximum freshness.

The time from harvesting to processing being only a matter of minutes. You can't get any fresher than that!

The Centrifugal Juicing method of juice extraction, generates heat and forces air into the juice. This leads to the destruction of enzymes (denaturation) and vitamins (oxidation).

COLD-PRESSED

We use a Cold-Press method of juice extraction to ensure that the fresh Hemp Juice retains its Nutritionally Quality, yielding up to four times more nutrients than other methods.

FROZEN

Flash Freezing captures the purity of the Hemp Juice – unlike the alternative methods of Pasteurization or Pascalization – ensuring the maximum Rawness & Freshness of Sana Hemp Juice.

Pasteurization

Pasteurization 'kills' most of the live, active ingredients (enzymes and vitamins) within any juice.

Pascalization

Pascalization – also known as High Pressure Processing (HPP) – risks undermining the Rawness & Freshness of a juice, potentially destroying some enzymes and possibly having a deleterious effect on taste &/or texture.

In fact, we ensure that the fresh Hemp Juice is frozen in less than 2 minutes after being pressed.

RAW

Sana Hemp Juice's production process was designed to maintain the Freshness, Purity, and Nutritional value of this valuable Green Juice.



HEALTHY CONSTITUENTS OF SANA HEMP JUICE . . .

Sana Hemp Juice is a Cold-Pressed Pure Raw Frozen Green Juice – with the added benefits of Cannabidiol – grown.....fertilizers or any perservatives. Sana Hemp Juice will be supplied in its natural raw form, with nothing added or taken away!

Sana Hemp Juice – Typical Values		
	Per 100ml	Per portion (30ml)
Nutritional Information		
Energy	102KJ/24Kcal	30.6KJ/7.2 Kcal
Fat	0.45g	0.14g
- saturated	0.1 g	0.03 g
- mono-unsaturated	< 0.1 g	< 0.03 g
- poly-unsaturated	0.35 g	0.11 g
Carbohydrates	2.53 g	0.76g
- sugars	1.21 g	0.36 g
Dietary Fibre	1 g	0.3 g
Protein	1.3 g	0.39 g
Salt	0.11 g	0.03 g
Vitamins & Minerals		
Vitamin B3	13.5 mg (75% RDI)	4.05 mg (22.5% RDI)
Vitamin B6	0.31 mg (22.1% RDI)	0.09 mg (6.4% RDI)
Vitamin E	1.9 mg (15.8% RDI)	0.57 mg (4.8% RDI)
Iron	3.93 mg (28.1 % RDI)	1.18 mg (8.4% RDI)
Potassium	209.6 mg (10.5 % RDI)	62.88 mg (3.1% RDI)
Calcium	137.87 mg (17.2% RDI)	41.36 mg (5.2% RDI)
Zinc	1.03 mg (10.3% RDI)	0.31 mg (3.1% RDI)
Chlorophyll	0.40 mg	0.12 mg
Essential Fatty Acids		
Omega 3	97.43 mg	29.23 mg
Omega 6	227.93 mg	68.38 mg
Cannabidiol		
Cannabidiol	54 mg	16.2 mg

The key nutritional constituents of Sana Hemp Juice are:

VITAMINS & MINERALS

Sana Hemp Juice has a balanced content of Vitamins & Minerals essential for healthy living.

OMEGA FATTY ACIDS

Sana Hemp Juice has the correct balance of the essential fatty acids, Omega 3 & Omega 6.

Most experts agree that the Omega 6:Omega 3 ratio should range from 1:1 to 5:1 – with leading researchers (Strunz & Jopp 2002) specifying a ratio of 3:1. Sana Hemp Juice has a ratio of 2,3:1.

CANNABIDIOL

Cannabidiol (CBD) is a non-psychoactive compound found primarily in Cannabis species – including the Industrial Hemp plant [Cannabis sativa] – possessing a wide range of therapeutic benefits.



WHAT IS CANNABIDIOL?

Cannabidiol is a type of Cannabinoid – and Cannabinoids are present in both the Plant and Animal kingdoms...

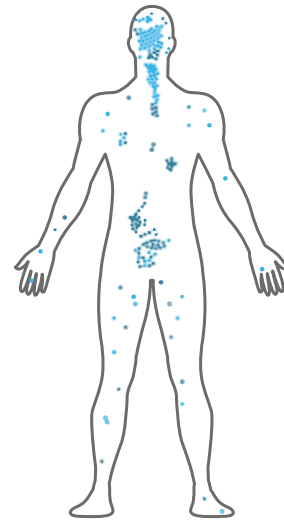
THE CANNABINOID FAMILY

In fact Cannabinoids occur naturally in both Plants and Humans:

Phytocannabinoids in Plants

Endocannabinoids in Humans

Schema of 'Cannabinoid Family'



The Phytocannabinoids and Endocannabinoids are structurally very similar and this accounts for the observations that Phytocannabinoids are active in humans.

A similar situation occurs with Endorphins: the human body has its own Endogenous Endorphins, primarily to control pain, and there are very similar compounds in plants – the Opiates – that also control pain in humans.

At every level of biological life, the key role for Cannabinoids is to promote 'homeostasis' a state of balance and harmony.

THE ENDOCANNABINOID SYSTEM

In humans, Endocannabinoids and their Receptors make up the 'Endocannabinoid System'

the purpose of which is to bring harmony to the body.

Endocannabinoid Receptors are located all over the body – organs, connective tissues, glands, immune cells – and are involved in controlling a wide range of functions, including appetite, pain-sensation, mood, inflammation, memory, etc.

So, Endocannabinoids are involved in a wide range of health-related activities and control different tasks within different tissues:

For example:

At the site of tissue injury, Endocannabinoids perform anti-inflammatory actions to minimize pain and tissue damage

- these anti-inflammatory effects of Endocannabinoids are used in many other inflammatory conditions.

The Endocannabinoid System maintains healthy cells by controlling the self-digestion and recycling of material within cells

- this same capability enables action against malignant tumour cells, whereby Endocannabinoids encourage these cells to self-destruct.

THE PHYTOCANNABINOIDS - CANNABIDIOL (CBD)

The primary Phytocannabinoid in the varieties of Hemp [*Cannabis sativa*] used to produce Sana Hemp Juice is Cannabidiol (CBD) – which has no psychoactive effects at all.

The other well known Phytocannabinoid present in some Cannabis varieties [marijuana varieties] is Tetrahydrocannabinol (THC) – which is the Cannabinoid that does have psychoactive effects.

The *Cannabis sativa* varieties used*, in the production of Sana Hemp Juice, are *Epsilon 68*, *Fedora 17* and *Futura 75*. These varieties have been selected specifically because they have high levels of the medically effective Cannabidiol [CBD], and only minimal traces of the psychoactive Tetrahydrocannabinol [THC].

*These varieties produce juice that falls way below the EU prescribed limit of 0,2% THC, and are all registered in the EU Directorate General for Health & Consumers.



Cannabis sativa
Nordic Family (1904),
vol.2, Cladding Plants [1]

- a the plant
- b she plant
- c male flowers
- d female flowers
- e hair formations
- f fruit
- g fruit pods (enlarged)

*So, with Sana Hemp Juice, there are no
hallucinogenic effects!*



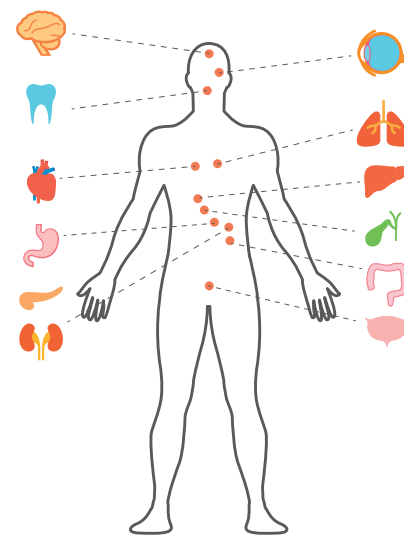
DETOXING & CLEANSING

Most people undertake Detoxing & Cleansing to feel more energized and focused (and sometimes, lighter).

Ingesting toxins – often from processed foods and the urban environment – is a constant challenge for the body. If toxins overwhelm the body's ability to eliminate them, they are stored in the safest place available: in 'the body's fat stores' – isolated as far as possible from the vital organs.

The cumulative load that toxins place on the body may cause a range of conditions including:

- Low Energy
- Constipation
- Inability to Focus
- Depressed Mood
- Trouble Losing Weight
- Problems Sleeping
- Sexual Dysfunction
- Unexplained Headaches
- Unexplained Soreness/Stiffness
- Skin Problems



WHY TOXINS GET STORED

2 Things cause the body to store toxins:

Toxin Overload

ingesting more toxins than the body can eliminate

Inadequate Nutrition

lack of appropriate nutrients needed to eliminate toxins

A Juice Detox/Cleanse gives the body a break – totally or partially – from solid, heavy foods. The digestive system is flooded with pure nutritional juice. This juice needs to be easily absorbed and nutrient rich.

Fresh Cold-Pressed Raw Green Juice is key to this process – since pressing removes the fibre content: and make it easier for the body to absorb the nutrients into the bloodstream.

SANA HEMP JUICE – AN IDEAL DETOXING & CLEANSING AGENT

Sana Hemp Juice is an ideal choice for Detoxing & Cleansing – being nutritionally dense, packed with antioxidants, and high in minerals, vitamins, and enzymes – it will help to hydrate and feed the body's cells, facilitating elimination of toxins, repair of tissues, rejuvenation of organs, leading to the restoration of the body to a healthy balanced state.

Weight loss is commonly an additional feature of Juice Cleansing – partly due to reduced calorific intake, with the high juice intake satisfying the appetite yet still providing adequate nutrition; and partly simply because the toxin-eliminating system – primarily the liver and kidneys – is cleansed and working more efficiently.

Also, a key benefit of regular Detoxing & Cleansing is that it encourages better food choices and a stronger desire to avoid the high calorie processed foods that caused weight gain (and toxin overload) in the first place.

Note: When using Sana Hemp Juice for Detoxing & Cleansing, there is the additional benefit that Cannabidiol has been shown to increase a body's metabolic rate, burning off those extra few calories.

SANA HEMP JUICE

The ideal choice for a Juice Detox & Cleanse:

Easily Absorbed
Strong Antioxidant Effects
High Nutritional Value

and

Increased Metabolism.

appetite suppression.

COLOFON

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