



Fast, healthy and permanent weight loss



Treatment with pure nature

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## Why do we get fat even though we do not eat much?

The answer "because we consume more calories and we use less energy" is absolutely true. However, it is only a part of the reason for being overweight.

Apart from the question „How many calories?", the question „What kind of calories?" we eat is equally important.

In addition, the mealtime profile is of great importance. Therefore, the simplified equation is: „How much? What? and When?"

### How much?

Our calorie consumption is constantly tested and documented. According to the studies, depending on sex, age, metabolism, weight, musculature and physical activity, we burn daily from 1,600 to 3,200 kcal.

However, this is not so easy. The concept of calorific value and the term of "kilocalories" (kcal) had been already functioning at the end of the 19th century and had defined the "calorific value" of a substance in a test tube or in a steam boiler. In fact our metabolism functions completely differently and more comprehensively than a steam boiler. The deciding factor is how our metabolism processes and utilises food and what our body actually needs.

The fructose that is metabolised in the body can be converted into energy only in 18%. The rest is converted into fat deposits. Dextrose is converted into 100% energy, but this leads to the insulin secretion, which "short overdose" re-processes it into fat.

Thus, the body accepts and processes various food and their calorific value in various ways. The combination of chronology and quality plays a large role in metabolism as well. The number of calories is only one dimension or one parameter of dietetics.

More important than the number of calories is adequate coverage (= quantity and quality) of the daily requirement for nutrients. The more valuable and balanced food is (= high amount of nutrients), the less we need it, to eat healthy and cover our needs. Unwanted calories only burden our metabolism, are transformed into fat and stored.

With high density of nutrients, already 1,000 kcal is enough to cover the body's needs and is better than thousands of unwanted and hard to absorb calories.

Movement and sport activity increase our calories' consumption. Therefore, movement is always a factor of a healthy lifestyle. Research on training programs confirms that overweight can not only be treated with a sport. Proper nutrition is of great importance in this case. Sport is an ideal supplement.

### What?

In order to be healthy and fit, apart from water, vitamins, minerals and fiber, we need mainly nutrients such as carbohydrates, fats and proteins that act as energy suppliers.





## Insulin directs the accumulation of fat

The type and amount of carbohydrates that are supplied with the food are crucial for metabolism. The level of blood sugar is a decisive factor in our metabolism.

Blood sugar (glucose) is the most important energy supplier for metabolism. Our body needs it continuously. If its level is too low, it leads to hunger and a drop in energy. If it is too high, the body produces a hormone insulin that converts excess of energy/blood glucose into fat and stores it in reserves. This works double negatively, because in this case fat can not be converted into energy, as it is the case with the optimal level of blood sugar.

Various carbohydrates have an effect on blood sugar levels in terms of increase, processing, concentration and time course of the blood sugar curve. The ideal blood glucose curve is flat and stretched at the optimal blood sugar concentration (energy zone: sufficient energy supply, no hunger and the smallest possible release of insulin). The ideal blood sugar level throughout the day should not fall below 70 mg/dL and increase above 140 mg/dL glucose. The more and closer to the sugar level of 90/100, the better.

Most types of carbohydrates and cereals/flours have an unfavorable sugar curve and produce high insulin secretion.

Moreover, in case of fats, we distinguish healthy and unhealthy – saturated fats. Unfortunately, our food, for reasons of economy and extended shelf life, contains more and more sugar, white flour, flavor enhancers, processed fats and additives that are badly digestible. The feeling of fullness is very short and requires a high dose of insulin.

Insulin resistance can occur at a permanently high level of insulin. Fat cells accept fat, but they can not release it. This leads to a vicious circle of body fatness and an increasing feeling of hunger.

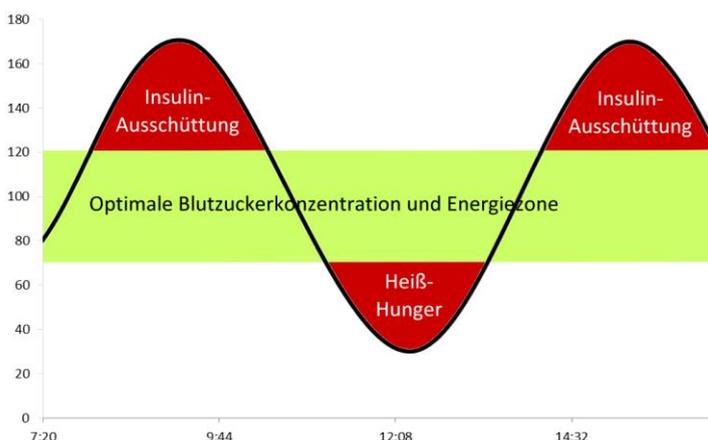
### Changed intestinal flora

99 percent of all microorganisms living in and on the human body live in the digestive tract, primarily in the large intestine, and form intestinal flora. According to the researches, the composition of bacterial culture among overweight people often differs. Thanks to this, overweight people absorb food better and give off fewer calories.

### Obesity - multifactorial disease

Obesity results from several factors. Apart from calories' excess, one of the main reasons lies in the consumption of low quality food with low quantity of nutrients that weaken our body and cause insulin secretion. The more valuable food is, the less our body needs to have a healthy and nutritious diet.

KURENA supplies the body only with about 1100 kcal and completely covers the need for nutrients with minimal secretion of insulin. In this way, KURENA enables a quick, healthy and long-lasting weight reduction.





## KURENA mode of action

### 01. High level of nutrients - without unnecessary calories

- KURENA provides the body with only about 1100 kcal, all necessary nutrients: amino acids, vitamins, minerals, micro- and macroelements, fatty acids as well as carbohydrates and fiber, in sufficient quantities. Only the fat content is insufficient. Thanks to this, the body reaches for fatty reserves. KURENA is the optimal complete food and is not a monodiet based on the nutrients' exclusions.
- If the body receives all the nutrients needed for metabolism, there is no deficiency of significant substances and thus there is no hunger.
- The body does not go into an "alarm state". This excludes the occurrence of a yo-yo effect.

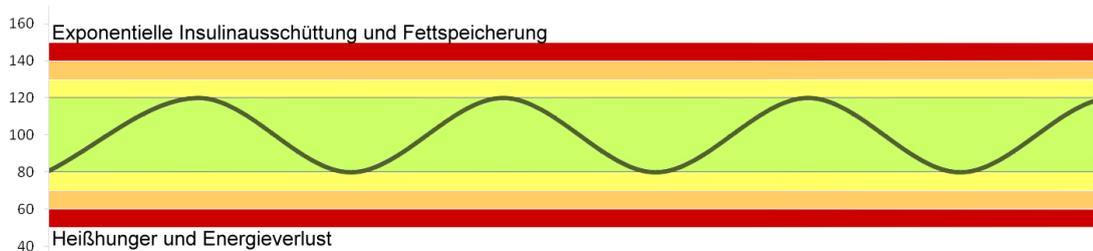
### 02. Optimal sugar curve

KURENA keeps optimal blood sugar levels thanks to the carbohydrate and energy profile. Cinnamon, chia and carrot concentrate additionally reduce the sugar curve. There is no feeling of hunger and the body receives the right dose of energy.

KURENA significantly reduces the production of extra insulin. This allows you to burn fat instead of storing it with full energy supply.

Thanks to KURENA supply every 60-80 minutes daily, we stay in the ideal energy zone.

Effect: No hunger, less insulin secretion and optimal fat burning with full energy supply.



### 03. Burning fat instead of muscles

In most diets due to inadequate supply of nutrients, the body reaches for its own protein, i.e. for muscles instead of fat!

KURENA supplies the body with high-value nutrients that cover daily needs. There is no nutritional deficiency and thus there is not any burning of proteins or muscles.

Due to the low insulin secretion, KURENA enables optimal fat burning.

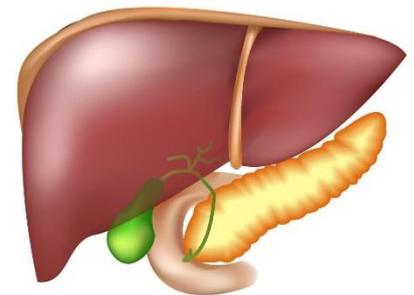
The high-quality protein profile of KURENA supports muscle building.



## KURENA mode of action

### 04. Relieving and regenerating the liver

- The liver and pancreas are our most important organs in the delivery of nutrients. By secretion of insulin, they regulate blood sugar, the level of glycogen and metabolism.
- KURENA relieves the liver and pancreas and supports their regeneration. KURENA is also a treatment for the liver.
- Our energy and well-being are better, metabolism goes better, the body gets rid of toxins and unnecessary acids are decomposed.
- Due to the minimal secretion of insulin, the fat cells are burnt instead of being stored.
- Weight reduction is enhanced by relieving metabolism and strengthening the liver. KURENA enables quick but completely healthy and long-lasting weight loss.



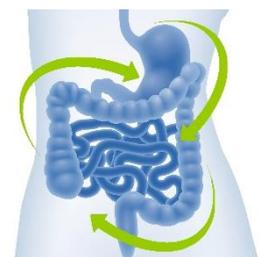
### 05. Just-in-time supply & water

- Consumption of one bar every 60-80 minutes guarantees an optimal dose for the liver, metabolism and sugar levels throughout the day.
- Drinking a glass of water while consuming, supports and strengthens the KURENA action.



### 06. Healthy intestines and digestion

- The intestines are also crucial for metabolism and healthy digestion. In the case of disturbance of the intestinal flora, digestive disorders and an increased risk of infections occur.
- Curcuma, chia, flour, linseed oil and fiber strengthen, protect and purify intestinal flora. Thanks to this, KURENA works comprehensively and positively on all important organs and the metabolism.



### 07. Usability - the simplest use, always & everywhere

- Many diets and eating plans require many preparations, and therefore are uncomfortable at work and on the road. We often give up on this kind of diets.
- The use of KURENA is very simple, healthy and effective – every 60-80 minutes KURENA candy bar and a glass of water. Water is available everywhere, at home, in the office and on the road.

# KURENA – ingredients

	<p><b>Fruit of acerola</b></p> <p>In 100 g of acerola, about 1,700 mg of vitamin C make it the absolute number one of fruits containing vitamin C (35 times higher than in orange and lemon!). In addition, it also provides a large amount of other biologically active substances, such as vitamin A, vitamins B1, B2, B5, niacin, protein, magnesium, phosphorus and calcium. All these vitamins together provide very effective protection for cells and increase the antioxidant effect of vitamin C.</p>
	<p><b>Buttermilk powder</b></p> <p>Buttermilk powder contains up to 75% calcium, lecithin, phosphate and protein. It is also rich in vitamins B2, B5 and B12. As a probiotic, it contains lactic acid bacteria. These bacteria have a positive effect on the human digestive system. Buttermilk bacteria are involved in many stomach processes and also strengthen the intestinal flora of the digestive system. Thanks to the pH regulation effect, it moisturizes, prevents drying and stimulates cell regeneration.</p>
	<p><b>Mushrooms</b></p> <p>Mushrooms are rich in minerals, B vitamins and proteins. They also contain provitamin D, which is converted into vitamin D in the body and is used to store calcium and phosphorus (healthy bones, prevents osteoporosis). Therefore, conscious eating of mushrooms contributes to the reduction of weight: mushrooms contain very few calories, almost no fat and have a minimal carbohydrate content.</p>
	<p><b>Chia seeds</b></p> <p>Chia seeds were already considered as a source of energy among the Maya. Mexican folk medicine says that only one teaspoon of Chia seeds is enough to provide the organism with enough nutrients for 24 hours. The fact is that chia seeds have a high content of omega-3 fatty acids, contain calcium, magnesium, copper, zinc, iron, boron, and all eight amino acids and proteins. Seeds also have a very positive effect on the level of sugar in the blood. They are responsible for triggering the slow decomposition of carbohydrates to simple sugars. This in turn produces more energy and less insulin into the body. Chia seeds are gluten-free and support colon cleansing.</p>
	<p><b>Yeast</b></p> <p>Yeast contains a number of valuable nutrients. In particular, they represent vitamins B1, B2, B6 and niacin (B3). They support metabolism, muscles and nerves. Folic acid, pantothenic acid and biotin contained in yeast also provide real cosmetic vitamins that are necessary for healthy skin, hair and nails. Minerals and micro-&amp;macro- elements of yeast are potassium and sodium in an ideal proportion, calcium for strong bones and teeth, magnesium for muscles and zinc for supporting the immunity. Due to the high content of proteins, yeasts are also considered as a supplement.</p>
	<p><b>Carrot concentrate</b></p> <p>Carrots have a low calorie content, but they are also rich in vitamins (A, B1, B2, B3, B6, B9, B11, C, E), minerals (potassium, calcium, magnesium, iron) and fiber. Carotenoids are particularly valuable, as they are converted into vitamin A in the body. They have many health benefits and contain antioxidants. Research on the action against various cancers is being made more and more frequently. Pectin-containing fiber also supports digestion, regulates blood sugar levels and delays hunger.</p>
	<p><b>Curcuma</b></p> <p>Curcuma is considered as a panacea because curcuminoids have many pharmacological properties: anti-oxidant, anti-mutagenic, anti-carcinogenic, stimulate immunity, anti-inflammatory response and lower cholesterol. Studies conducted at the General Hospital in Vienna suggest that curcuma may delay the development of colon cancer and even prevent it. It is even said that curcuma has a positive effect in the fight against dementia. Curcuma supports the production of bile, stimulates digestion of fat. The bitterness of spices leads to quicker satiety effect and suppresses the appetite for sweets.</p>
	<p><b>Linseed oil</b></p> <p>No other vegetable oil contains more omega-3 fatty acids than linseed oil. The substance maintains the elasticity of the arteries, prevents atherosclerosis by lowering LDL cholesterol and therefore prevents heart attack and stroke. Linseed oil also has preventive and soothing effects on joint inflammation. In recent years, it has been noted that the product strengthens cells, has anti-cancer properties.</p>
	<p><b>Linseed</b></p> <p>Not only linseed oil is a real source of health. Linseed is also a valuable dietary supplement supporting digestion, helps in irritation and inflammation of the digestive tract and contains high-quality phytohormones. They alleviate the female symptoms of menopause and prevent breast cancer and men with prostate problems.</p>

# KURENA – ingredients

	<p style="text-align: center;"><b>Malt extracts</b></p> <p>Malt extracts are produced from barley malt. Malt extracts contain simple and complex carbohydrates as well as various essential amino acids, minerals, vitamins (especially vitamin B) and microelements. Carbohydrates are the main source of energy for the human brain. The body needs sugar converted from carbohydrates to glucose using the liver as it is its main energy supplier. Without a constant supply of glucose, the body has reduced efficiency.</p>
	<p style="text-align: center;"><b>Milk powder</b></p> <p>Milk powder is a dry mass that is made by mixing milk, it is extracted from the whole liquid. Milk is a food with high amount of nutrients, which means it has a high energy content. The special meaning of milk protein is that it has a high natural quality and contains many essential amino acids. By combining dairy products with plant food, the quality of protein is further enhanced. In addition, it is the main supplier of calcium and a component rich in vitamins (A, B2, B12).</p>
	<p style="text-align: center;"><b>Poppy seed</b></p> <p>The poppy seed has a particularly favorable composition of fatty acids, also a high content of iron, calcium, potassium, magnesium and phosphorus. The poppy is an excellent source of protein and contains a high amount of leucine and lysine and all substances that contribute to health and strengthen the heart, brain and muscles. In addition, poppy seed has a beneficial effect on hypertension.</p>
	<p style="text-align: center;"><b>Rice syrup</b></p> <p>Rice syrup is a healthy alternative to sugar. It has a large amount of various long-chain sugars that are to be converted into simple sugars in the body before they enter the bloodstream. The absorption of sugar in the blood is therefore delayed and will not occur in the event of a rapid increase in blood sugar. Because it does not contain fructose - and maltose which is not converted into fructose in the gastrointestinal tract - it is suitable for people with fructose intolerance and malabsorption.</p>
	<p style="text-align: center;"><b>Sea salt</b></p> <p>Salt is essential. Sodium chloride is a two-component mineral substance. Often, the salt also contains small amounts of other minerals, such as calcium or magnesium. Sodium in the body has many functions, for example it plays an important role in maintaining tissue tension (osmotic pressure), which affects the balance of nutrients and fluids in the body. In addition, sodium plays an important role in bone formation, conduction of impulses and muscle relaxation. The salt is enriched with iodine to provide iodine (thyroid) supply.</p>
	<p style="text-align: center;"><b>Grape seed flour</b></p> <p>In grape seeds, the strongest antioxidants are: OPC (proanthocyanidin oligomers). They have a 20 times stronger antioxidant effect than vitamin C and 50 times stronger than vitamin E. They are therefore considered as "antioxidant bombs" or "cellular corrosion inhibitors". OPC increases the cytoprotective effect of vitamins A, C and E. Together with OPC, these vitamins are active in the body up to 10 times longer. OPC effectively neutralizes the action of free radicals. In a few minutes OPC are absorbed by the body and remain effective for up to 72 hours. They are also effective in prevention of Alzheimer's disease, Parkinson's disease, multiple sclerosis.</p>
	<p style="text-align: center;"><b>Vanilla</b></p> <p>In addition to its unique and intense aroma, vanilla is considered as an aphrodisiac, an anti-stress and bringing luck spice. Numerous studies have shown that the substances containing it have a good effect especially on the soul. But not only. The smell of vanilla can relieve stress, anxiety, depression, protect from insomnia and, incidentally, hunger. The reason is that vanilla stimulates the production of happiness hormone serotonin in the brain. Natural vanilla is also considered to be an effective factor in indigestion problems and is said to have antifungal, antibacterial and anti-inflammatory properties.</p>
	<p style="text-align: center;"><b>Wheat germs</b></p> <p>Wheat germs are a mineral protein, containing many vitamins and are high in fiber and unsaturated fatty acids. A large amount of proteins contribute to the growth and maintenance of muscle mass. Unsaturated fatty acids play an important role in the regulation of fat metabolism and cholesterol levels. The complex B vitamins, especially vitamins B1, B2, B6, B12 and niacin support energy and nervous system metabolism. Vitamin E contributes along with micro- &amp; macro- elements such as zinc, manganese, copper and selenium to protect cells against oxidative stress. Iron and zinc also strengthen the immune system.</p>
	<p style="text-align: center;"><b>Cinnamon</b></p> <p>Cinnamon is one of the oldest and most famous spice plants in the world. The healing effects of cinnamon, however, are less known. Cinnamon reduces inflammation in colds and intestinal infections, stimulates the burning of fat and blood sugar. The active component of cinnamon is MHCP, which lowers blood sugar levels and thus increases glucose uptake into cells – it has similar effects to insulin. According to research, cinnamon lowers blood sugar and the level of LDL cholesterol. Due to the content of coumarin, the daily intake should be restricted.</p>



## KURENA – covering the demand for nutrients

KURENA is a product rich in energy and nutrients based on nature. KURENA exactly matched to the daily needs of the human body, and guarantees a high-value and balanced supply of nutrients at a maximum of 1100 kcal/day.

All essential nutrients such as proteins, carbohydrates, fat, vitamins, minerals and fiber are available in a natural form and in optimized proportions, thanks to which they show high bioavailability.

"It's not the amount of calories that is decisive but the top quality (= the amount of nutrients) and the combination of food.

The more valuable the products are, the less calories we need. In contrast to "conventional" nutrition, all (!) nutrients from the daily supply go to the body. There is no nutrients' deficiency, hunger and yo-yo effect!

Daily ration	KURENA contains:
Isoleucine	Buttermilk powder, Chia seeds, Linseed oil, linseed, malt extracts, milk, poppy seed
Leucine	Buttermilk powder, Chia seeds, Linseed oil, linseed, malt extracts, milk, poppy seed
Lysine	Buttermilk powder, Chia seeds, Linseed oil, linseed, malt extracts, milk, poppy seed
Methionine	Buttermilk powder, Chia seeds, Linseed oil, linseed, malt extracts, milk, poppy seed
Phenylalanine	Buttermilk powder, Chia seeds, Linseed oil, linseed, malt extracts, milk, poppy seed
Threonine	Buttermilk powder, Chia seeds, Linseed oil, linseed, malt extracts, milk, poppy seed
Tryptophan	Buttermilk powder, Chia seeds, Linseed oil, linseed, malt extracts, milk, poppy seed
Valine	Buttermilk powder, Chia seeds, Linseed oil, linseed, malt extracts, milk, poppy seed
Arginine	Buttermilk powder, Chia seeds, Linseed oil, linseed, malt extracts, milk, poppy seed
Histidine	Buttermilk powder, Chia seeds, Linseed oil, linseed, malt extracts, milk, poppy seed
Omega-6	Chia seeds, malt extracts, Wheat germs
Omega-3	Buttermilk powder, Chia seeds, Linseed oil, linseed, malt extracts, milk, poppy seed
Calcium	Fruit of acerola, Buttermilk, Mushrooms, Chia seeds, Yeast, Carrot, Malt extract, Milk, Poppy seeds
Chlorine	Buttermilk powder, malt extracts, milk, salt, Wheat germs
Potassium	Butter milk powder, Mushrooms, Chia seeds, Yeast, Carrot, Linseed oil, Linseed, Malt extract, Milk, Poppy seed
Magnesium	Acerola fruit, Butter Milk Powder, Mushrooms, Chia seeds, Yeast, Carrot, Malt extract, Milk, Poppy seed
Sodium	Butter Milk Powder, Mushrooms, Yeast, Carrot, Malt extract, Milk, Poppy seed
Phosphorus	Acerola fruit, Butter Milk Powder, Mushrooms, Chia seeds, Yeast, Carrot, Malt extract, Milk, Poppy seed
Sulfur	Butter Milk Powder, Linseed oil, Linseed, Malt extract, Milk, Wheat germs
Iron	Buttermilk powder, Mushrooms, Chia seeds, Yeast, Carrot, Linseed oil, Linseed, Malt extracts, Milk, Poppy seed, Wheat germs
Fluorine	Buttermilk powder, Malt extracts, Milk
Iodine	Buttermilk powder, Malt extracts, Milk, Poppy seed, Salt
Copper	Buttermilk powder, Chia seeds, Linseed oil, Linseed, Malt extracts, Milk, Poppy seed, Wheat germs
Manganese	Buttermilk powder, Linseed oil, Linseed, Malt extracts, Poppy seed, Wheat germs
Molybdenum	Linseed oil, Linseed, Malt extracts, Wheat germs
Selenium	Mushrooms, Linseed oil, Linseed, Malt extracts, Wheat germs
Silicon	Linseed oil, Linseed, Malt extracts, Rice Syrup, Wheat germs
Zinc	Butter milk powder, Mushrooms, Chia seeds, Yeast, Linseed oil, Linseed, Milk, Poppy seed, Wheat germs
Vitamin A	Acerola fruit, Butter Milk Powder, Yeast, Carrot, Milk
Vitamin B1	Acerola fruit, Butter Milk Powder, Mushrooms, Chia seeds, Yeast, Carrot, Malt extract, Milk, Poppy seed, Linseed oil, Linseed, Wheat germs
Vitamin B2	Acerola fruit, Butter Milk Powder, Mushrooms, Yeast, Carrot, Malt extract, Milk, Wheat germs
Vitamin B3	Acerola fruit, Butter Milk Powder, Mushrooms, Chia seeds, Yeast, Carrot, Malt extract, Milk, Wheat germs
Vitamin B5	Acerola fruit, Butter Milk Powder, Yeast, Carrot, Malt extract, Milk, Poppy seed
Vitamin B6	Butter Milk Powder, Mushrooms, Yeast, Carrot, Malt extract, Milk, Poppy seed, Wheat germs
Vitamin B7	Butter Milk Powder, Yeast, Carrot, Malt extract, Milk, Poppy seed, Wheat germs
Vitamin B9	Butter Milk Powder, Yeast, Carrot, Malt extract, Milk, Poppy seed, Wheat germs
Vitamin B12	Butter Milk Powder, Milk, Wheat germs
Vitamin C	Acerola fruit, Butter Milk Powder, Milk
Vitamin D	Mushrooms
Vitamin E	Mushrooms, Linseed oil, linseed, Wheat germs
Vitamin K1	Mushrooms, Linseed oil, linseed
Carbohydrates	Butter Milk Powder, Mushrooms, Malt extract, Milk, Poppy seed, Rice syrup, Wheat germs
Fats	Buttermilk powder, Chia seeds, Linseed oil, linseed, Milk, Poppy seed
Proteins	Acerola fruit, Butter Milk Powder, Mushrooms, Yeast, Linseed oil, Linseed, Milk, Poppy seed
Fiber	Mushrooms, Chia seeds, Linseed oil, Linseed, Wheat germs, Poppy seed, Carrot
Water	After eating each KURENA bar, you should drink one glass of water

Thanks to this, you lose weight healthy and for a long time. Additional fats and carbohydrates are mobilized from available fat reserves.

KURENA is not a normal slimming product, but an optimal and concentrated form of healthy nutrition. If you consciously lose weight with KURENA, you will achieve your dream weight for a long time. KURENA is an ideal introduction to conscious nutrition thanks to its easy supplementation. Fast success (on average 3-4 kg a week) and additional improvement of the quality of life, motivate to a conscious and enjoyable lifestyle.

# KURENA – rules of use

## 01 Regular supply every 60 - 80 minutes

Daily, eat 10 - 12 bars, so that there is no energy deficiency (in form of ATP) and nutrients. If, for example, you eat only 5 portions a day, you will not lose weight more or faster! On the contrary, after 2-3 days, metabolism will go into the emergency state. Therefore, you should eat the first portion in the morning. If you eat irregularly during the day, there is a risk of hunger. If you eat the first portion late in the morning, you will disturb your balance and one bar will not be enough to satisfy your hunger and calories' demand. Our body and metabolism work best when the right dose of nutrients and energy is received. Not too much, but not too little. This avoids the hypoglycaemic effect (= hunger) or hyperglycaemia (= insulin secretion).

## 02 Do not combine with other food products

For an optimal result, it is not allowed to combine KURENA with other food products. It is not even about the extra calories, but the optimal sugar content and metabolism. KURENA is ideal for daily coverage of nutrient needs.

## 03 Alcohol destroys KURENA action

In addition to fat processing, the liver is also responsible for detoxification. This task has the highest priority for the liver. If the liver is busy with digesting alcohol, it can not deal with the burning and transformation of fat. That is why alcohol has a double negative effect on fat metabolism.



## 04 Coffee - only if we „can not live” without it

If we want to eliminate acidification, we have to give it up. However, coffee stimulates metabolism and digestion. In addition, it protects the liver from certain diseases. It has no effect on weight reduction if we do not sweeten it or sweeten it with sweetener or brown sugar and limit the amount of milk.

## 05 Water is the most significant!

Water is the most important for our body. You should consume at least 2.5 - 3 liters a day! The KURENA itself almost does not contain water! Normally, we cover the need for 50% of fluids from food. Therefore, you should drink at least 1 glass of water to each KURENA bar.

## 06 Fresh, natural quality

KURENA is produced without preservatives. KURENA should be consumed within 8 weeks. You can also freeze the KURENA. If KURENA is too hard, it should be slightly warmed up before consumption (maximum 38 degrees).



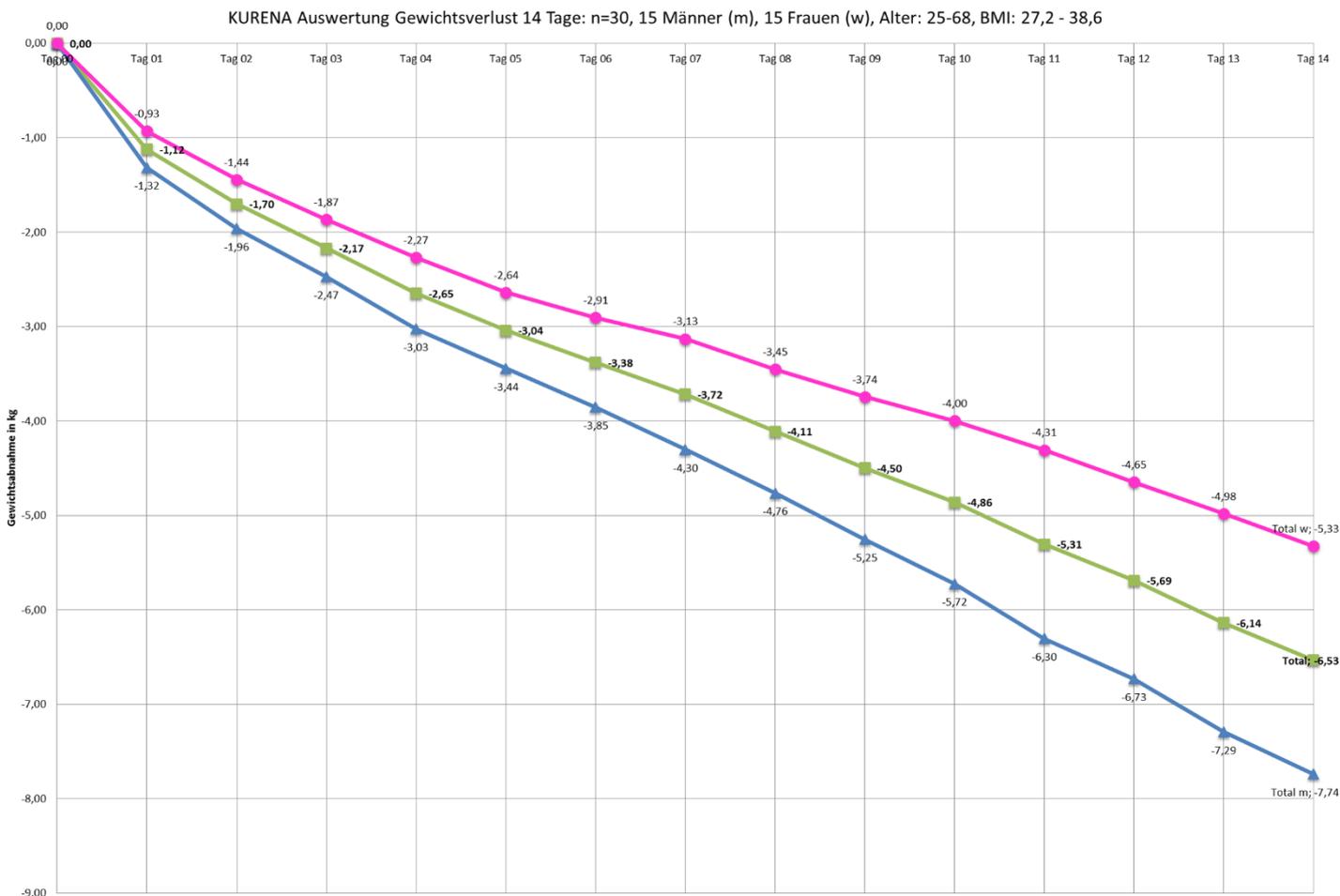
# Weight loss

## KURENA test beta

In the beta test phase KURENA was tested between April and May 2015 on 30 probants, 15 men and 15 women at the age of 25 and 68 for two weeks. Probants accepted and took only KURENA, water, tea and coffee for two weeks. About one-half of the probants were observed one or more nutrition mistakes. As we were interested in practical values, we included errors in the assessment of probants. In fact, not everyone stuck their diet plan in 100%. BMIs at the beginning were from 27.2 to 38.6. Probants always weighed in the morning after waking up. Day-01 means: The weight measured next morning after one day of eating KURENA.

## Results

After 2 weeks, the probants, despite "small nutrition mistakes" lost an average of 6.5 kg (green line: in the first week of 3.7 kg and 2.8 kg in the second week). As expected, men (blue line) lost 7.7 kg in 14 days (4.3 kg in the first week and 3.4 kg in the second), more than women (pink line) about 5.3 kg (3.1 kg in the first and 2.2 kg in the second week):





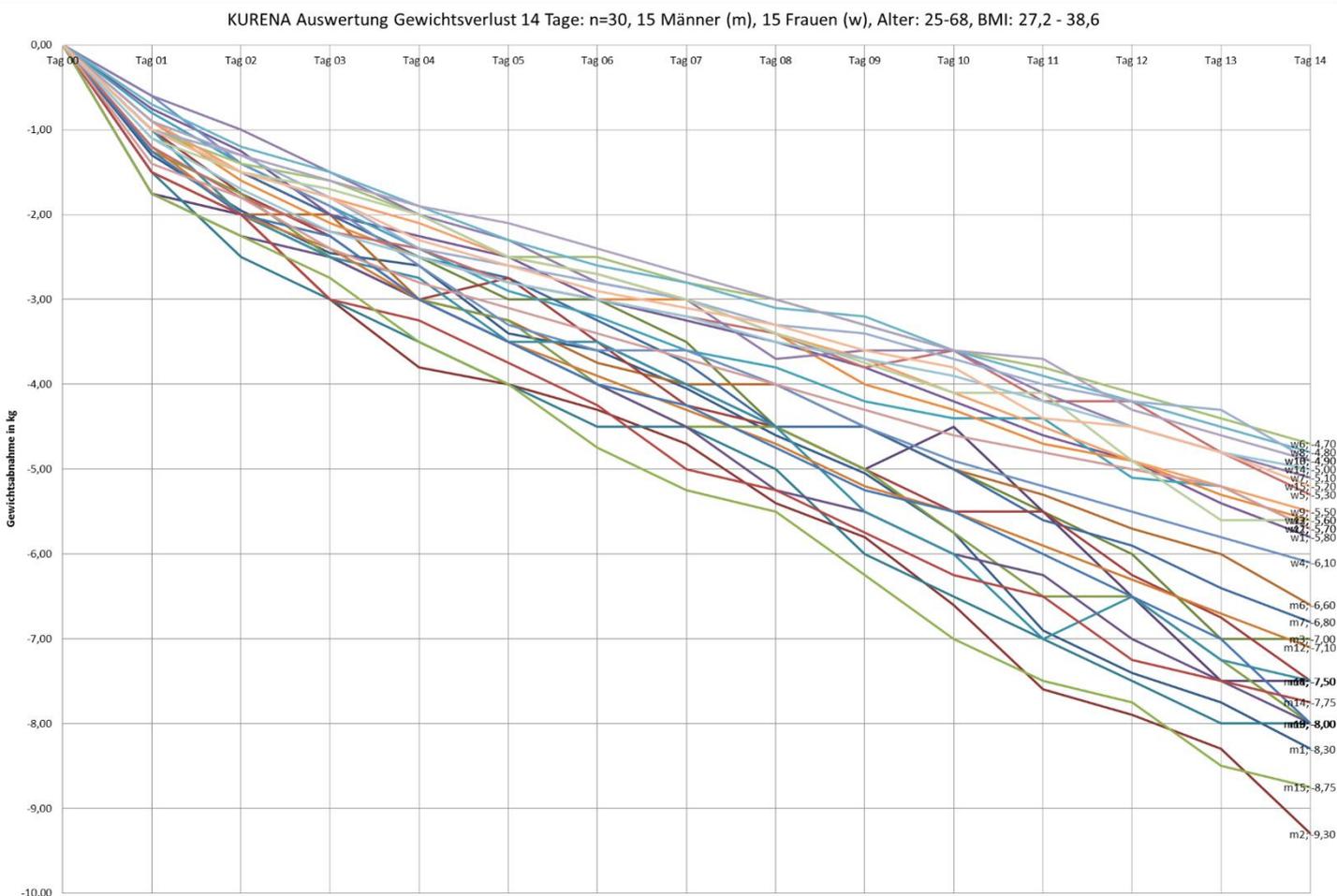
# Weight loss

## Comments

As expected, weight reduction depends on sex, starting weight, age, physical and sport activity, metabolism and other factors. In the first week the weight reduction is greater than in the second. This is due to the components of cleansing and emptying the intestines or the high volume of KURENA nutrients, so that less substance is excreted, On the other hand, the probants less stick to the plan in the second week .

Although the number of 30 probants is not large, the results coincide with the experiences of our clients. 77% of probants declare that they will use KURENA in the future. 13% achieved their ideal weight after only 2 weeks. 3% will no longer use KURENA because of its ingredients or allergens (gluten, lactose).

Check weighing must be at the same time and under the same conditions, e.g. after waking up, before or after defecation. Every person after waking up is lighter and during the day takes from 0.5 kg to 2 kg (water retention, stomach & intestinal contents). Fluctuations between 0.5 and 2 kg usually depend on fluids and are normal.





Start now with a new quality of life!



**KURENA**

**"Let food be thy medicine and medicine be thy food." "**

*Hippocrates from Kos (an ancient doctor and the creator of Greek medicine, 460 - 370 BC)*

Additional information and sources on the website:

[www.kurena.pl](http://www.kurena.pl)

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