



AMAN
PRANA

SERENE VITALITY

Serenely strengthening
and supporting your life energy,
without harming your body or mind,
gently and without excess





The most fair trade coconut oil in the world

- Per 490 ml jar, € 1.81 goes to the Solomon villagers
- Five-time award-winning Fair Trade project
- Freshest and tastiest extra virgin coconut oil

Available in 250 ml and 490 ml



The most fair trade coconut soap in the world

- Coconut oil for gentle cleansing
- Charcoal for deep cleaning
- Lemon and eucalyptus soft and creamy



The most **extra virgin+** coconut oil in the world

- The best quality and taste
- The entire production process takes place at a maximum of 45 ° C.
- Unique drying procedure for the real raw quality

Available in 100 ml, 325 ml, 1000 ml, 1600 ml



Extra virgin Cocos+Olive+Red Palm oil

- Rich in Vitamin E.
- Can be spread straight from the refrigerator
- All the good properties of coconut oil

Available in 325 ml, 1600 ml



Extra virgin Red Palm oil

- Rich in 7 types of vitamin E (25 mg / 100 gr)
- Rich in carotene (provitamin A) (20,100 mcg)
- Sustainable

Available in 325 ml, 1600 ml



Premium

- Amanprana's least expensive extra virgin olive oil
- Maximum 0.4% acidity olive blend
- Special extraction method without using heat or water



Verde Salud

- Suitable for cold and warm preparations
- 100% Picual olives
- Lots of chlorophyll
- Origin: Sierra Mágina Natural Park, Andalusia, Spain



Hermanos Catalan

- Award "Best olive oil in the world" (Biol 2017)
- 100% Arbequina
- Works best in cold preparations



Olive oil with Boletus

- Arbequina olives
- Flavor of Boletus mushrooms
- Origin: Catalonia, Spain



Walnut oil

- Gold medal 'Salon des huiles du monde'
- No gluten
- No allergens



Premium MCT oil

- Perfect for Keto, paleo, low-carb, high-protein diets, intermittent fasting, detox and body care



Deluxe MCT oil

- Extra virgin coconut oil with 83% MCT power
- Ideal for frying



Happy Delight

- 3 + 6 + 6 + 9 + 7 composition
- Happy Delight omega oil with a biodynamic oil of lime, lemon and orange
- Its fresh citrus taste is ideal for children

Balance Delight

- 3 + 6 + 6 + 6 + 9 + 7 composition
- Omega oil with a soft nutty hemp taste
- Enriched with sustainable red palm oil and wheat germ oil for carotene and vitamin E

Happy Perilla Special

- 3 + 6 + 6 + 9 + 7 composition
- Rich combination of vegetable oils
- Supplemented with biodynamic citrus oil for a fresh taste

Eicosan Perilla

- 6 + 3 + 3 + 3 + 9 + 7 composition
- With Traditional Chinese, Ayurvedic, Indian and Mediterranean herbs

Apple vinegar

- Contains the 'mother' of the vinegar
- Unfiltered, therefore cloudy by nature
- Clean label (only 1 ingredient, i.e. fermented apples)

Red wine vinegar

- Sourced from biodynamic agriculture (Demeter certified)
- Aged in oak barrels
- Clean label (only 1 ingredient, i.e. fermented red grapes)





Spelt germ

- Spermidine 33,4 mg/100 g
- Never heated above 45°C, all active nutrients are preserved
- In yogurt, muesli, for extra fiber



Wheat germ

- Spermidine 33.4mg/100g
- 100% active enzymes
- Rich in vitamin E and alpha lipoic acid



Almond flour

- 40% less Kcal compared to average almond flour
- High in fibre
- Rich in proteins



Coconut flour

- Tasty soft coconut flavor
- Gluten free fiber
- Contains much more fiber and less carbohydrates than other coconut flours



Black fermented garlic cloves

- The benefits of garlic without the smell
- 100% Natural
- 0% artificial additives



Black fermented garlic powder

- The benefits of garlic without the smell
- 100% Natural
- 0% artificial additives



Black fermented garlic paste

- The benefits of garlic without the smell
- 100% Natural
- 0% artificial additives



Fried garlic

- Great taste accent in many dishes
- 100% Natural
- 0% artificial additives



Dried black lemon slices

- For the Ottolenghi fans
- Intensely refreshing and sweet
- Lends character to dishes and drinks



Dried black lemon Powder

- For the Ottolenghi fans
- Intensely refreshing and sweet
- Lends character to dishes and drinks



Coconut blossom sugar - Brut

- Roughly ground coconut blossom sugar
 - Perfect in coffee, tea and cocktails
 - Named the most sustainable sugar by the Food and Agriculture Organisation (FAO)
 - Low glycemic index 35
- Available in 300 g, 1000 g

Coconut blossom sugar - Blocs

- Coconut blossom sugar cubes
- Enrich warm drinks like coffee and tea
- Ideal as a snack thanks to its sweetness and soft caramel flavour
- Low glycemic index 35



Coconut blossom sugar - Fin

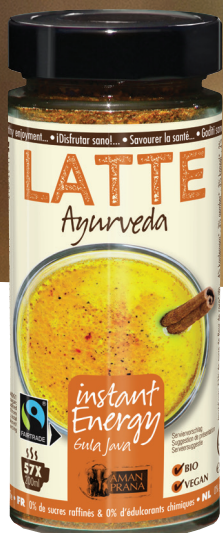
- Powdered coconut blossom sugar
- For fine pastries and as finishing touch to desserts
- Named the most sustainable sugar by the Food and Agriculture Organisation (FAO)
- Low glycemic index 35

Coconut blossom sugar - Sticks

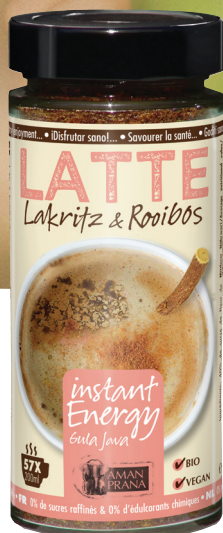
- Coconut blossom sugar packaged in sticks of 4 g
- For on-the-go
- For caterers, hotels, restaurants, cafes
- Low glycemic index 35



- Zen drink
- Black pepper strengthens the turmeric intake
- Finishing touch of pomegranate



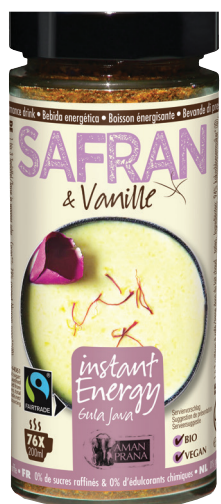
- Indian, spicy
- With Ayurveda chai spices: turmeric, clove, cardamon, ginger, cumin, cinnamon, liquorice



- Health benefits of liquorice and rooibos
- Caffeine-free relaxation and a delicious night's rest



- Highest quality matcha in the world
- Origin: mountains of Shimoyama, Japan
- Antioxidants, chlorophyll, catechins, EGCG



- Sports drink with coconut blossom sugar
- Great taste of the original rice pudding



- Performance drink
- Stay awake and alert with pure chocolate, coffee and guarana
- Instant and long-lasting energy boost



- Exercising, studying, working, playing, performing, concentrating
- Enriched with Guarana, Matcha and Ethiopia coffee



- With the highest quality matcha in the world
- Energy & concentration
- Antioxidants, chlorophyll, catechins, EGCG



- Combinatipn of Gula Java coconut blossom sugar with the highest Kotobuki quality matcha
- Antioxidants in 1 cup: ORAC 35,460 per 100 g
- Also available in a variant with extra vitamin D



Cacao drink

- Great taste
 - Ideal for top performance
 - During sports and before the start of every school and working day
- Available in 230 g, 390 g, 1300 g



Choco spread

- 45% hazelnuts, 0% palm oil
- Rich in potassium, iron and vitamin E
- Source of magnesium, zinc, calcium
- Low Glycaemic Index (35)

Vitalizing herbs



- turmeric, ginger, gotu kola, ginkgo biloba, sumac, 4 seaweeds, Khoisan fleur de sel
- mustard seeds, sweet pepper, coriander seeds, lavender, marigold, cornflower
- sage, oregano, mustard seeds, sweet pepper, coriander seeds, lavender, marigold, cornflower, hibiscus, chili
- The star in the Botanico Curcumax herb mixes
- Turmeric, sumac, black pepper



- rhodiola, schisandra, buckthorn, don quai
- Mild salty-silt taste
- 4 seaweeds: nori, sea lettuce, dulce, kombu
- Sumac, lemon thyme, thyme, sage, astragalus, black pepper, echinacea, ashwaganda, withania and Indian ginseng, reishi, cinnamon, lavender

White Thyme

- Intense & delicious
- Also for aromatherapy
- 'White thyme' is not just 'thyme'
- More taste, less need for salt





Cutting Boards

- Organic or rectangular form
- Hygienic and antimicrobial
- Handmade, one piece of wood
- Easy to maintain
- 7 dimensions

Wood oil

- Protects the wood
- 100% natural
- Hygienic, antibacterial, extends the life of the wood, retains the original beauty

Reusable drinking bottle 0,5 L

- Eco Respect glass bottle in protective foam of recycled materials
- For cold and hot drinks
- Dishwasher safe
- 3 colors: green, blue, red



Fleur de sel

- One of the 5 best sea salts in the world
 - Filtered by Mother Nature
 - Fair Trade
- Gift edition 200 g and refill 300 g

Bamboo salt in cooperation with Amanprana



- High concentration of minerals
 - Traditional roasting method
 - Up to 9 times roasted
 - Coarse, crystals, fine powder
- 100 g , 150 g, 200 g, 270 g, 1000 g
One combination of Bambu Salz with black fermented garlic ▼





Make-up remover

- Every skin type, every make-up
- No pores clogging, softening effect
- Hypoallergenic



Ear & tooth oil

- Used for earache and toothache
- Supports, soothes



Anti-aging serum

- Eliminates wrinkles
- Keeps skin elastic, young, tight
- Fast absorption, no greasy feeling



Breathe freely

- Soothing
- Instant relief
- Natural remedy

Nipple fissures oil and balm

- Safe for mother and child
- Caring, protective, soothing and healing effect



100% ACTIVE
100% NATURAL
100% ❤️

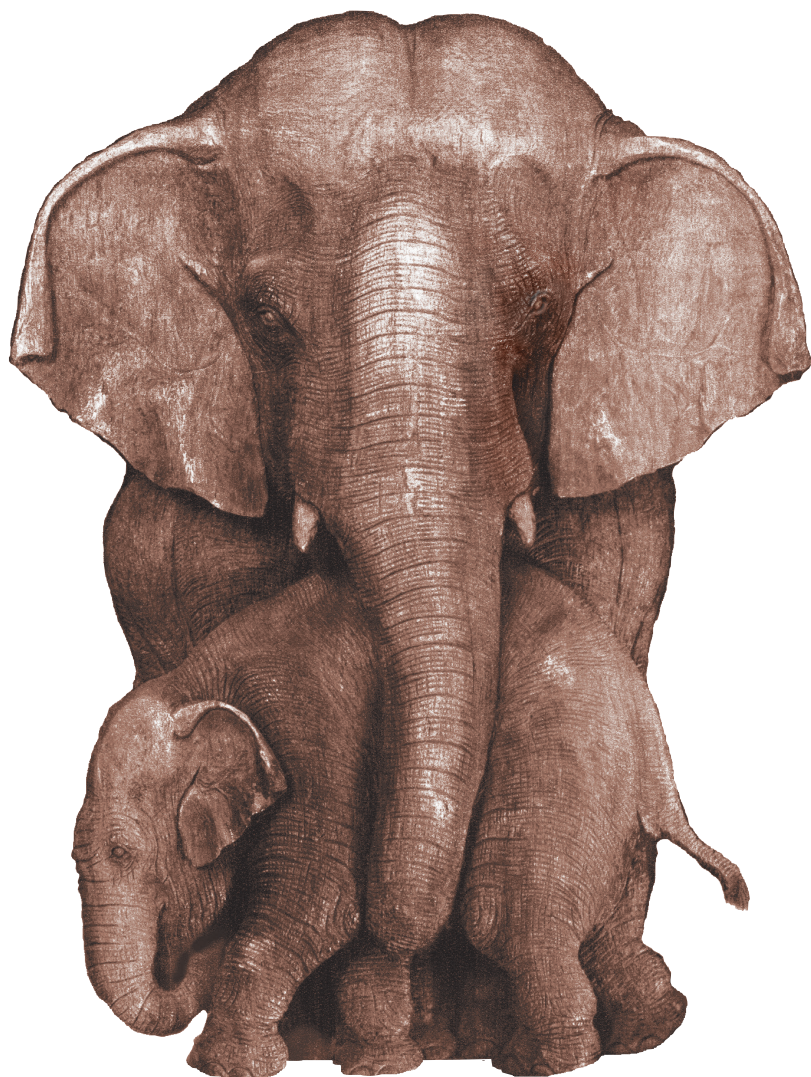
Mouth oil

- With mint or with fennel
- For oral hygiene and oil pulling
- Purifies, great taste



Shaving oil

- For her and for him
- Treats, nourishes, protects, softens
- No irritation, redness, red bumps



AMAN
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SERENE VITALITY

Plastic free since 2005
Compostable labels
100% organic
Fair trade

www.amanprana.eu