

Interesting facts about
**ORIGINAL KANNE BREAD
DRINK®** and
**ORIGINAL KANNE ENZYME-
FERMENTED GRAIN®**



IT ALL BEGAN WITH AN IDEA

The fact that bread is more than just another food item 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 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 was easy to digest and exceptionally nutritious at the same time. Thanks to these properties, pumpernickel was deemed one of the most wholesome breads available at the time.

This bread was also used to distil a drink which came to be known as “Braubrot” (Bread Water). It was prepared by adding a few pumpernickel slices to a vessel, pouring boiling water over them, and allowing the slices to saturate with the water over night. Labourers would then use this drink to quench their 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 bread grains. The outcome of his tireless efforts is “**Original Kanne Bread Drink®**”, a product that is widely known at home and abroad.



ORIGINAL KANNE BREAD DRINK® FOR YOUR PERFECT HEALTH*

Original Kanne Bread Drink® – without alcohol, unfiltered, and unpasteurised.

Original Kanne Bread Drink® has been made using the same patented procedure since 1981. The process starts out with a special bread that is based on an in-house sourdough baked with grain from controlled organic cultivation. This bread is then charged with spring water and subjected to a fermentation process that lasts for several months.

The fermentation process extracts various minerals and trace elements from the baked bread. Before it is bottled, **Original Kanne Bread Drink®** is distilled and filtered.

Ingredients

Water, whole grain bread (organic wheat, organic rye, organic oats, natural sourdough, rock salt)

* Page 4

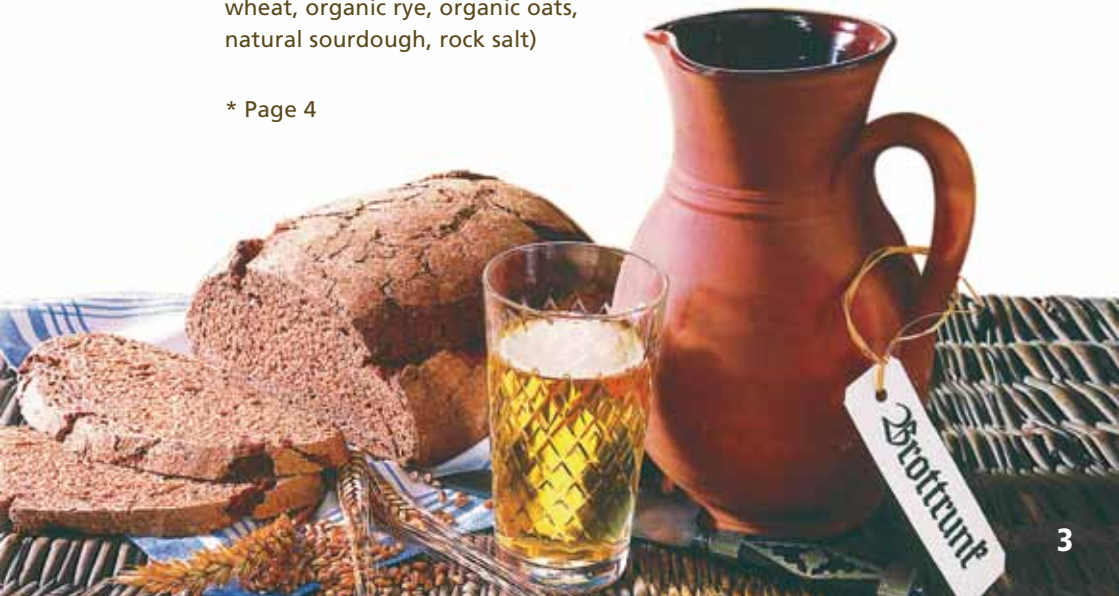
Shelf life

Unopened: several years (see label on the bottle).

After it has been opened: 6 days in the refrigerator, 2 days without refrigeration.

Recommendations for use

- Shake the bottle well before opening it to loosen up the dregs on the bottom.
- As part of a healthy diet, drink 0.1 l of **Original Kanne Bread Drink®** 3 times a day either neat or mixed with juices or water.
- Particularly tasty: Mix 1/3 of **Original Kanne Bread Drink®** with 1/3 of apple juice and 1/3 of water.
- Rubbing your entire body off with the bread drink after taking a shower or a bath is recommended as a refreshing skin care solution.



ORIGINAL KANNE BREAD DRINK® FOR YOUR PERFECT HEALTH*

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

We recommend a daily dose of 300 ml **Kanne Bread Drink®**. This will cover the following percentages of the recommended daily dose of the vitamins listed below:

Covered percentage of the recommended daily dose in 300 ml

Vitamin B 12	126 %
Vitamin D	210%
Pantothenic acid	165 %
Niacin	102 %
Folic acid	39 %
Manganese	22.5 %

Ingredients of **Original Kanne Bread Drink®**

Each bottle of **Original Kanne Bread Drink®** contains a varying amount of dregs. These dregs contain a large quantity of live, colony forming lactobacilli, enzymes, minerals, and vitamins.

INGREDIENTS IN ORIGINAL KANNE BREAD DRINK® AND THEIR EFFECT

Vitamin B 12

Vitamin B 12 is a critical 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

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

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.

On average, 100 ml of **Original Kanne Bread Drink®** contain

- Physiological calorific value 14 kJ (3 kcal)
- Protein, total 0.1 g
- Carbohydrates < 0.2 g
 - of which sugars < 0.02 g
- Fat, total 0.12 g
- Dietary fibre < 0.5 g
- Sodium 0.124 g
- Vitamin B 12 1.04 µg
- Vitamin D 3.5 µg
- Niacin 0.54 mg
- Pantothenic acid (vit. B 5) 0.33 mg



Niacin

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

Manganese

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

Pregnant women should take care 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.

DELICIOUS MIX DRINKS CONTAINING ORIGINAL KANNE BREAD DRINK®



BUGS BUNNY

- 0.10 l Carrot juice
- 0.10 l Original Kanne Bread Drink®
- 1 tsp Honey

Mix the liquids and season with honey to taste.

PUMPERNICKEL PLUS

- 250 g Low-fat yoghurt
- 0.1 l Original Kanne Bread Drink®
- 1 TBSP Sugar
- 1 Slice of pumpernickel

Crumble the pumpernickel into a pan and roast it slightly after sprinkling it with sugar. Mix yoghurt and Original Kanne Bread Drink® by stirring, fold in the crumbs and allow the mix to infuse.

VITAMIN DRINK

- 0.15 l Vegetable juice
- 0.10 l Original Kanne Bread Drink®
- White pepper
- 1 Garnish tomato

Mix the liquids and season with white pepper to taste. Garnish with the tomato.

BANANANA

- 1 Banana
- 1/8 l Buttermilk
- 1/8 l Original Kanne Bread Drink®
- 1 TSP Sugar
- Cinnamon

Peel the banana and cut it into small pieces. Add to mixer along with buttermilk and Original Kanne Bread Drink® and mix well. Season with sugar and cinnamon to taste.

RED RUGBY

- 0.10 l Red beet juice
- 0.10 l Original Kanne Bread Drink®
- 1 Pinch of nutmeg

Mix liquids and season with nutmeg to taste. Serve cool.

ORIGINAL 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 while you are travelling or on vacation.

On average, 100 ml of **Original Kanne Bread Drink® Pauer Essence** contain

- Physiological calorific value 58 kJ (14 kcal)
- Protein, total 1.2 g
- Carbohydrates 2.1 g
 - of which sugars <0.1 g
- Fat, total 0.1 g
 - of which saturated fatty acids <0.1 g
- Dietary fibre <0.1 g
- Sodium 0.476 g
- Vitamin B 1 6.1 mg

Covered percentage of the recommended daily dose in 40 ml
Vitamin B 1 188 %

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 3 x 0.1 l Original Kanne Bread Drink®.

External use: for instance, rubbing off the skin or hair.



INGREDIENTS CONTAINED IN ORIGINAL KANNE BREAD DRINK® PAUER ESSENCE

Vitamin B 12

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. Commonly known as a “mood-mending vitamin”, thiamine plays a vital role in maintaining a normal psychic balance.

ORIGINAL KANNE ENZYME-FERMENTED GRAIN®

Original Kanne Enzyme-Fermented Grain® is derived from the filtered fermented substance of **Original Kanne Bread Drink®**. This substance is air-dried and ground into powder. **Original Kanne Enzyme-Fermented Grain®** contains a large portion of dietary fibre.

Portion of the recommended daily dose per 100 g **Original Kanne Enzyme-Fermented Grain®**

Vitamin B 12	76 %
Phosphorus	17 %
Vitamin B 6	19 %
Manganese	39 %
Pantothenic acid	390 %

Ingredients contained in **Original Kanne Enzyme-Fermented Grain®**

• Physiological	1,410 kJ
• Calorific value	(334 kcal)
• Protein, total	10.2 g
• Carbohydrates	61.4 g
of which sugars	< 0.5 g
• Fat	1.9 g
of which unsaturated	
fatty acids	0.3 g
monounsaturated fatty acids	0.3 g
polyunsaturated fatty acids	1.3 g
• Dietary fibre	15.3 g
• Sodium	0.2 g
• Pantothenic acid (vit. B 5)	23.6 mg
• Vitamin B 12	1.9 µg
• Phosphorus	1,200 mg
• Vitamin B 6	0.26 mg
• Manganese	7.8 mg



Ingredients

Organic wheat, organic rye, natural sourdough, rock salt

Recommendations for use

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

- once a day, stir 1 or 2 teaspoons into water or **Original Kanne Bread Drink®**, allow to steep 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 it dry in your mouth and let it melt slowly

INGREDIENTS CONTAINED IN ORIGINAL KANNE ENZYME-FERMENTED GRAIN®

Phosphorus

The phosphorus source inherent in the **Original Kanne Enzyme-Fermented Grain®** helps maintain the normal function of the cell membrane and of the energy metabolism. It also supports bone and dental health.

Manganese

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.

Vitamin B 6

This vitamin governs the body's regular protein and glycogen metabolism. Vitamin B 6 also plays a part in regulating the body's hormone activity and in forming essential red blood cells.

Vitamin B 12/ pantothenic acid

Refer to page 4 for explanations regarding the portions of vitamin B 12 and pantothenic acid.

ORIGINAL KANNE ORGANIC ENERGY SNACK



Kanne's organic energy snack made from Original Kanne Enzyme-Fermented Grain®,

honey, sunflower seeds, raisins and **Original Kanne Bread Drink®** (all ingredients from controlled organic cultivation).

A premium, natural and tasty snack for work, school, spare time and sports that is high in fibre.

ORIGINAL KANNE BROLACTA® ENZYME-FERMENTED GRAIN® TABLETS

Made from **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, organic oats, natural sourdough, rock salt), organic sugar beet syrup

100 g original Kanne Brolacta® Enzyme-Fermented Grain

Tablets® contain on average

- Calorific value 1,136 kJ (315 kcal)
- Protein 10.6 g

- Carbohydrates 61.7 g
- Fat 2.9 g
 - of which saturated fatty acids 0.5 g
 - monounsaturated fatty acids 0.6 g
 - polyunsaturated fatty acids 1.8 g
- Dietary fibre 14.6 g
- Sodium 0.1 g

Portion of the recommended daily dose per 100 g of **Original Kanne Brolacta® Enzyme-Fermented Grain Tablets®**

- Vitamin B 12 3.7 µg 370 %
- Folic acid 120.0 µg 60 %
- Iron 3.7 mg 26 %
- Phosphorus 158.0 mg 26 %

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

Phosphorus

Phosphorus helps maintain the normal function of the cell membrane and of the energy metabolism. It also supports bone and dental health.

Iron

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 / folic acid

Refer to page 4 and 5 for explanations regarding the ingredients of vitamin B 12 and folic acid.



OUR BEST FOR YOUR PETS

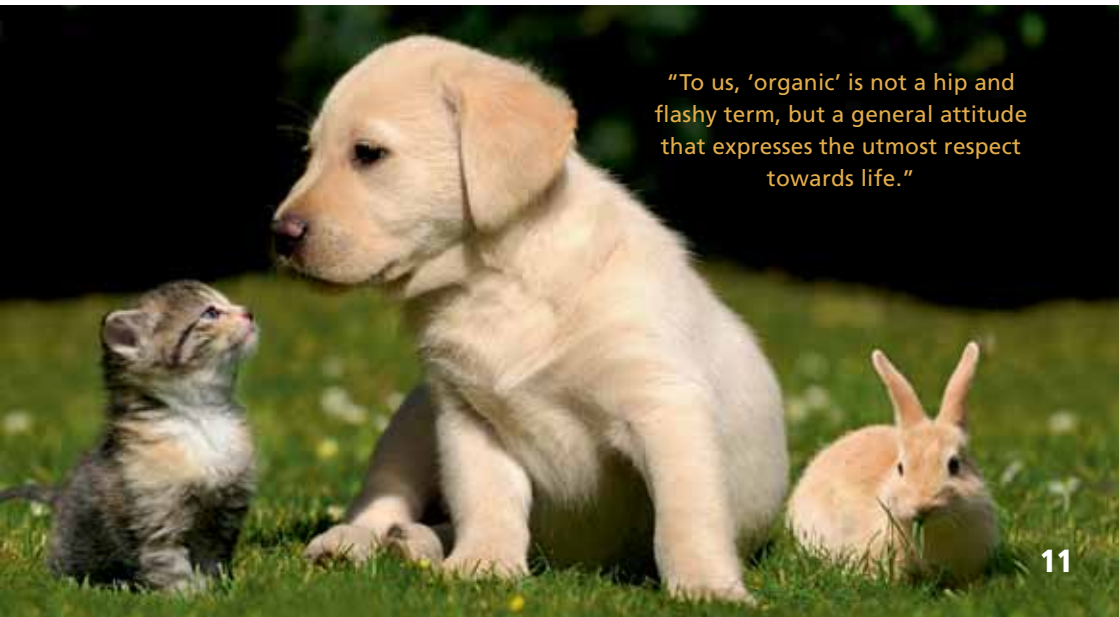
“Anything beneficial to the human being will do good to animals and plants as well”. This conviction held by bread drink inventor Wilhelm Kanne Sr. was the starting point for the development of animal products at Kanne. It will be our pleasure to advise you on the possible applications and effects of our products and on how to dose them properly. Just give us a call!

Original Kanne Bread Drink® for animals is filtered and, therefore, suitable as a drinking water supplement. When applied externally, it can also help improve and preserve the animal’s skin and fur.

Also containing “crumbly” portions of bread, liquid **Original Kanne Enzyme-Fermented Grain®** is particularly rich in enzymes. When used as supplemental feed, it is exceptionally well-suited to be poured over the feed.

Original Kanne Enzyme-Fermented Grain® for animals is a powder made by drying and grinding the fermented substance. It contains an abundance of dietary fibre and can be mixed into the feed without any effort.

Original Kanne enzyme-fermented energy bars for animals are made from bread, liquid **Original Kanne Enzyme-Fermented Grain® for animals** and sugar beet syrup and baked in the oven. They provide energy and can be given as a tasty treat.



“To us, ‘organic’ is not a hip and flashy term, but a general attitude that expresses the utmost respect towards life.”

We now offer a simple, fast and convenient way to offer all of our products from our online shop at:
www.kanne-brottrunk.de



You are, of course, also welcome to place your order over the **phone** or by **fax**.



Kanne Brottrunk GmbH & Co. KG

Bahnhofstraße 68
59379 Selm-Bork
Phone: +49 (0) 25 92 / 97 40 0
Facsimile: +49 (0) 25 92 / 613 70

For more information on all Kanne products we offer for your perfect health*, log on to our website at:

www.kanne-brottrunk.de

