



KANNE COMPANY MAGAZINE

Version: 2013

Organic Kanne Bread Drink® for your perfect health*



IT ALL BEGAN WITH AN IDEA ...

The fact that bread is more than just another food item and that it contains forces that are good for our health dawned on Wilhelm Kanne Sr. more than 30 years ago.

He discovered that renowned physician and chemist Friedrich Hoffmann (1660 – 1742) used pumpernickel bread to make his compound spirit of ether (Hoffmannstropfen). Since other physicians also highly appreciated the effects of pumpernickel, the bread soon became known as “the black bread of Westphalia”. A large number of people held pumpernickel bread in high regard as it regulated digestion, was easy to digest and exceptionally nutritious at the same time. Thanks to these properties, pumpernickel was deemed the most wholesome of all available breads. This bread was also used to distil a drink that was considered a healthy drink which came to be known as “Brautwater” (Bride’s Water). It was prepared by pouring boiling water over a few pumpernickel slices. The next day, you would use this drink to quench your thirst, for instance while working on the field. Some people back then also referred to it as bread coffee.

This concept was the starting point for Wilhelm Kanne Sr.. He spent more than 20 years experimenting with the fermentation of organic bread grains. The outcome of his tireless efforts is “**Original Kanne Bread Drink**®” – which is today known and popular both here and abroad.



PREFACE



Wilhelm Kanne Sr. †



Christel Kanne



Wilhelm Karl Kanne

Dear customers

For more than 30 years, it has been our goal to develop products that serve the good of mankind. The Kanne concept will always be the pivotal point of our work because it is a holistic view of the relationships between environment, flora and fauna!

And this will not change after the death of our husband and father, Wilhelm Kanne Sr.. We, Christel Kanne and Wilhelm Karl Kanne, will keep up his life's work and the business in his sense. Research and development will also be in the foreground. Mankind stands a long-term chance only in a healthy environment. So we have to do everything in our power to improve this environment and thus preserve it for the generations to come.

An intact flora is the basis for the well-being of us all. Humans and animals live off plants. If this singular symbiosis is disturbed, our entire future is in peril.

But animals also have the same right to health and well-being; something humans benefit from first and foremost. This includes species-appropriate animal husbandry. But how can animals thrive if humans allow abnormal developments for inexplicable reasons, which have led to food scandals like BSE, hormone abuse and others in recent times.

The owners and employees of **Kanne Bread Drink®** as well as of Kanne bakery are well aware of this problem. Wherever possible, our companies use only natural ingredients. In our bakery, we do not use self-raising flours or convenience products and the like; recipes are put together the old-fashioned way. Our ingredient lists are available for every customer. Customers are grateful to us which is something that is reflected in our sales figures. Every week, we carry out several inspection tours at the bakery, the organically managed experimental nursery as well as the **Kanne Bread Drink®** production facility.

Last year, **Kanne Bread Drink®** products have proven to be a true blessing for the fishery industry by improving water quality and oxygen content but also the reduction of algae. And we were also able to achieve significant results with all kinds of fowl. We have a number of doctors, natural health professionals and veterinarians supporting us with advice. We would like to take this time to thank them for their cooperation. But we also ask you, our dear customers, to continue telling us about your experiences – as you have done in the years before. Our husband and father has always loved these reports. They have confirmed him in his efforts. So our special thanks

goes to our faithful customers because many of them have felt connected to the Kanne Bread Drink company for more than 30 years already.

Please feel free to contact us with questions or requests at any time. You are also welcome to visit us in groups to see our "juice shop", as my husband used to call it. Just give us a call.

Kind regards

**Your Christel Kanne,
your Wilhelm Karl Kanne**

Wilhelm Kanne Sr.,

Company founder and inventor of the original Organic Kanne Bread Drink®, passed away in February 2011 at the age of 77

THE IDEA

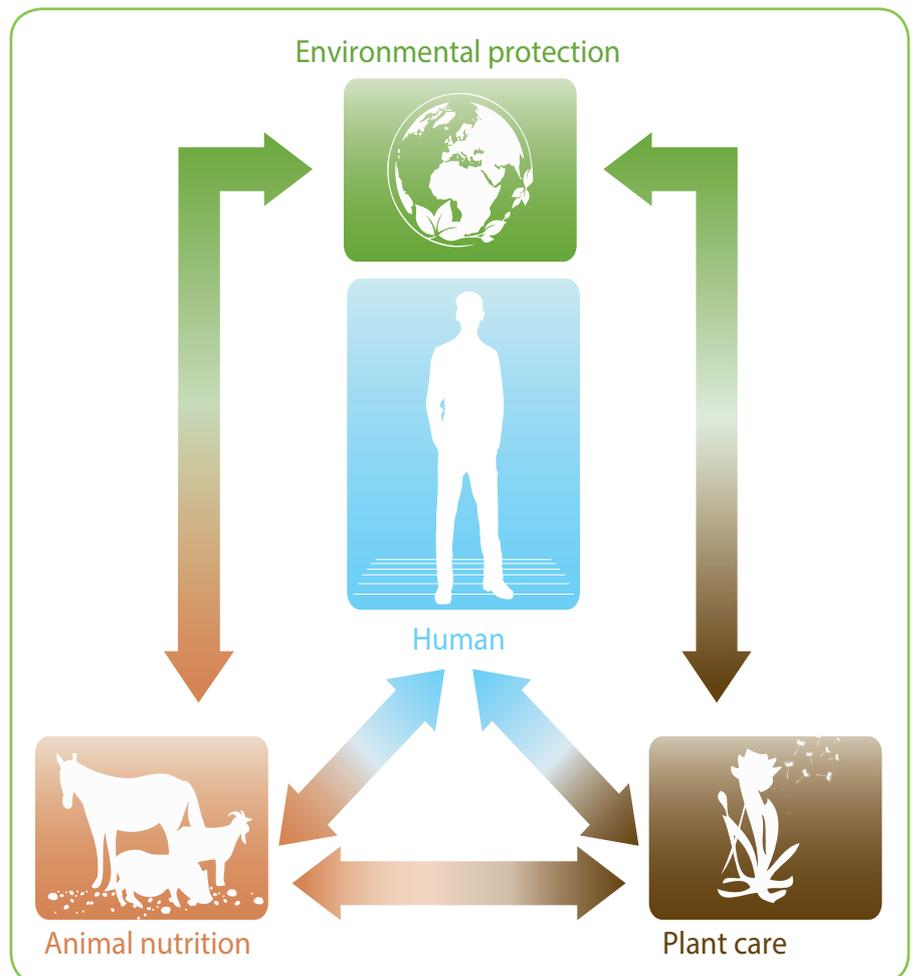


The Kanne concept

Our goal is to contribute to the well-being of humans, animals and nature in general. This is why we have geared our entire operation towards the protection of our natural resources. For our efforts we were awarded the B.A.U.M. environmental award in December of 2001.

But precisely because of all our efforts striving for the well-being of humans – that is why we have to also see to the environment, plants and animal nutrition because:

- Without pure (vegetable and animal) foods as well as clean air and water, mankind cannot survive. It is up to us now to improve the environment and preserve it for the generations to come.
- Animals have the same right to health and well-being and that includes healthy food.



The Kanne concept: Man is the pivotal point between environment, flora and fauna. We are well aware of this responsibility.

HEALTHY NUTRITION

Eating and drinking the right things – more important than ever

“Half of the German population is overweight. At least 51% of all Germans weigh too much.”*

About half the German population dies from the consequences of cardiovascular diseases and one fourth dies from cancer. Allergies baffle the medical profession time and again. One third of the population is already afflicted nowadays

– and the number is rising. In Germany, more than 16 million people suffer from high blood pressure, that is 20–30% of all adults, even up to 40% of elderly persons over 60 are affected. About 9% of the population suffer from diabetes and every day, 700 persons newly develop type 2 diabetes.** According to the Federal Ministry of Education and Research, about one third of all health care costs are incurred by diseases that can be attributed to nutritional deficiencies. Malnutrition is also one of the main reasons for our ailing health care system. But it is also a catastrophe for each and every individual.

That is why the saying is true more then ever: **... people nowadays die by knife and fork, in other words by poor nutrition.** Only if we eat well on a permanent basis, will our prosperous society also be able to feel good.

Healthy nutrition requires foods that contain vitamins, mineral supplements, enzymes, ferment, lactic acid and beneficial lactic acid bacteria that are natural and as broken down as possible.

These nutrients are richly available in **Kanne Bread Drink®** and other Kanne products.

Lactobacilli
(lactic acid bacteria)
are **100%** lactose-free



Rock salt:

At the Kanne Bread Drink® company and in the Kanne bakery, we use “esco-Kristall natural salt” for all products. “esco-Kristall natural salt” is the salt of primeval oceans. It is a pure natural product which is merely ground and sieved and which is free from additives of any kind.

*www.faz.net/aktuell/gesellschaft/gesundheit

** www.bluthochdruck.de, Deutsche Diabetes Hilfe



PRODUCTION



You can recognise Kanne Bread Drink® from afar with its distinctive bottle shape. And here is where it is bottled.

The production of Kanne Bread Drink® and Kanne Enzyme-Fermented Grain®

First, we bake a special type of bread with wheat, rye and oat (everything from controlled organic farming), water, rock salt and our own sourdough. This bread is made completely without any additives. We allow the bread dough to ferment in a special process before it is baked. That is how the essential enzymes for the production of **Kanne Bread Drink®** develop. When the bread is baked and ready, we add spring water from our own Herbach spring and the mixture is then subjected to several months of non-alcoholic fermentation processes. The result is a unique type of bacteria, the lactobacilli (lactic acid bacteria). The famous medical journalist Professor Hademar Bankhofer has called these the "elite troop of lactic

acid bacteria". In addition, important enzymes and ferments form. When the fermentation process is completed, **Kanne Bread Drink®** is filtered and bottled. The remaining filtrate is also rich in enzymes and ferments as well as the special lactobacilli (lactic acid bacteria). It is gently dried and ground into a mildly acidic powder and is available as **Kanne Enzyme-Fermented Grain®**.

Kanne Enzyme-Fermented Grain® is similar to our **Kanne Bread Drink®** and perfectly suited as a food enhancer.

By the way: Did you know that the Romans already used lacto-fermented products?

Next to the lactobacilli (lactic acid bacteria), enzymes and ferments, **Kanne Bread Drink®** and **Kanne Enzyme-Fermented Grain®** contain many vital essential amino acids as well as vitamins and minerals that are made ideally available for the body with the special fermentation process. Both **Kanne Bread Drink®** and **Kanne Enzyme-Fermented Grain®** can be part of a balanced diet. They are also the basis for all our other products that we have developed for you.



What kind of bread is in Kanne Bread Drink®?

The special sourdough bread for our Kanne Bread Drink® is baked fresh before every fermentation process. This bread is baked exclusively for the Kanne Bread Drink® and is made with the finest organic ingredients.

Production and shipment

When the **Kanne Bread Drink®** is ready after months of fermentation, it is tested by our quality control department and subsequently by an independent laboratory. It is then drawn from the 100,000 litre containers, filtered and pumped through pipes directly to the filling plant for bottling.

Now, **Kanne Bread Drink®** is ready for bottling! For that, the empty bottles are driven to the filling plant on pallets where they are fully automatically stacked in layers on the conveyor belts of the filling plant. These transport the empty bottles to a vacuum filling machine that draws the air out of the bottles and suctions in **Kanne Bread Drink®**. Right after that, the cap is screwed onto the bottle in hot steam, the bottle is checked and moved to the labeller. The label is glued on and the typical bow is pasted around the neck and the **Kanne Bread Drink®** bottles are ready to be put into cartons. These are also set up on the system, packed and closed fully automatically. A conveyor now moves the cartons with the **Kanne Bread Drink®** bottles to the loader where they are stacked on pallets and leave the plant.

From the temporary storage facility, the pallets are loaded on trucks with forklifts and then delivered to wholesalers and retailers. In addition, our shipping department daily fills packages that are sent directly to our customers by mail.

But **Kanne Bread Drink®** is known and popular not only in Germany. Loaded ship containers regularly leave for Korea or China, for instance. So **Kanne Bread Drink®** is available in many countries worldwide.



Why don't you stop by sometime ...

You are also welcome to visit our production facilities in groups. Please contact us by phone or e-mail if you are interested.



Quality check at Kanne Bread Drink®

As mentioned previously, **Kanne Bread Drink®** is a completely untouched natural product and can therefore differ somewhat in look and consistency.

Here is a comparison that inventor W. Kanne Sr. has always used: "A couple with three children almost always has children who all differ in size and look." That shows: In nature, changes are inevitable – even with identical ingredients. If we were to interfere with filtration and pH value balancing, we would take away the product's absolute vitality.

Kanne Bread Drink® is a little more viscous in part and there are also differences in colour. Natural variations are inevitable after months of fermentation. However, every batch with approx. 100,000 bottles is examined by an independent food laboratory so that we can guarantee absolute product safety!



ORGANIC CERTIFICATION

Pioneers when it comes to organic food

This assurance is also given by the organic seal that you will find on most of our food products. The seal was introduced by the Federal Ministry for the Environment in September of 2001 and may be used only to label products made in accordance with the strict provisions of the EC Eco Regulation.

However, our company broke new ground in terms of **“organic”** because we have not changed our production processes since we started. We have had scientists scrutinise our products for many years. Painstaking analyses allow us to assure the already achieved superior quality level and to

continuously improve on this level of quality. What is more, these analyses also help nutrition experts and all consumers interested in the matter because they provide a sound basis for comprehensive information.

The organic seal

A few years ago, there was still a jumble of different labels and logos on the “new” German eco-market. Everybody suddenly tried to jump on the **“organic”** bandwagon. But since many of these products did not deliver on the promises they made, the official **“organic”** seal was initiated in 2001. That put an end to the confusion.



The EU organic seal



The new EU organic seal

For more than 10 years, products and foods that are produced and controlled according to EU legislation for organic farming have been identified with this label.

It is widely recognised and verifiable. Only products now labelled **“organic”** on the outside, are **“organic”** on the inside – the same rule applies to Kanne!

The EU organic seal is new. But the checking for **“organic”** content is just as thorough. Both logos may be used if the ingredients are from organic farming. Only manufacturers as well as processing and import companies that meet the requirement of the legal provisions for organic farming and that have the stipulated regular checks are entitled to sell their products with the labels **“organic”** or **“eco”**.



OUR PRODUCTS for your perfect health*

Original Organic Kanne Bread Drink®

A non-alcoholic fermented drink made with organic wheat, organic rye, organic oat, natural sourdough and rock salt.

Proven for more than 30 years, people in many countries all over the world now enjoy the original **Kanne Bread**

Drink®. **Kanne Bread Drink®** is unpasteurised. The high number of live lactobacilli (lactic acid bacteria) it therefore contains as well as the bioactive ferments and acid-resistant yeast cells make it so unique. And **Kanne Bread Drink®** additionally contains many important vitamins (including vitamin B12), minerals, trace elements and essential amino acids that are made

ideally available for the body by the fermentation processes. **Kanne Bread Drink®** – an important contribution to your daily diet. Genuine only in the typical bottle with the tamper-evident safety seal.

Really tasty:

Mix 1/3 **Kanne Bread Drink®** with 1/3 apple juice and 1/3 water.



Original Organic Kanne Bread Drink®

Nutritional analysis, October 11, 2012

Ingredients per 100 ml

Nutritional values

Fat, total	< 0.1 g
Protein, total	0.5 g
Carbohydrates	0.3 g
Dietary fibre	< 0.1 g
Water	98.8 g
Sugar, total	< 0.1 g
Lactic acid, total	0.9 g
Lactose	< 0.01 g
Physiological calorific value (kJ)	14 kJ
Physiological calorific value (kcal)	3 kcal
Minerals	
Chloride	290 mg
Sodium	102 mg
Potassium	44 mg

Calcium	13 mg
Magnesium	8.5 mg
Phosphorus	17 mg
Iron	0.3 mg
Zinc	0.018 mg
Manganese	0.015 mg
Copper	< 0.001 mg
Selenium	< 0.001 mg
Iodine	< 0.001 mg

Vitamins

Vitamin A	30 µg
Vitamin B1 (thiamine)	0.24 µg
Vitamin B2 (riboflavin)	0.58 µg
Vitamin B6 (pyridoxine)	9 µg
Vitamin B12	1.04 µg
Vitamin C	0.42 mg
Vitamin D	3.5 µg
Vitamin E	< 1 mg
Biotin	< 5 µg
Niacin	0.54 mg
Folic acid	26 µg
Pantothenic acid	3.3 mg
Vitamin K1	< 10 µg

Amino acids

Alanin	68 mg
Arginin	19 mg
Aspartic acid	45 mg
Glycine	45 mg
Glutamic acid	192 mg
Isoleucine	16 mg
Leucine	32 mg
Methionine	7 mg
Serine	27 mg
Threonine	23 mg
Tyrosine	18 mg
Valine	26 mg
Lysine	38 mg
Phenylalanine	28 mg
Proline	95 mg
Histamine	11 µg



We have also added handy 0.33 l bottles with Original Organic Kanne Bread Drink® as daily rations to our range of products!



Do you also have that typical sediment and the streaks in your Kanne Bread Drink®?

And a good thing, too! **Kanne Bread Drink®** is fermented for months. This fermentation process creates live lactobacilli (lactic acid bacteria) and lactic acid yeast. The lactic acid yeast settles more or less on the bottom and forms visible streaks with the lactobacilli (lactic acid bacteria). These cause unpleasant sensations for some people. But they are extremely valuable. Filtering off this valuable substance is therefore not a good idea.

Our tip: Shake the bottle thoroughly. That gives **Kanne Bread Drink®** back that naturally cloudy look of the day it was bottled and evenly distributes the lactobacilli (lactic acid bacteria) and bread grain acid yeasts, which are incidentally part of a balanced diet. These bacteria and yeasts also create that typical lactic acid bacteria fermenting smell that is sometimes stronger and sometimes weaker. **Kanne Bread Drink®** can smell like fruit or sauerkraut, even lightly sulphurous. Some people might even describe the smell as foul. **Kanne Bread Drink®** is a little more viscous in part and there are also differences in colour. It is a product that is truly alive. Natural variations are inevitable after months of fermentation and completely harmless. So don't be surprised!



*see page 10

OUR PRODUCTS for your perfect health*

Original Organic Kanne Bread Drink®

*Original Kanne Bread Drink® contains vitamin B 12, vitamin D, pantothenic acid and niacin.

Original Kanne Bread Drink® more or less has some sediment. It contains large quantities of live, colony forming lactobacilli, enzymes, minerals and vitamins. We recommend 100 ml three times a day.



INGREDIENTS CONTAINED IN ORIGINAL KANNE BREAD DRINK® AND THEIR EFFECT

Vitamin B 12

Covered percentage of the recommended daily dose in 300 ml: 126 %

Vitamin B 12 is an important vitamin that helps the human body stay healthy and plays an important role in the division of cells. The body needs vitamin B 12 in order to maintain the proper function of the immune system, the energy metabolism and the formation of red blood cells. What is more, vitamin B 12 helps diminish fatigue.

Vitamin D

Covered percentage of the recommended daily dose in 300 ml: 210 %

Vitamin D is an essential means for the body to absorb and process calcium and phosphorus and to maintain healthy bones and teeth. Vitamin D intake is, furthermore, indispensable when it comes to retaining strong muscles and a healthy immune system.

Pantothenic acid

Covered percentage of the recommended daily dose in 300 ml: 165 %

Pantothenic acid is also known as vitamin B 5. This vitamin is instrumental in synthesising and metabolising steroid hormones, vitamin D and certain neurotransmitters. Supplying the body with pantothenic acid can help reduce fatigue and support mental performance.

Niacin

Covered percentage of the recommended daily dose in 300 ml: 102 %

In order to stay healthy, mucous membranes and the skin need niacin which is also known as "vitamin B 3". It also helps abate fatigue and contributes to a normal psychic balance.

Manganese

Covered percentage of the recommended daily dose in 300 ml: 22.5 %

Manganese helps protect cells against oxidative stress. It is, furthermore, beneficial to the formation of connecting tissue and plays an important role in the energy metabolism.

Folic acid

Covered percentage of the recommended daily dose in 300 ml: 39 %

Pregnant women should be sure to consume enough folic acid as it promotes the growth of the maternal tissue. Also known as "folate", folic acid also supports the normal function of the homocysteine metabolism and the synthesis of amino acid.

Original Organic Kanne Bread Drink® Pauer Essence

This small and convenient bottle contains a highly concentrated dose of **Original Kanne Bread Drink®**: just

1 ml boasts several million lactic acid bacteria. This little sip is a great choice as a supplement to the **Original Kanne Bread Drink®** – or if you are on the road or on vacation. External use: for instance, rubbing off the skin or hair.

Recommendations for use

On the road: drink 1–2 bottles of **Original Kanne Bread Drink® Pauer Essence** with every meal (neat or mixed with water). At home: drink one bottle of **Original Kanne Bread Drink® Pauer Essence** as a supplement to 3x 0.1 l **Original Kanne Bread Drink®**.

INGREDIENTS CONTAINED IN ORIGINAL KANNE BREAD DRINK® PAUER ESSENCE

Thiamine Covered percentage of the recommended daily dose in 40 ml: 126 %

Also known as vitamin B 1, thiamine is a B-complex vitamin. The intake of thiamine supports the energy metabolism and the functions of the nervous system and the heart. The “mood-mending vitamin” also plays a vital part in maintaining a normal psychic balance.

Original Organic Kanne Bread Drink® Pauer Essence

With live lactobacilli (lactic acid bacteria).
• 40 ml bottle

Nutritional analysis, March 19, 2013

Ingredients per 100 ml

Physiological calorific value	45 kJ (11 kcal)
Protein, total	1.3 g
Carbohydrates	0.6 g
of which sugars	<0.1 g
Fat, total	0.3 g
of which saturated fatty acids	<0.1 g
Dietary fibre	<1.0 g
Sodium	0.21 g
Vitamin B1	6.1 mg

The “small” sip for your health* –
Now also available as Original Organic Kanne Bread Drink® Pauer Essence



Original Kanne Brolacta® Enzyme-Fermented Grain tablets

Made with **Original Kanne Fermented Grain®** and sugar beet syrup. They are used to supplement your daily nutrition.

Ingredients

Original Kanne Enzyme Fermented Grain® (organic wheat, organic rye, natural sourdough, rock salt), organic sugar beet syrup

Original Kanne Brolacta® Enzyme-Fermented Grain tablets

Lozenges – contain minerals, vitamins, and enzymes.

• Jar (approx. 50 pcs)



Nutritional analysis

Ingredients per 100 g (content of covered percentage of recommended daily dose in %)

Fat, total	1.9 g	Minerals	
• saturated fatty acids	0.3 g	Calcium	72.0 mg (9%)
• monounsaturated fatty acids	0.3 g	Phosphorus	120 mg (26%)
• polyunsaturated fatty acids	1.3 g	Iron	1.9 mg (73%)
Protein, total	10.2 g	Sodium	92.4 mg (26%)
Carbohydrates, total	61.4 g	Vitamins	
of which dietary fibre	15.3 g	Vitamin B2 (riboflavin)	0.07 mg (4%)
Bread units (BU)	5.1	Vitamin B6 (pyridoxine)	0.11 mg (6%)
Water	10.3 g	Vitamin B12	3.7 µg (370%)
Ash	0.9 g	Vitamin E	0.95 mg (10%)
Nutritional values		Biotin	6.7 µg (4%)
Physiological calorific value	334 kcal (1410 kJ)	Folic acid	120 µg (60%)

INGREDIENTS CONTAINED IN ORIGINAL KANNE BROLACTA® ENZYME FERMENTED GRAIN® TABLETS

Iron Covered percentage of the recommended daily dose in 25 ml: 18.25 %

Iron plays a role in the division of cells and supports the transport of oxygen in the body. Iron is also known to help reduce weariness and fatigue.

Vitamin B 12 Covered percentage of the recommended daily dose in 25 ml: 92.5 %

Please turn to page 10 for explanations on the effect of vitamin B12.

Folic acid Covered percentage of the recommended daily dose in 25 ml: 15 %

Please turn to page 10 for explanations on the effect of folic acid.



OUR PRODUCTS

Original Kanne Enzyme-Fermented Grain®

Original Kanne Enzyme-Fermented Grain® is made from the filtered out fermented substance of **Original Kanne Bread Drink®**. This substance is air-dried and ground into powder. **Original Kanne Enzyme-Fermented Grain®** has a high content of dietary fibre.

Ingredients

Organic wheat, organic rye, natural sourdough, rock salt

Recommendations for use

Original Kanne Enzyme-Fermented Grain® can be used as a supplement or support for **Original Kanne Bread Drink®**, for instance:

- once a day, stir 1 or 2 teaspoons into water or **Original Kanne Bread Drink®**, allow to soak and drink
- as an addition to yoghurt, curd cheese, and cereal
- as a food additive to soup, sauces or salad
- put 1 or 2 teaspoonfuls of dry powder in your mouth and let it melt slowly



Organic Kanne Enzyme-Fermented Grain®

Contains minerals, vitamins, and enzymes.

- 250 g jar

Nutritional analysis, March 8, 2011

Ingredients per 100 g

Nutritional values	
Fat, total:	1.9 g
• saturated fatty acids	0.3 g
• monounsaturated fatty acids	0.3 g
• polyunsaturated fatty acids	1.3 g
Protein, total	10.3 g
Carbohydrates	61.4 g
Dietary fibre	15.3 g
Water	10.3 g
Dry matter	89.7 g
Sugar, total	< 0.5 g
Physiological calorific value (kJ)	1410 kJ
Physiological calorific value (kcal)	334 kcal

Minerals

Sodium	200 mg
Calcium	72 mg
Magnesium	21 mg
Phosphorus	120 mg
Iron	1.9 mg
Zinc	1.3 mg
Manganese	0.78 mg

Vitamins

Vitamin A	29 µg
Vitamin B1 (thiamine)	< 0.1 mg
Vitamin B2 (riboflavin)	< 0.1 mg
Vitamin B6 (pyridoxine)	0.26 mg
Vitamin B12	1.9 µg
Vitamin C	< 25 mg
Vitamin D	0.7 µg
Vitamin E	1.2 mg
Biotin	< 0.5 µg
Niacin	2.2 mg
Folic acid	0.42 µg
Pantothenic acid	23.6 mg

Amino acids

Alanin	400 mg
Arginin	440 mg
Aspartic acid	540 mg
Glycine	420 mg
Glutamic acid	2440 mg
Isoleucine	390 mg
Leucine	670 mg
Methionine	150 mg
Serine	430 mg
Threonine	320 mg
Tyrosine	250 mg
Valine	530 mg
Lysine	210 mg
Phenylalanine	450 mg
Proline	910 mg
Histidine	230 mg



INGREDIENTS CONTAINED IN ORIGINAL KANNE ENZYME FERMENTED GRAIN®

Vitamin B12

Covered percentage of the recommended daily dose in 25 ml: 19 %

Vitamin B 12 is a crucial vitamin that helps the human body stay healthy and plays an important role in the division of cells. The body needs vitamin B 12 in order to maintain the proper function of the immune system, the energy metabolism and the formation of red blood cells. What is more, vitamin B 12 helps diminish fatigue.

Pantothenic acid

Covered percentage of the recommended daily dose in 25 ml: 97 %

Pantothenic acid is also known as vitamin B 5. This vitamin is instrumental in synthesising and metabolising steroid hormones, vitamin D and certain neurotransmitters. Supplying the body with pantothenic acid can help reduce fatigue and support mental performance.



Organic apple juice with Original Organic Kanne Bread Drink®

A refreshing beverage for all occasions.
• 0.33 l bottle

Nutritional analysis

Ingredients per 100 g
(Content of covered
percentage of recommended
daily dose in %)

Water	92.4 g
Fat, total	< 0.1
• saturated fatty acids	< 0.05 g
• monounsaturated fatty acids	< 0.05 g
• polyunsaturated fatty acids	< 0.05 g
Protein, total	0.1 g
Ash	0.2 g

Dietary fibre, total	< 0.1 g
Carbohydrates	7.2 g
Glucose	1.6 g
Fructose	3.8 g
Saccharose	0.9 g
Sugar, total	6.3 g

Nutritional values

Physiological calorific value	29 kcal (125 kJ)
Lactic acid D-	120 mg
Lactic acid L-	136 mg

Minerals

Sodium	25 mg
Phosphorus	14 mg
Calcium	8.7 mg

Iron	0.17 mg
Magnesium	7.5 mg
Zinc	0.13 mg

Vitamins

Vitamin A	< 35 µg
Vitamin B1	0.013 mg
Vitamin B2	< 0.01 mg
Vitamin B6	0.019 mg
Pantothenic acid	0.048 mg
Folic acid	< 8 µg
Niacin	0.091 mg
Vitamin B12	0.20 µg (20 %)
Vitamin D	< 2.5 µg
Vitamin E	< 0.2 mg
Ascorbic acid L-	< 5 mg
Biotin	< 2 µg



Points of sale

Order all Kanne products for instance at our Internet shop at kanne-brottrunk.de or send a letter: Via fax to +49 (0) 2592 613 70, via regular mail to Kanne Bread Drink GmbH & Co. KG Bahnhofstraße 68 in 59379 Selm-Bork or via e-mail to info@kanne-brottrunk.de. Or give us a call at +49 (0) 25 92 97 40 - 0. We deliver right to your front door – no need for lugging heavy bags!



Organic Kanne Pauer Gulp

Kanne Bread Drink® with organic sugar beet syrup, a refreshing drink for young and old alike. Ideal for athletes.
• 0.33 l bottle



Organic Kanne Enzyme-Fermented Grain® (Kanne Pauer powder)

Nutritional analysis see page 12.

Contains minerals, vitamins, and enzymes.
For athletes and bulk consumers.
• 1,000 g canister



Kanne Bro Bir

The unspoilt drinking indulgence. An alcoholic beverage made from fermented grain.
3.8 % AbV
• 0.5 l bottle



OUR PRODUCTS



Organic Kanne Energy Snack

The ideal snack for work, school, spare time and sports.
• 50 g bar

Nutritional analysis

Ingredients per bar

Nutritional values

Fat, total:	6.2 g
• saturated fatty acids	0.8 g
• monounsaturated fatty acids	0.3 g
• polyunsaturated fatty acids	3.3 g
Protein, total	4.7 g
Carbohydrates	23.3 g
Dietary fibre	2.7 g
Sugar	15.9 g
Water	12.4 g

Physiological calorific value (kJ)	706 kJ
Physiological calorific value (kcal)	168 kcal
L-lactic acid	295 mg
D-lactic acid	280 mg
Minerals	
Chloride	210 mg
Sodium	29 mg
Potassium	20 mg
Calcium	29 mg
Magnesium	53 mg
Phosphorus	138 mg
Iron	2.08 mg
Zinc	1.0 mg

Manganese	0.5 mg
Copper	0.29 mg
Selenium	< 0.01 mg
Vitamins	
Vitamin A	< 100 IU
Vitamin B1 (thiamine)	0.22 mg
Vitamin B2 (riboflavin)	0.10 mg
Vitamin B6 (pyridoxine)	0.04 mg
Vitamin B12	< 0.3 µg
Vitamin C	< 0.1 mg
Vitamin D	< 50 IU
Vitamin E	4.44 mg
Biotin	2.96 mg
Niacin	0.53 mg
Folic acid	15.8 µg
Pantothenic acid	0.14 mg



Organic Kanne Sugar Beet Syrup

A bread spread and natural sweetener.
• 450 g jar



Vegetarian Bread Spread

A delicacy, scrumptious on any type of bread.
• 200 g jar



Organic Kanne Bread Drink® Mustard / Bread Drink® Honey-Mustard

Stone-ground and without vinegar, medium hot or with delicious honey flavour.
• 200 g jar



Organic Kanne Vitakorn

A 100 % organic whole grain rye bread with whole grains in a resealable canister.
• 500 g can





Organic Kanne Pumpernickel

A Münsterland delicacy made using an ancient baking process.
• 250 g pack



Organic Kanne Stone-Ground Light Wheat Bread

The organic wheat grain is ground using a Tyrolean grain mill.
• 500 g loaf



Organic Kanne Light Spelt Bread

• 500 g loaf



Organic Kanne Whole Grain Spelt Rusk

Made from home-grown spelt.
• 200 g pack



Organic Kanne Whole Grain Rusk

Made of home-grown organic wheat, easy to digest.
• 200 g pack



Organic Kanne Whole Grain Fermented Noodles

Made from home-grown organic wheat and Kanne Fermented Grain®.
• 500 g bag



Organic Kanne Sunflower Oil/ Organic Linseed Oil

Made from organic sunflower seeds or organic linseed, fresh and cold-pressed.
• 0.33 l bottle



NATURAL BODY CARE WITH KANNE BREAD DRINK®



Beauty comes from the inside and the outside

Natural beauty not only comes from the outside, but from the inside as well. A healthy, balanced diet that is rich in enzymes is especially important. **Kanne Bread Drink®** contains lactobacilli (lactic acid bacteria). The special lactobacilli (lactic acid bacteria) in **Kanne Bread Drink®** and the lactic

acid in **Kanne Enzyme-Fermented Grain®** can also be used externally.

Here are a few additional rules of thumb: Avoid too much fatty food, excessive alcohol and nicotine. Especially if you use make-up: Always remove your make-up before you go

to bed. Instead: Drink lots of liquids (next to **Kanne Bread Drink®**, also include juices, water and unsweetened tea; that helps flush toxins out of your body) and make sure you get enough sleep or rest – because our mental balance is also shown in the appearance of our skin.

Your skin will love it:

Foot baths

To relax your feet, put warm water into a bowl and add 100–200 ml of **Kanne Bread Drink®**. Enjoy your foot bath for about 15 minutes and then briefly rinse your feet with cold water. That supports circulation and you can restore your energy in a relaxed atmosphere.



Shower

Perfect and natural skin care after a shower: Briefly dry off and – ideally while you are still in the shower – rub your whole body with **Kanne Bread Drink®** and allow it to dry.

Full baths

Full baths are a popular way to relax and unwind. With a bottle of **Kanne Bread Drink®** or the **Kanne Enzyme Energy Bath**, taking a bath turns into pure relaxation. Full baths should not be hotter than 37 °C and not last longer than 10 minutes.

Full body rubs

We recommend using **Kanne Bread Drink®** in the morning after the shower in combination with a light massage of the toes, soles and heels of your feet. The rub is not washed off. It stays on your skin all day.

YOUR SKIN WILL LOVE IT!



Organic dental care with Brolacta Organic Dental Care

This toothpaste is made with **Kanne Bread Drink**,[®] **Kanne Enzyme-Fermented Grain**[®] and peppermint oil. It does not contain any oxidising agents or chemicals, but high-quality enzymes, proteins, minerals and vitamins. So it can also be used by patients with an extremely weakened immune system,

for instance during and after chemotherapy.

Brolacta Organic Dental Care cream in the handy 75 ml tube – and your day is off to a good start!



Enzyme Energy Bath

Our skin is constantly subjected to environmental stimuli and strain. That includes allergies and skin diseases like neurodermatitis. The acid protective layer of the skin provides natural protection here. The Original Kanne Enzyme Energy Bath is refreshing and invigorating and perfect as a soothing bath supplement. Note: Do not make the water too hot so that the bath will not affect your circulatory system too much. A maximum temperature of up to 37 °C should be enough. Also, do not stay in the bath tub too long, because that will dry out your skin.



Organic Kanne Enzyme Energy Bath Essence

Bath essence containing lactic acid, without any chemical additives.
• 0.33 l bottle

Kanne Brolacta[®] Organic Dental Care Cream

Without chemical additives.
• 75 ml tube

Organic Kanne Skin Care

Contains essential trace elements, vitamins, amino acids, proteins and lactic acid enzymes.
• 200 ml bottle



Kanne Brolacta[®] Organic Soap

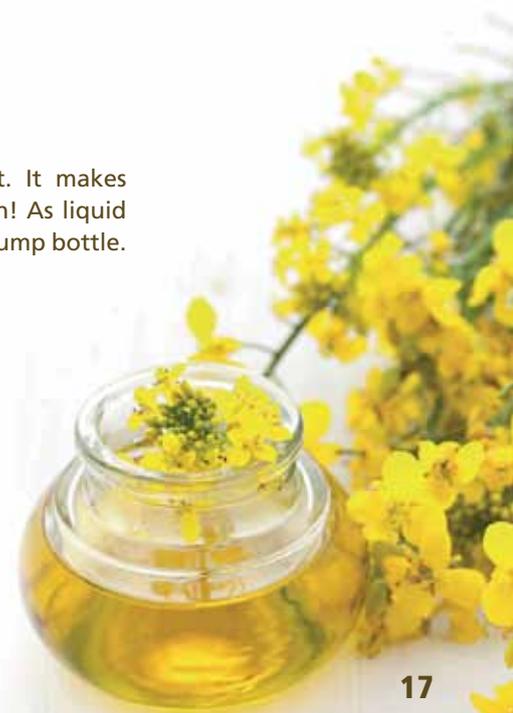
Ingredients include organic rapeseed soap, **Kanne Bread Drink**[®] and **Kanne Enzyme-Fermented Grain**[®]; it is extremely skin-friendly and completely without any chemical additives or preservatives. And lavandin oil has

a lipid replenishing effect. It makes your skin especially smooth! As liquid soap in the handy 400 ml pump bottle.



Kanne Brolacta[®] Organic Soap

Made with organic rapeseed soap, Kanne Bread Drink[®], Kanne fermented grain[®] and lavandin oil – without any chemical additives.
• 400 ml bottle



LACON CERTIFICATION

The Lacon certificate

In the beginning of 1993, the company **Kanne Bread Drink®** had already received the Lacon certificate for products from organic farming. It confirms that Kanne products with the Lacon logo like **Kanne Bread Drink®** and **Kanne Enzyme-Fermented Grain®** are produced in accordance with the strict guidelines of organic farming. That starts with the grain already. It is purchased exclusively from farmers in Germany who run controlled organic farms and whom we all know personally. They work without pesticides and fertilizer as well as hormones, growth accelerants and large-scale livestock farming.

This way, consumers can be sure that the labelled Kanne products are "true" organic goods.



Kanne environmental protection – B.A.U.M. environmental award

As already explained in the chapter “The Kanne concept” (see page 4), practised environmental protection is a mainstay within the Kanne philosophy.

Wilhelm Kanne received the B.A.U.M. environmental award for that at the end of 2001 (see below). He was therefore also a sought after guest speaker at universities where he could pass on his knowledge about practised environmental protection and management to numerous students. In addition, we are partners of the centre for sustainable company management.

Examples for environmental protection put into practise at Kanne Bread Drink®:

■ Organic farming:

The grain for Kanne products is purchased exclusively from farmers in Germany who run controlled organic farms.

■ Wind energy:

At the premises of the Kanne company, there is a wind turbine that saves significant quantities of fossil fuels like fuel oil or natural gas. A few years ago, we have replaced the older small wind power system with an appropriately larger wind turbine with clearly higher output. A significant plus in the consistent use of renewable energies for our company.

■ Solar:

We have installed solar modules on the roofs of our factory building in Lünen wherever construction allowed for it.

■ Preservation of drinking water:

The rain water at the premises does not go into the sewer system but is fed to ponds and reed ditches through a seven chamber system where it forms a natural habitat for many fish and waterfowl.

■ Short paths:

The construction of the production hall that was completed in 2001, where the special bread for the **Kanne Bread Drink®** is baked directly on site, eliminated many kilometres of transportation. This saves several 1,000 litres of fuel every year.





Kanne and the animals

According to the motto "What is good for humans, is also good for animals", Wilhelm Kanne dealt intensively with the effects of lactobacilli (lactic acid bacteria) on animals. Because animals played an important part for animal lovers or horseback riding enthusiasts, but also for the environment. According to the Kanne concept (see page 4), mankind has the highest responsibility for animals in this day and age. Because they too have a right to good nutrition! Which is something that us humans actually benefit from first and foremost.

But how can animals thrive if humans, due to lack of controls, allow abnormal developments that lead to food scandals and the like? The concept must therefore also include species-appropriate ani-

mal husbandry. Battery farms are unfortunately still commonplace in Germany. Surely you would not even consider having a Saint Bernard in a tiny flat, or would you?

If you want to give your favourite pet a treat, you can add Kanne products to its food. Especially with "man's best friend", there is a direct link between health and a balanced diet. Is the fur dull, is the animal getting sluggish or eating excessively, are there problems with digestion or stiff muscles? Then you can help your dog keeping its good health – with **Organic Kanne Enzyme-Fermented Grain**® within the scope of balanced feeding. By the way: Kanne products for animals are tested at a renowned laboratory just as thoroughly as Kanne products for

humans! The result of these experiences and many examinations is a range of animal foods for pets like dogs, cats, small rodents, birds and ornamental fish as well as for agricultural livestock like fowl, pigs and cattle. Our Kanne products can simply be used universally.



Kanne products for pets

People love nothing more than their pets, be it dogs, cats, hamsters, birds or fish. Kanne has therefore developed a range of special organic straight feeding stuffs for vital and strong pets. The daily supplementary feeding thereby depends on the size of the pet and ranges from 1/2 TSP for rodents to 3 TBSP for larger dogs. **Original Organic Kanne Enzyme-Fermented Grain®** ensures good metabolism, healthy cell renewal, supports digestion

and keeps joints and muscles in shape – and it will show! Because if the metabolism is all right then the animal is healthy. Another ideal supplement for dogs and horses are our energy bars. They are easy to digest and do not strain the metabolism.

Organic Kanne Enzyme-Fermented Grain®

Range of organic straight feeding stuffs for pets (dogs, cats, rodents, birds, and fish).

It all started with the fish

The very first positive test results in feeding animals with **Kanne Bread Drink®** and **Fermented Grain®** were made with fish at the Kanne company.

By now, Kanne products are also used for fish farms. Especially **Fermented Grain® liquid** is used to improve water quality. In the summer of 2003, trout grower Gerhard Löhr from Sundern had big problems with the oxygen content, algae growth and pH-value of his fish ponds caused

by the extreme heat. But he saw an almost instantaneous improvement in the condition of the ponds after adding **Fermented Grain® liquid**. The high daily fluctuations of before were stopped. The fish grower reported that the algae growth was also reduced. And the most important thing: The trout also looked better. Prof. Dr. Gerhard Schwarting from the Nürtingen University of Applied Sciences and fish grower Ernst Borchard (graduate engineer for water management and cultivation technique)

collected excellent empirical values using **Fermented-Grain® liquid**:

- Positive effects on the quality of the meat of the fish, the meat is firmer!
- Fewer losses of fish especially during the critical phases (hot weather, thundery atmosphere...).
- The fish are more agile.
- The meat tastes better – this is especially important for fish that are caught with a rod.
- Water quality is kept up.

Enzymes keep aquariums clean



The use of Kanne Enzyme-Fermented Grain® has stood the test with decorative fish as well. The valuable food stuff is not only good for the fish, but the contained enzymes also ensure biological purification of the water. One of the signs is the reduced blurring on the panels. Experienced owners of decorative fish therefore add a small dash of Kanne Enzyme-Fermented Grain® to the water every day.



EQUESTRIAN SPORTS



Success with Bread Drink – equestrian sports

A spectacular example for the positive effect of **Kanne Bread Drink**® is the story of show-jumper Marcus Ehning from Borken in Münsterland. Marcus Ehning is among the best German show-jumpers. During the Sydney 2000 Summer Olympics, he won team show jumping gold with his best horse "For Pleasure", in April 2003 he even won the Show Jumping World Cup Final with the seventeen-year-old stallion. And to him, that is clearly owed to **Kanne Bread Drink**®, because during a recent dip in form caused by an impaired intestinal flora, Marcus Ehning gave his top horse "For Pleasure" **Kanne Bread Drink**®

in addition to the medical treatment. The result satisfied everyone. The intestinal flora – important for the immune system – was in balance. This again confirms the insight: "What is good for humans, is also good for animals." Since then, Marcus Ehning gives his horses **Kanne Bread Drink**® every day. By the way, his younger sister Karina is responsible for feeding the animals. Every horse gets half a bottle of **Kanne Bread Drink**® added to its food twice a day and 1–2 measuring cups of **Fermented Grain**® for animals. "Our experience with that is very good. Healthy nutrition is especially important to us," Marcus Ehn-

ing emphasises. "With **Kanne Bread Drink**® and **Fermented Grain**®, we give our horses healthy food and do not wait until big problems crop up before we pay attention. And above all, we have to make sure that our top horses also stay in shape in order to



prevent those big problems right from the start. Our horses look very, very good," the Olympic champion states. "And they are also in excellent condition. Our experiences with **Kanne Bread Drink® and Fermented Grain®** in the last few years have been very good. When we compete in tournaments abroad, the horses also drink Kanne products regularly." It pays off to use Kanne products for competitive sports because the success speaks for itself.

A diet rich in vitamins and minerals is also important. "The minerals are especially important for the horses and not just for the bones. It is good to know what is inside," Richard Ehning emphasises in view of the ingredients of Kanne products. "Our horses are seldom injured. That is a sign that they are in good health. We only feed them things that you can actually see. In other words, mainly grains. And the food should always be fresh." The most important factor for animal nutrition for Marcus Ehning is the well-being of the horse. It should feel good, like to eat and look good. And the Ehnings also use **Kanne Bread Drink®** on the outside. Not just for the fur, but also for leg care.

For Marcus Ehning, it is extremely important that a detailed analysis of the ingredients is provided with the Kanne products. "If you ever have a problem and get the blood levels, and if specific values are too high or too low, you can adjust the feeding accordingly. But for that you have to know exactly what is in the foodstuff. With **Kanne Bread Drink®**, we simply feed our horses well," the Olympic champion and World Cup winner says. For himself, he prefers light fare and favours apple juice with **Kanne Bread Drink®** because that also contains **Kanne Bread Drink®**.

However, **Kanne Bread Drink®** has been an important part of the Ehning family for some years already. His father Richard regularly drinks **Kanne Bread Drink®** with **Fermented Grain®**. "I feel good," Richard Ehning says. "I drink **Kanne Bread Drink®** with **Fermented Grain®** every day." And looking at the energetic Westphalian, you would never guess that he had extensive heart surgery a few years ago. In the mornings, he already drinks **Kanne Bread Drink®** with 2 spoons of **Fermented Grain®** stirred into it. Just like Wilhelm Kanne Sr. had recommended.



"All I can say is that everyone should do the same and drink **Kanne Bread Drink®**. It is good for you." father Richard Ehning says. "You have to get used to the taste of **Kanne Bread Drink®** but that doesn't take long. I for one feel good with it. Four and a half years ago, I had four bypasses and got a new cardiac valve. Since then, I have lived my life with more awareness."



THE KANNE CONCEPT IN AGRICULTURE

Kanne Enzyme-Fermented Energy Bars

An especially energy-rich goody as a treat for your horse or dog.

Kanne ENZYME-Fermented Energy Bars are quality products and are baked in an oven the old-fashioned way. You can feed your animal any amount without any worries. The energy bars are outstanding sources of energy and at the same time a tasty treat for your animal. **Kanne Enzyme-Fermented Energy Bars** do not crumble and you have whole pieces in your pocket even hours later. **Kanne Enzyme-Fermented Energy Bars** are free from synthetic additives. A special delicacy for your animal.

Kanne Fermented Energy Bars are free from preservatives and synthetic additives. Through the addition of **Kanne Fermented-Grain® liquid**, this product also contains bread grain acid, ferments and other important ingredients. **Kanne fermented grain** energy bars are therefore easy to digest and do not strain the metabolism.

Composition

Bread (wheat, rye, oat, natural sourdough, water, rock salt), **Organic Kanne Fermented Grain® liquid** and beet syrup



Kanne Enzyme-Fermented Energy Bars

Ingredients*		Amino acids		Container sizes
Water	3.4 %	Lysine	0.20 %	1-kg bag, 5-kg bucket, 25-kg paper bag
Raw protein	10.5 %	Threonine	0.31 %	
Raw fibre	1.0 %	Calcium	0.53 %	*additional analysis values see packaging
Crude fat	3.3 %	Phosphorus	0.21 %	
Raw ash	2.6 %	Sodium	0.68 %	
		Magnesium	0.60 %	
		Potassium	3.32 %	



PRODUCTS

PACKING UNITS

Organic Kanne Bread Drink® for animals

With live lactobacilli (lactic acid bacteria), can be poured over the feed, added to the drinking water and used externally for skin and fur care purposes.

5 l / 25 l / 1,000 l canister

Organic Kanne Fermented Grain® liquid for animals

Contains live lactobacilli (lactic acid bacteria) and can be poured over the feed.

5 l / 25 l / 1,000 l canister

Organic Kanne Fermented Grain® for animals

Straight powder feeding stuff containing lactic acid.

2 kg / 7 kg bucket
5 kg / 20 kg sack



Applications for cows, calves and cattle

Whether you earn your living with dairy livestock or cattle, pigs or poultry: You can rest assured that adding our organic products to their feed will be beneficial to your animals. They strengthen their immune system and ensure more well-being and vitality.

Using our products in the areas of hygiene and health can help you cut down on your expenses for disinfectants and medication. This has a direct positive effect on the environment as well as your budget if you use our products consistently.

Maybe most importantly, you will pass this benefit on to your customers – as the living quality of our animals has a substantial impact on the quality of their meat, milk and eggs. And, satisfied customers are loyal customers – after all, you are what you eat.

The farm as a living organism

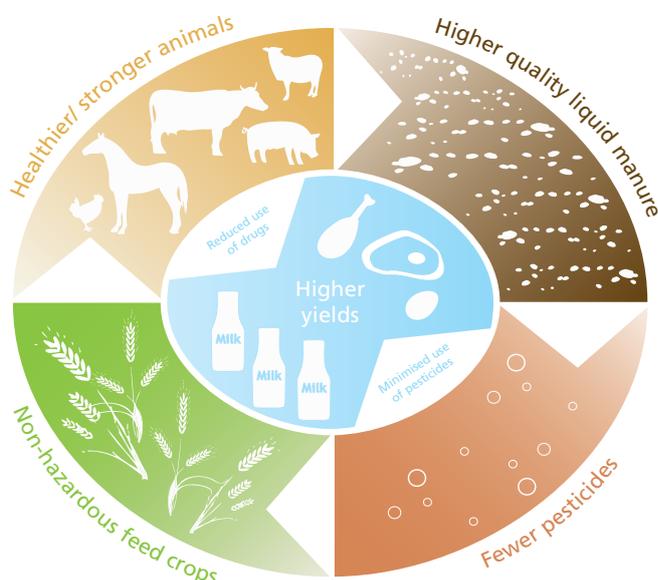
If used consistently for feeding and hygiene, **Organic Kanne Fermented Grain® liquid** and **Organic Kanne Bread Drink® for animals** can be to the benefit of humans, animals and the environment alike – and the farm as a living organism can be improved sustainably. Wholesome animals – fewer drugs: Supplementing their feed with organic Kanne products will increase the vitality of the animals many times over. They will utilise the feed more efficiently, stay healthier longer and require a lower amount of drugs.

Fewer drugs – higher quality liquid manure: If used for disinfecting, organic Kanne products will not only increase the liquid manure's capacity to flow but also reduce its offensive odours by binding the ammonium it contains. Moreover, it eliminates the caustic effect of liquid manure, allowing farm-

ers to disperse it even on days with high sun intensity.

High-quality liquid manure – good soil: The use of fermented liquid manure allows bread grain acid bacteria to enter the soil and improve it. This will diminish harmful fungi, consequently minimising the use of fungicides and, in the long run, making fungicides unnecessary altogether. Micro-organisms, on the other hand, will multiply and convert crop residues left in the soil into nutrients.

Good soil – good harvest: The nutrient-rich soil and the lighter use of pesticides allow the feed crops to remain in strong health and turn them into the high-quality feed that we want our animals to eat. If you supplement the animals' feed with organic Kanne products at this stage, the circle will start anew.



Improvement when Kanne products are used consistently

Barn hygiene

The disinfection of the barn before new animals are driven in creates a sterile atmosphere which often results in the animals contracting diarrhoea. If you refrain from employing this type of disinfection and mist the barn with **Organic Kanne Bread Drink®** for animals, you fight pathogenic germs with biological means and create a bacterial climate in which the pigs feel good.

Wetting the slatted floors used in conventional animal husbandry regularly with **Organic Kanne Fermented Grain® liquid** will improve the flowability of the liquid manure. This translates to a smaller number of morbidiferous germs as the flies will find fewer floating germs where they could lay their eggs. Another welcome side effect is that this measure will bind the ammonium contained in the liquid manure.

THE KANNE CONCEPT IN AGRICULTURE



Dairy cows

All these positive empirical values with pets and livestock could also be confirmed with dairy cows within the scope of a field test conducted by Dr. Tammer. Animals fed with **Kanne Bread Drink®** and **Kanne Fermented Grain®** had a higher pregnancy

rate, and the protein and fat rate of the milk was higher. In all, the animals were in clearly better condition than before the test which was also apparent with the coat and the feeding condition. Nowadays, many farmers use **Organic Kanne Ferment-**

ted Grain® liquid and **Kanne Enzyme-Fermented Grain®** for animal husbandry with great success (in economic terms as well). Kanne returns the microbiological balance to your barn!



In the end, everyone benefits from sustainable agriculture – a practical example

Agriculture has fed mankind for thousands of years. But it has changed drastically in the course of industrialisation.

Around **1900**, one farmer Germany would feed four people, **1949**: 10 persons, in **1980**: 47 persons, in **1991**: 78 persons, in **2001**, a farmer already fed 128 persons thanks to the latest technology. This concentration has brought in its wake many dangers. The ever decreasing food prices and the competition from abroad have subjected farmers to an increasing cost pressure. So many attempts are made to produce as cheaply as possible. The pressure to produce more and more cheaply results in completely unnatural production methods that frequently include the use of performance enhancers or the blanket administration

of antibiotics and hormone additives. These harmful substances are hazardous not only to the health of animals. Humans have an even bigger risk because they ultimately have to eat the harmful substances that are collecting in the meat.

The importance of healthy and species-appropriate animal nutrition is therefore shown not least in the growing number of animal feed scandals that are discovered. But there is a different way. More and more farmers are taking that step toward sustainable management of their farms with the Kanne method. This conversion is not as complicated as you would think and it is also worth it.

Farmer Nolle-Buschmann

Farmer Nolle-Buschmann from Ostbevern (Warendorf county in the eastern Münsterland) has been working according to the Kanne method **Kanne Bread Drink®** and **Kanne Fermented Grain®** since the beginning of the 1990ies.

He runs an arable farm with 70 ha and also breeds pigs in a closed system. The farmer has been delighted about his lively, healthy and fertile animals for years. The use of Kanne products has also raised the liquid manure's capacity to flow and made it easier to tolerate for plants while the air in the barn has been improved along with the quality of the meat.

He has been able to work without disinfectants in the barn for years. And the conversion has also completely paid off economically. Nowadays, the costs incurred for veterinarians and drugs have been reduced to a mere fraction. But the switch to the Kanne method has also already paid off with the cultivation of land. The soil structure is looser, symbionts in the ground multiply, harvest residues in the soil

are decomposed faster and fungi are eliminated quickly. The use of fungicides could thus be reduced steadily and in 2002, the farmer could even do without them completely. His pigs that are fed with his grains in turn benefit from this which is beneficial to the humans that are at the end of the food chain. Nolle-Buschmann puts this circle in a nutshell: "The longer we are working with **Kanne Fermented Grain®**, the more we recognise the interrelations between humans, animals, plants and soil and we are fascinated."

Kanne Bread Drink Fermented Grain® on the Positive List

A letter dated February 21, 2003 and sent to Kanne Bread Drink® by the Standards Commission for Straight Feeding Stuff at the Central Committee of the German Agriculture, Rhineland Chamber of Agriculture, Research Centre Bonn-Roleber – LUFA (chaired by Professor Dr. Potthast) confirmed that the two products, Fermented Grain® liquid and Fermented Grain® powder as listed under item number 13.01.01 are allowed to be put into circulation and, consequently, comply with the requirements for food stuffs eligible for inclusion on the Positive List.



Better meat – more satisfied customers – better price

But farmers aren't the only ones to benefit from the advantages of using Kanne products; butchers do as well. For instance at the Scharbaum butcher's shop in the Westphalian city of Lünen. The butchery purchases its animals from farmers who are working with Kanne products. And the customers of the butcher's shop appreciate that. They gladly pay a few cents more for meat and sausages if they know how and where the goods were produced. So the circle is complete. And in the end, everyone and everything benefits:

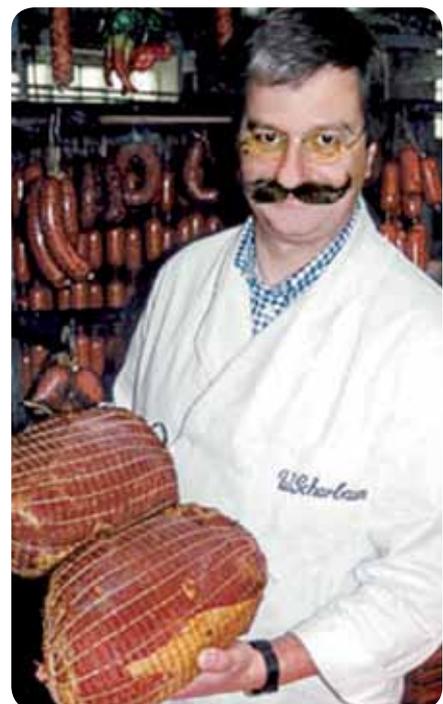
• **Soil and plants** that are exposed to a clearly reduced amount of chemicals like fungicides.

• **The animals**, because they feel good and are more energetic overall!

• **Farmers**, because they are happy about healthy animals and enjoy the better air in the barn. And using Kanne products is also lucrative in the financial sense.

• **Butchers**, because they can rely on the loyalty of customers in times of animal feed scandals.

• **Consumers**, because they can get high-quality low-fat and low-purine meat and sausages at a reasonable price.



KANNE FOR FIELDS, BEDS AND GARDEN



Our Kanne in-house tip!

Disinfect / fog your fruit trees with Kanne Bread Drink® before they bloom!

The treatment with Kanne Bread Drink®, Plant Care and Fermented-Grain® liquid makes plants and seedlings significantly stronger and more resistant to pests.



Lactobacilli (lactic acid bacteria) improve the soil

Especially important for the quality of the soil – the condition of the micro flora. Lactobacilli (lactic acid bacteria) play a significant part in that. As a type of “police”, they are co-responsible for the fertility and quality of the soil.

The physician, soil researcher and co-founder of organic-biological agriculture, Dr. Hans Peter Rusch discovered these connections in the middle of the 20th century already. He found out that the regions with the most lactobacilli (lactic acid bacteria) in the top-soil also have the highest soil fertility. Wherever lactobacilli (lactic acid bacteria) are prevalent in the soil, the soil

is healthy. There is neither foul-smelling decomposition nor any formation of pathogenic germs. These bacteria also brake down the nutrients in the soil and thus make them available to the plants. The lactobacilli (lactic acid bacteria) fulfil an important task for the “mycorrhiza”, the area around the fine roots of the plant.

They are the gateway from the soil into the plant, so to speak. The lactobacilli (lactic acid bacteria) transfer the broken down nutrients to the plant here and keep away harmful substances at the same time.

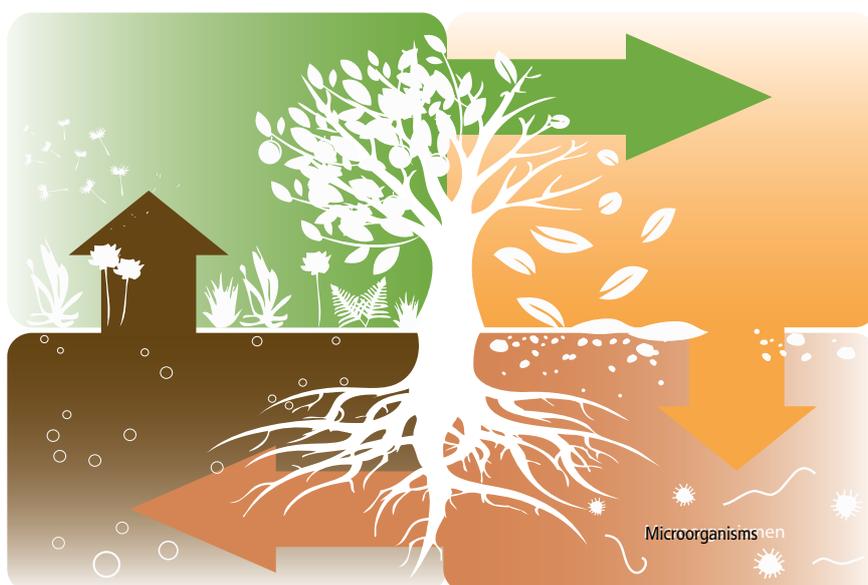
Disinfecting and spraying

More and more farmers use **Kanne Fermented-Grain® liquid** or **Kanne Bread Drink®** for plants as a natural spray to strengthen plants and improve the soil.

The experiences of many farmers also show that the disinfection of the seed with lactobacilli (lactic acid bacteria) and enzyme-rich Kanne products has many positive effects. The farmers report that disinfecting potatoes noticeably lowers the loss in yield, e.g. from late blight (Phytophthora). Similar results were achieved by disinfecting other seeds like corn or cereal. Using 1l of **Kanne Fermented-Grain® liquid** for 50 kg of seeds is a quantity that is shown to be successful. But we also recommend the disinfection of seeds with Kanne products in private gardens. Simply moisten the seeds briefly with **Kanne Bread Drink®** or dip them briefly before sowing them.

Growth and ripeness

Corruption



Natural nutrition

Rotting and humus formation

The natural materials cycle

The natural materials cycle of nature from growth and ripening to the “Corruption”, the rotting and the formation of humus, which in turn serves as natural nutrition for the plants – this cycle would be impossible without micro-organisms. The special lactobacilli (lactic acid bacteria) in **Kanne Bread Drink®** and **Kanne Fermented Grain®** ensure an intact and effective micro-organism flora in the top soil.

HANDY TIPS FOR THE HOUSEHOLD



Natural care of house plants

A proven method to improve the soil of potted house plant and thus strengthen the plants is adding **Kanne Bread Drink®** to the water.

Experience has shown that once a week (1–3 parts **Kanne Bread Drink®** to 10 parts water) is sufficient.

This makes your potatoes a success – planting, watering and soil care plan for potatoes

	March	April	May	June	July	Aug. / Sep.
Procedure		Put the tubers into the ground approx. 10 cm deep. Distance: approx. 30–40 cm, row spacing: approx. 60 cm.	As soon as the heads are formed (approx. 5–6 weeks after planting), the plants must be ridged up.	Harvest season now starts for the earliest cultivars (e.g. Erstling, Arran Pilot).		Harvest season
Treatment		Disinfect tubers with Bread Drink®* before planting (dip or spray).	To prevent diseases, spray plants 5–6 times (14-day cycle; best after rain) with Bread Drink®* (Mixture: approx. 400 ml Bread Drink®* to 10 l of water) Possible diseases: potato blight, potato scab, golden eelworm (nematodes).			
Watering schedule		Water planned location outside with Fermented-Grain® liquid (or Bread Drink®*). (Mixture 1:20).	Water only if the soil is very dry or if there is very little rain (ideal: 100 ml of Bread Drink®* to 10 l of water).			
Tips	Well suited cultivars: Grata, Sieglinde, Cilena, Amika, Erstling, Arran Pilot, etc.	Soil type: Light loamy soil, sandy soil with stable manure or with compost worked into it in autumn.	Ridging up is important to protect the tubers against sunlight. Tubers made green by sunlight are not edible.			For next year: Work compost into the soil in autumn.

* For large cultivation areas, Kanne organic plant care can also be used at the same ratio instead of Kanne Bread Drink®.

OUR ORGANIC EXPERIMENTAL NURSERY

Biological plant protection with the “Kanne cultivation method”

In order to observe and examine the correlations of soil, micro-organisms and plant health in detail, we have set up an experimental nursery with 40,000 sq m next to our bakery premises in Altlünen. Here we are testing – with great success – the effect of our purely biological plant care agents on vegetables, berry bushes, herbs and flowers. The treatment with **Kanne**

Bread Drink®, Plant Care and **Kanne Fermented-Grain® liquid** makes plants and seedlings significantly stronger and more resistant to pests.

The principle is simple: With the help of lactobacilli (lactic acid bacteria), the respective micro flora is healed, regenerated and subsequently activated. The results of our experiments

are today known under the name of “Kanne cultivation method”. Numerous farmers both domestically and abroad have already switched to that method. They produce cereals, fruit, wine, vegetables and meat not only economically but also with the highest quality.

Kanne Fermented-Grain® liquid and Bread Drink® for plants have been on the list of the Federal Biological Research Centre for Agriculture and Forestry since February 2002:

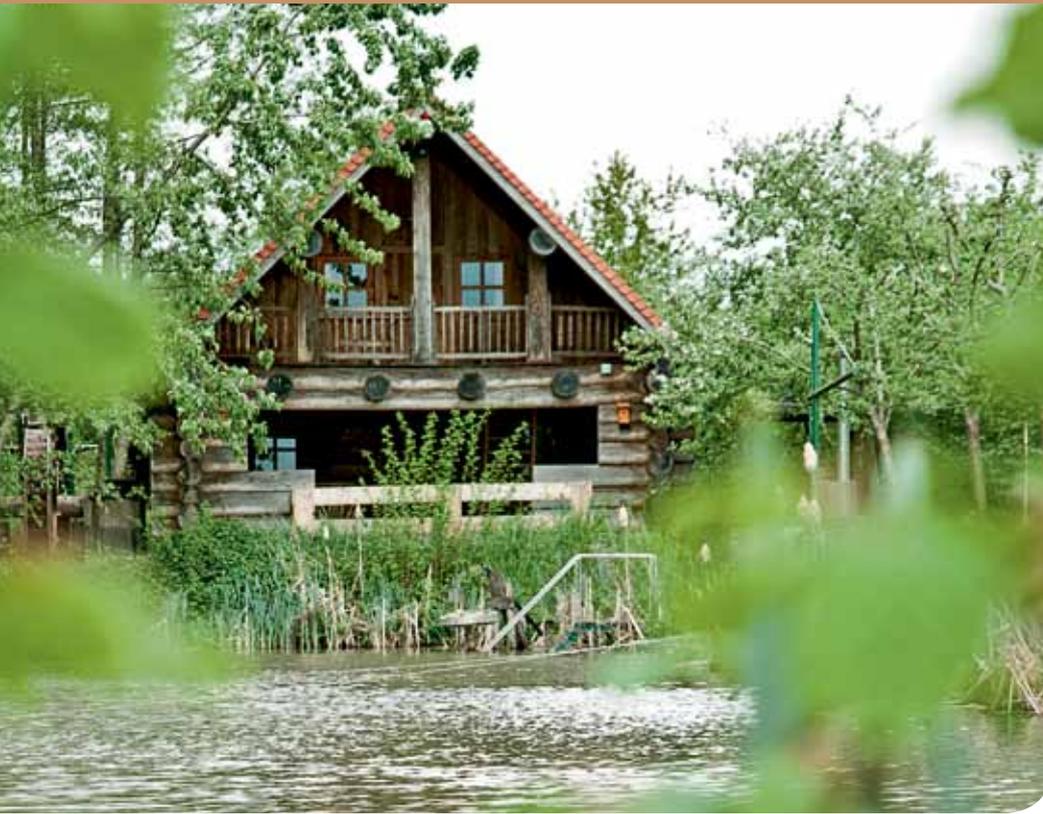
The two plant strengthening agents were included in the list of the Federal Biological Research Centre for Agriculture and Forestry “on the basis of § 31a in connection with 31 Subparagraph 1 No. 1 of the Cultivated Plants

Protection Act (PflSchG) in the version of the publication on May 14, 1998 (Civil Code 1. I S, 971, 1527, 3512), last changed by the Act dated October 29, 2001 (Civil Code 1. I S. 2785).”





THE KANNE CONCEPT UP CLOSE



The “Environmental Academy”

At the “Environmental Academy” in Lünen, visitors – among them doctors, natural health professionals, veterinarians, alternative veterinarians or associations – can experience the Kanne concept up close.

Because the Environmental Academy is not a place of theory alone.



Water protection and care

At our company grounds in Selm-Bork and also at the premises of the bakery and the experimental nursery, we have several ponds, in part fishponds with magnificent carp or also a purification pond that is fringed with a reed belt. The entire rain water of our company grounds are fed into that and purified biologically, for instance.

Our water is checked regularly for oxygen content and pH value. If the conditions deteriorate and there is an increased algae infestation, then the natural balance is disturbed. Especially shall bodies of water without ground-

water inlet react very sensitive to a lot of exposure to sunlight (e.g. during a heat wave) and also to pollutants (acid rain) or excessive fertilisation with phosphates and nitrates that can be washed by heavy rain. In these cases, you have to act quickly to prevent any harm to the fish. For that, we inoculate the ponds with **Kanne Bread Drink®**. The lactobacilli (lactic acid bacteria) and enzymes have a purifying power so that the natural balance can be restored. This was especially apparent a few years ago when our fishponds showed a heavy growth of algae during especially unfavourable

conditions. During that period, many fishponds in Germany and a lot of fish died. We treated our ponds with **Kanne Bread Drink®** in the nick of time and after two weeks already, the water was in excellent condition again.



CLEAN WATER thanks to lactic acid bacteria

Naturbad Heil

The natural bath Heil in Unna county today surely numbers among the most idyllic spas in Germany. Visitors can experience pure nature here in combination with the comfort of an outdoor pool like a diving platform, water slides or convenient ladders. The water at Naturbad Heil is not deep, so in the past there have always been an increased algae formation and a strong turbidity of water, especially during hot periods. This frequently even resulted in a closure of the spa. In 1995,

it was especially bad because there was an extremely heavy formation of thread algae at the beginning of the bathing season already. **Kanne Bread Drink®** was therefore sprayed over the water for the first time in 1995. Seven days later, after two additional spraying cycles with **Kanne Bread Drink®**, the algae were gone. The water was then sprayed with **Kanne Bread Drink®** a few more times and continued to clear up during the course of the bathing season. To the delight of the guests, bathing could be started again the same year. The following

year, there was an unusual variety of plants near and in the water. Plants like chickweed or waterweed, who had been gone for a long time, reappeared and bloomed together with a great floral splendour. Ecological balance was restored. Since then, the water at Naturbad Heil is dosed with **Kanne Bread Drink®** each year and there have been no more problems with the water quality, even during hot periods.



Before the clean-up: Bathing was impossible at Naturbad Heil because of the heavy algae infestation.



After the clean-up with **Kanne Bread Drink®**: The water quality is outstanding. Many water plants, some of them even rare ones, can be seen again on the shore of the natural spa.



SELM-BORK LOCATION

With its lakes, reed ditches, scattered fruit tree meadows and groves, our company grounds in Selm-Bork look like a biotope. The fermenting vessels for the **Kanne Bread Drink®** production are here, the filling plants, administration, the training rooms, the Tyrolean stone mills and our bakehouse.



Our stone mill

This mill houses two original Tyrolean stone mills in it, we mill the grain for our organic stone mill bread with a technique that has not changed for hundreds of years.



Our production

We rely on reusable products if this seems ecologically feasible. Else we use disposable packaging that are recycled with the dual system.

Visits

If you come visit our plants in Selm-Bork and Lünen, you can see for yourself: at Kanne, it is all about the environment ...



Our grain elevators

We exclusively process organic grain. This is produced by farmers whom we all know personally.

Our agricultural hall

All our products for animals and plants are produced and packaged here.



Our reed belt

Here the waste water is purified with biological means. First through a seven chamber system, then the purification pond and finally with this reed belt. The purified water is fed into a pond with rare species.



Our swimming pool

Of course, this "ecological swimming pool" is also the home of carp, trout and pike, wild ducks, herons and yes, even kingfishers enjoy it.



Our baking line

The special bread for the **Kanne Bread Drink®** is baked here.



LÜNEN LOCATION

Here you will find bakery, nursery, fishponds, wind turbine and of course also the Environmental Academy.



Our Environmental Academy

More and more, it is turning into a communication centre for questioning people who want to return to a more natural way of living.



Our energy control centre

We rely on renewable energies and thus on wind power. Our wind turbine works completely without emissions and supplies 110 kW/h of environmentally friendly electricity. That helps us save 30,000 litres of fuel oil every year.

All for the environment

At our environmental centre in Lünen/Altlünen, we have all the possibilities for a life in close communication with nature: from the organic nursery to fishponds and stables all the way to environmentally friendly energy generation. It is the place where we develop and test our products for agriculture and environment and work on new ideas.



Our experimental nursery

This is where we cultivate fruit, vegetables, herbs and flowers. We also compost the organic waste from our plants with the help of lactobacilli (lactic acid bacteria) here and thus get first-rate potting compost.

Our biological wastewater purification

The biological preparation of wastewater is a very idyllic process at times. We first drain off our surface wastewater through an underground seven chamber system and then through gravel-packed filters and fishponds. There it is purified biologically with the help of **Kanne Bread Drink®**.



Our bakery

A chemical-free zone right from the start. We bake with good butter and sunflower oil, never use chemical flour improvers and work only with our own sourdough. You can taste the difference!



PRODUCTS FROM OUR BAKERY



Traditional craft has top priority for us

All baked goods are exclusively from our own production and made the natural way. It is thus a matter of course that our bread is baked with our own natural sourdough. The organic grain that we use for our whole grain bread and whole grain buns comes from organic farmers in our region for the most part – for instance Dirk Schulze-Wetmar, Paul Altfeld or Reinhold Schulze-Alt cappenberg. It is freshly milled in our own Tyrolean stone mill every day and then used for a variety of tasty products. The conventional baked goods and pastries and cakes are also made without adding

chemical flour improvers. Our range of products includes more than 40 types of bread, from French baguette all the way to organic Westphalian Pumpernickel and about 25 different types of buns. Cakes and baked goods, wedding cakes as well as our own marzipan and chocolates production round off the variety of products. We use neither emulsifiers nor flavouring agents for our cakes. You can tell exceptional baked goods by their good taste and the way they are produced.



The Kanne purity requirement

We want to produce baked goods that are not just tasty, but tasty and healthy – that is our motto. For that reason, we have developed our own purity requirement.

- No chemical flour improvers and emulsifiers for bread and buns
- We do not use ready-mixes or self-raising flours
- Vitalised water
- Only natural salt
- There are no chemical flavour enhancers for us
- We do not use imitation or replacement products
- Only natural sourdough and no freshness enhancers

This purity requirement is not only applied at our company, but also practised. That is what we, the Kanne family, vouch for with our name. Our company has organic certification, which means that all organic products that we make are certified by the independent and officially approved institute LACON, according to the specifications of the legal organic standard as well as all organisation standards.

Experience our unique taste for yourself and visit one of our 29 stores. Locations span from Dortmund to Lüdinghausen. Find a store at: www.baeckerei-kanne.de



PARTNER ADDRESSES



Healthy nutrition at clinics and institutes

For many years, the menu of numerous clinics and institutes has included **Kanne Bread Drink®** and **Kanne Bread Drink-Enzyme-Fermented Grain®** as part of the healthy nutrition provided e.g. at gisunt® Klinik in Wilhelmshafen, the special hospital in Neukirchen or the Gesundheitszentrum Berlin.

Ralf Moll fasting seminars

Fasting & hiking, recreational travel and much more! The fasting centre Birkhalde at its idyllic location on the edge of the woods in Sulz am Neckar

(Black Forest) offers visitors the chance to recharge their batteries with the **Kanne Bread Drink®** vitality cure.

The menu is made up of a special soup fasting regime with **Kanne Bread Drink®** which has been part of healthy nutrition for 20 years. Guests can also look forward to various offers including daily guided hikes, health lectures, colon hydro therapy, intestinal flora renovation as well as relaxing trips, wellness massages, pool and sauna. Treat yourself to an out and out health vacation – for more strength and energy.

Event lectures by Ralf Moll covering the subject of intestinal flora restoration and deacidification

Management:
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www.ralf-moll.de



Birkle-Klinik

In Überlingen near the picturesque Lake Constance, Birkle-Klinik is completely dedicated to the slogan "Healing and regeneration". The specialist hospital for internal medicine and orthopaedics offers (so-called) fol-

low-up treatments, cures, outpatient treatments and spa therapies that are carried out after an acute illness or with chronic diseases. The hospital is located in a quiet setting in the country and the view is spectacular. Close to meadows, woods and vineyards, you will quickly find the relaxation you need. Überlingen is an old imperial city and offers numerous inviting sightseeing tours with its many cafés, museums, galleries, parks and the historical town walls. And because "Healing and regeneration" – especially at the holistically oriented clinic – also comes from the inside, **Kanne Bread Drink®** is naturally not missing from the breakfast buffet.



Birkle-Klinik
Specialist hospital for internal medicine and orthopaedics

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PARTNER ADDRESSES



gisunt® Klinik

The gisunt® Klinik in the heart of Wilhelmshaven was founded in 1997 and combines the advantages of modern traditional medicine with the experiences of natural healing in a specialist



hospital for integrative medicine. State-of-the-art technology, decades of experience and an individual treatment that is close to the patient, all this has made gisunt® Klinik one of the worldwide renowned treatment centres for chronically ill and cancer patients. The ongoing innovation not only attracts international patients to come to gisunt® Klinik, but it is also reflected in the constant requests to attend lectures; even the German Academic Exchange Service has already placed assistant professors here and teams of physicians have attended special trainings. Every specialist discussion thus leads to the improvement of patient care in the symbiosis of state-of-the-art scientific findings all the way to gentle risk-adapted holistic treatment. "Returning the smile to your soul". The core competencies of the experienced team of doctors include all forms of hyperthermia, natural cures as well as acupuncture and oxygen therapy. The offered therapy options at that also always

serve to maintain the quality of life. At gisunt® Klinik, the patient is always at the centre of all considerations. And **Kanne Bread Drink®** should always be part of that.



gisunt® hospital for integrative medicine International hyperthermia centre

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E-mail: patient@gisunt.de
Internet: www.gisunt.de



Sonnenberg-Klinik, Bad Sooden-Allendorf

Sonnenberg-Klinik is an oncologic specialist hospital that treats patients with cancer and haematological systemic diseases. It provides follow-up treatments and inpatient follow-up care for pension insurance institutes and health insurance companies.

Therapy concept:

The predominant goals of treatment are the recovery or improvement of physical, mental and spiritual health in the sense of holistic rehabilitation.

These therapy goals are achieved with a broad range of treatment offers in the following areas:

- Medical area
- Naturopathic treatment methods
- Psychooncological ward
- Art therapy
- Music therapy, dance therapy
- Logopedical treatment
- Physical therapy and physiotherapy
- Nutrition consultation and dietetic therapy

To strengthen intestinal health, e.g. after chemotherapy, treatment includes **Kanne Bread Drink®**. Admission information:

The hospital is used by all pension insurance institute and health insurance companies. Sonnenberg-Klinik is eligible for financial assistance for direct payers.

For more information or an admission appointment, please call Ms Niebeling or Ms Löffler at the phone number: +49 (0) 5652 54-912

Sonnenberg specialist hospital for oncology, haematology, immunology, oncologic rehabilitation clinic

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www.sonnenberg-klinik.de
Toll-free service telephone number 0800 7358700



TRAVEL TIPS

Gut Ising – Experience nature at leisure

Gut Ising is an idyllic gem amidst the most beautiful nature in Upper Bavaria. The horizon is outlined by a view of the Alps and Lake Chiemsee spreads below Gut Ising. Guests live in historical surroundings in stylishly furnished rooms, apartments or suites. Do you



like being active? Then you will appreciate the numerous possibilities for hiking trips and cycling tours that are on offer in the alpine upland. Gut Ising offers various options at the 160 ha riding park, on one of the dressage or show jumping arenas, in one of the riding halls or on the rambling cross-country path. For demanding athletes there are also two polo courts, a 9-hole golf course as well as indoor and outdoor tennis courts. And if you only want to relax, go to the hotel pool area or the solarium or the infrared cabin, get a massage or visit one of the beauty facilities. Whether you

have your heart set on hearty Bavarian cuisine or some light Mediterranean fare – there will be nothing left to be desired as far as the food is concerned. So **Kanne Bread Drink®** is another must at the buffet.

Gut Ising

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www.gut-ising.de
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Hotel Europa, St. Moritz – an experience for the senses

The Engadine is one of the most beautiful regions in Europe. Whether you enjoy skiing or cross-country skiing in the winter or mountain bike riding, hiking, sailing in the summer – the divine high valley offers visitors countless possibilities. On the quiet edge of the chic and famous spa resort St. Moritz you will find the historically managed Hotel Europa. Four

stars stand for a large wellness area with swimming pool and a wonderful view of the majestic mountains of the Upper Engadine. Only natural ingredients are used for the excellent cuisine. The day starts off with a rich breakfast buffet with eggs from the hotel's own happy chickens and of course chilled Kanne Bread Drink along with other Kanne products. In the evening, the half board of the hotel regularly includes an elaborate 5-course meal.

at the price of a budget room or a south facing room at the price of a standard room). Valid for direct bookings with the hotel and by availability.

The Hotel Europa is looking forward to making your vacation at St. Moritz an experience to remember.

Hotel Europa, St. Moritz

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info@hotel-europa.ch

Reader discount campaign:

All readers of the Kanne magazine get a free room upgrade to the next higher room category (a standard room



Health and wellness at Strandhotel Ostseeblick

Welcome to the home port! The modern seaside hotel Ostseeblick on the



island of Usedom welcomes you with the friendliness of a family-managed hotel. Wellness and health are just more fun here at any time of the year – thanks to the splendid panoramic view and 2,000 hours of sunlight every year. The offered food is also exceptional. For instance, you can get a rich selection of **Kanne Bread Drinks®** at the bar. And **Kanne Bread Drink®** cures and aroma baths with **Kanne Bread**

Drink® are also included in the range of wellness offers.

Strandhotel Ostseeblick

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**Order Kanne Bread Drink®
to be sent directly to your home**

It couldn't be more convenient or easier. Stop carrying
cartons or bottles and order Kanne Bread Drink® to be
sent directly to your home – by phone or fax or from our
Internet shop at www.kanne-brottrunk.de. It offers more
than 40 Kanne products for a balanced diet and natural
body care as well as for your pets or your garden.

