



**Raab**<sup>®</sup>  
Vitalfood

Natural. Premium. Nutrition.



Quality since 1989  
Raab Vitalfood

# Catalog 2024

---

*Food supplements, vegan proteins and plant powders in premium organic quality*

# Raab Vitalfood

## Premium organic quality from tradition

*Dear customers,*

For over 30 years, the name Raab Vitalfood has stood for herbal food supplements and foods. My uncle Michael Raab founded the company in Munich in 1989. From the beginning, he has paid attention to premium organic quality and is thus one of the organic pioneers in Germany. Long before the word “vegan” was on everyone’s lips, Raab Vitalfood already relied on the power of plants and developed plant-based products out of conviction. Since its foundation, our family-owned company has built up its own production at the company site in Rohrbach an der Ilm (60 km north of Munich) and now employs more than 50 people in purchasing, production and quality assurance, who develop and manufacture our products with a great deal of experience and passion. The deep understanding of the products as well as the careful analysis and control of the raw materials and ingredients is the basis for this.

As a molecular biologist, I focus together with our team on quality, innovative strength and the scientific and studybased background of the ingredients. We are particularly interested in plant-based food supplements. The secondary plant substances contained in these supplements have been researched with increasing intensity for many years and abroad and very interesting body of studies is now available.

Our range offers a wide selection to everyone who is interested in a conscious and active lifestyle. Let the premium quality of our products - Made in Germany - convince you.

Please contact us at any time if you have any questions about our products. Our team of nutritionists and food technologists will be happy to answer them.

With best regards from Rohrbach



Dr. Andreas Raab,

Managing Director of Raab Vitalfood



Dr. Andreas Raab  
Managing Director of Raab Vitalfood

### *What we offer*

- a wide, modern range of plant-based food supplements and foods, protein powders and superfoods
- Premium quality: best and carefully processed raw materials, own residue and allergen controls, IFS certification
- almost all our products are organic, vegan, gluten and lactose free
- no additives are used wherever possible
- own production in Germany with over 50 enthusiastic and experienced employees in purchasing, product development, production, quality management and service
- over 30 years of experience and the continuity of a family business combined with a spirit of innovation

*Long before the word „vegan“ was on everyone’s lips, Raab Vitalfood already relied on the power of plants and developed plant-based products out of conviction.*



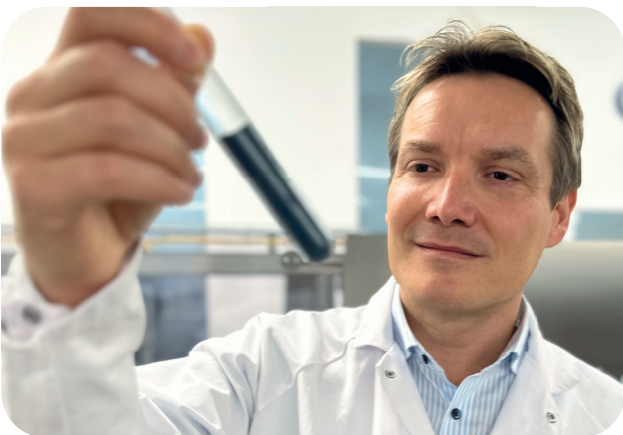
## Our raw material requirements

The quality of the products begins with the purchase of the raw materials. Here our focus is on three decisive factors: Origin, cultivation and processing:

**Origin:** We prefer to source our herbal raw materials from the regions and climatic zones where the plants are originally native and have their natural, characteristic vital substance profile.

**Cultivation:** We only use raw materials that have been cultivated in accordance with the EC Organic Regulation 834 and the Codex of the BNN (Bundesverband Naturwaren Naturkost e. V.).

**Processing:** The raw materials are processed carefully and as little as possible. Additives are avoided wherever possible.



## Product quality and safety

### Laboratory test

Raab Vitalfood has stood for premium quality for over 30 years. Therefore, our raw materials and products are carefully examined on a risk basis for residues, microbial contamination and the promised content of vital substances. We only trust analyses that are carried out on our behalf in German, accredited laboratories. In this way, we can guarantee the safety and premium quality of our products.

### IFS certification

Since 2017, Raab Vitalfood has been certified by TÜV Süd according to the International Featured Standards - Food. This very strict and comprehensive certification is only awarded if the highest production, quality and safety standards are met. The IFS Food certification underlines that quality and safety are our top priorities in all areas.





**Raab**<sup>®</sup>  
Vitalfood

Natural. Premium. Nutrition.

*New*

# packaging design!

*It's time for something different!  
New design but the same proven  
content, formula and quality.*

*Same content,  
same  
formula!*

*Quality since 1989  
• Raab Vitalfood •*



# Overview

06 | *Food supplements*

19 | *Plant based proteins*

22 | *Foods and plant powders*

28 | *Creative cooking*

32 | *Sweetening with Xylitol and Stevia*

34 | *Table of contents*

## Our new products



# Food supplements



## Acerola Organic

rich in natural vitamin C

Acerola, also known as the Barbados cherry, is the fruit of the acerola shrub native to Central America and Brazil. Acerola cherries are characterised by a high content of natural vitamin C. Vitamin C supports the normal functioning of the immune system and the nervous system, contributes to normal collagen formation for the normal function of skin, teeth, cartilage, bones and gums and to a normal energy-yielding metabolism and to the reduction of tiredness and fatigue. It also helps protect cells from oxidative stress.

**Capsule ingredients:** 80 % acerola fruit juice concentrate pulverised<sup>1)</sup>, vegetable capsule shell: hydroxypropyl methylcellulose  
 (\*from controlled organic farming; <sup>1)</sup>acerola cherries from Brazil)

**Available as:** 80 capsules of 500 mg (40 g) or tin containing 150 g of powder

✓ vegan ✓ naturally gluten-free and lactose-free V3.1



## Algae oil Omega-3

250 mg DHA and 125 mg EPA (2:1)  
per capsule

Raab Algae Oil Omega-3 capsules are purely vegetable. The algae oil is obtained by fermenting the unicellular microalgae *schizochytrium sp.* DHA and EPA contribute to normal function of the heart. DHA contributes to the maintenance of normal vision and the maintenance of normal brain function.

**Capsule ingredients:** 68 % DHA and EPA-rich oil from the microalgae *schizochytrium sp.*<sup>1)</sup>, capsule (humectant: glycerine, modified corn starch, thickener: carrageenan, water, acidity regulator: sodium carbonate), sunflower oil, rosemary extract, antioxidant: high tocopherol-containing extract and ascorbyl palmitate (\*algae oil from the USA)

**Available as:** 30 capsules of 1183 mg (35.5 g)

✓ vegan ✓ naturally gluten-free and lactose-free V3.1



## Astaxanthin

4 mg Astaxanthin per capsule

Astaxanthin is a carotenoid that is produced naturally by the microscopic *Haematococcus pluvialis algae*. Raab Astaxanthin Capsules contain 4 mg astaxanthin per capsule.

**Capsule ingredients:** 53 % extra virgin olive oil, capsule shell (modified corn starch, humectant: glycerine, thickener: carrageenan, acidity regulator: sodium carbonate), Astaxanthin-rich oleoresin from *Haematococcus pluvialis algae*, antioxidant: alpha-tocopherol

**Available as:** 60 capsules of 438 mg (26.3 g)

✓ vegan ✓ gluten-free ✓ lactose-free V4.1a



## Alkaline Drink Plus

*with sango coral and zinc*

Raab Alkaline Drink contains a well-balanced mixture of alkaline minerals. The mixture is rich in calcium, magnesium, copper, selenium, chromium and molybdenum and contains potassium, zinc and manganese. The mixture contains 9 % sea coral fossils from Sango coral. Calcium is needed for the maintenance of normal bones and teeth and the normal function of digestive enzymes. Potassium contributes to the maintenance of normal blood pressure. Magnesium contributes to: normal muscle function, a normal functioning of the nervous system, a normal psychological function, a reduction of tiredness and fatigue and electrolyte balance. Zinc contributes to a normal acid-base metabolism.

**Ingredients:** magnesium citrate, calcium carbonate, potassium bicarbonate, potassium citrate, 9 % coral fossils, sodium bicarbonate, sodium phosphate, 0.08 % zinc gluconate, copper gluconate, manganese gluconate, chromium-III-chloride, sodium selenate, sodium molybdate  
**Available as:** tin containing 300 g of powder

✓ gluten-free ✓ lactose-free

V1.2b



## Bergamot Artichoke

*with choline, which contributes to normal lipid metabolism*

Raab Bergamot-Artichoke capsules contain a combination of high-quality bergamot and artichoke extract. Bergamot is a small citrus fruit that thrives mainly in southern Italy (Calabria). It contains flavonoids (225 mg in 900 mg extract per serving). The bergamot extract is extracted from the juice of Italian fruits and is completed by artichoke extract from France, which contains the herbal bitter substance cynarin (3.8 mg in 150 mg extract per serving). With choline, which contributes to normal lipid metabolism.

**Capsule Ingredients:** 52 % bergamot juice extract<sup>1</sup>, vegetable capsule shell: hydroxypropyl methylcellulose, 12 % L-choline bitartrate, 9 % artichoke extract<sup>2</sup> (<sup>1</sup>Bergamots from Italy; <sup>2</sup>Artichokes from France)

**Available as:** 100 capsules of 430 mg (43 g)

✓ vegan ✓ naturally gluten-free and lactose-free V6a



## Blood Orange Morosil®

*Extract from Sicilian blood oranges*

Raab Morosil capsules contain 400 mg Morosil® blood orange extract per serving. The standardised extract is made from blood oranges of the Moro variety, which are cultivated in Sicily. The intense purple-red colour of the fruit flesh is due to the anthocyanin content, which the plant produces as a result of the special climatic conditions. The capsules naturally contain vitamin C and polyphenols from the anthocyanin and flavanone groups. Morosil® is a registered trademark of Bionap.

**Capsule Ingredients:** 80 % blood orange extract<sup>1</sup>, vegetable capsule shell: hydroxypropyl methylcellulose (<sup>1</sup>Blood oranges from Italy)

**Available as:** 60 capsules of 500 mg (30 g)

✓ vegan ✓ naturally gluten-free and lactose-free V1.2a



## Broccoli Organic

*with vitamin C from acerola cherries*

Raab Organic Broccoli capsules contain lutein from broccoli from Germany and additional vitamin C from acerola cherries. Vitamin C contributes to normal collagen formation for the normal function of skin, bones, blood vessels, gums and teeth. Vitamin C also contributes to the protection of cells from oxidative stress.

**Capsule ingredients:** 56 % broccoli powder\*, 24 % acerola fruit juice concentrate powdered\*, vegetable capsule shell: hydroxypropyl methylcellulose (\*from controlled organic farming)

**Available as:** 90 capsules of 500 mg (45 g) or a tin containing 230 g of powder

✓ vegan ✓ naturally gluten-free and lactose-free V4a



## Calcium Citrate

*supports the normal function of bones, teeth, muscles and energy-yielding metabolism\**

\*Calcium contributes to:

- the maintenance of normal bones and teeth
- normal muscle function
- a normal energy-yielding metabolism
- normal blood clotting
- the normal function of digestive enzymes
- normal neurotransmission

Calcium citrate is an organically bound form of calcium.

**Capsule ingredients:** 100 % calcium citrate

**Available as:** tin containing 90 g of powder

✓ vegan ✓ gluten-free ✓ lactose-free V4.2



## Chlorella Organic

*100% chlorella from certified organic aquaculture*

Chlorella are green microalgae that flourish in fresh water and have been around for billions of years. Raab Organic Chlorella are grown in organically certified aquacultures.

**Tablet ingredients:** 100% chlorella microalgae powder (from certified organic aquaculture)

**Available as:** 200 tablets of 400 mg (80 g) oder a tin containing 150 g of powder

✓ vegan ✓ naturally gluten-free and lactose-free V1.4b



## Cistus Organic

### Lozenges with Cistus incanus extract

One Cistus lozenge contains 76.8 mg of dry extract, which is made from about 500 mg of the cistus species *Cistus incanus*. About 650 g of cistus are used to produce 100 g of dry extract.

**Lozenge ingredients:** corn syrup powder\*, banana powder\*, 16 % dry cistus extract from *Cistus incanus*\*, beet-root powder\*, rose hip seed oil\*

(\*from controlled organic farming)

**Available as:** 90 lozenges of 472 mg (42.5 g)

✓ **vegan** ✓ naturally **gluten-free und lactose-free** V4a



## Coenzym Q10 with B vitamins

### 100 mg coenzyme Q10 daily with all eight B vitamins

Raab Coenzyme Q10 with B vitamins capsules contain vegan coenzyme Q10, which is obtained from corn by a fermentation process. The capsules also contain all eight B vitamins. Thiamine (B1), riboflavin (B2), vitamin B6, biotin (B7) and vitamin B12 contribute to a normal energy-yielding metabolism. Riboflavin (B2), niacin (B3), pantothenic acid (B5), vitamin B6, folic acid and vitamin B12 contribute to the reduction of tiredness and fatigue.

**Capsule ingredients:** Bulking agent: arabic gum, 26 % coenzyme Q10, vegetable capsule shell: hydroxypropyl methylcellulose, vitamin B complex (nicotinamide, calcium-D-pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, pteroylmonoglutamic acid, D-biotin, cyanocobalamin)

**Available as:** 50 capsules of 380 mg (19 g)

✓ **vegan** ✓ **gluten-free** ✓ **lactose-free** V2.1a



## Cranberry Extract Organic

### 50 mg proanthocyanidine per day

Raab Bio Cranberry Extract capsules contain a standardized level of proanthocyanidins (50 mg in 3 capsules) from cranberry extract. Proanthocyanidins are secondary plant substances from the group of flavonoids. The formulation of the capsules combines the cranberry fruit in their natural plant matrix with cranberry extract.

**Capsule ingredients:** 39 % cranberry extract\*, 39 % cranberry powder\*, vegetable capsule shell: hydroxypropyl methylcellulose

(\*from controlled organic farming)

**Available as:** 90 capsules of 440 mg (39.6 g)

✓ **vegan** ✓ naturally **gluten-free und lactose-free** V2.2a



## Curcuma Organic

### Food supplement with curcumin from curcuma and piperine from pepper

Curcuma is a tropical mountain plant that belongs to the ginger family. It is native to India and Southeast Asia. Curcuma naturally contains the phytochemical compound curcumin which gives the plant its amber shade. Raab Organic Curcuma Tablets contain curcumin from curcuma and piperine from pepper.

**Tablet ingredients:** 75 % curcuma powder<sup>1</sup>, corn syrup powder<sup>2</sup>, anti-caking agent: magnesium carbonate, 1.6 % pepper<sup>3</sup>

(\*from controlled organic farming; <sup>1</sup>curcuma roots from Madagascar)

**Available as:** 300 tablets of 300 mg (90 g) or a tin containing 100 g of powder

✓ **vegan** ✓ naturally **gluten-free und lactose-free** V11.4a



## Curcuma Extract Organic

### with curcuminoids from curcuma and piperine from pepper

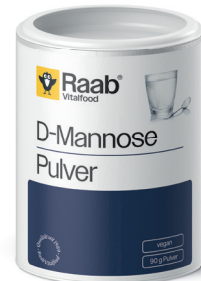
Turmeric, also called curcuma, is a tropical alpine plant and belongs to the ginger family. Their home is India and Southeast Asia. Raab Organic Curcuma Extract capsules combine the valuable ingredients of curcuma roots and pepper in their natural plant matrix with curcuma extract with standardized curcumin content.

**Capsule ingredients:** 64.5 % curcuma powder<sup>1</sup>, vegetable capsule shell: hydroxypropyl methylcellulose, 13 % curcuma-extract<sup>2</sup>, 3 % pepper ground<sup>3</sup>

(\*from controlled organic farming; <sup>1</sup>curcuma roots from Madagascar)

**Available as:** 90 capsules of 500 mg (45 g)

✓ **vegan** ✓ naturally **gluten-free und lactose-free** V9.3a



## D-Mannose

### Food supplement from D-Mannose powder

D-mannose is a monosaccharide akin to glucose and galactose.

**Powder ingredients:** 100 % D-Mannose

**Available as:** tin containing 90 g or 220 g of powder

✓ **vegan** ✓ naturally **gluten-free und lactose-free** V7a





## D-Mannose Cranberry

*with zinc and biotin*

Convenient lozenges for at home and on the road. Each Raab D-Mannose - Cranberry lozenge contains D-mannose, cranberry extract as well as zinc and biotin. Zinc contributes to the normal functioning of the immune system. Biotin contributes to the maintenance of normal mucous membranes.

**Tablet ingredients:** 91 % D-mannose, 5 % cranberry extract, anti-caking agents: magnesium salts of fatty acids and silicone dioxide, acid: citric acid, zinc gluconate, natural aroma, D-biotin

**Available as:** 24 lozenges of 2.2 g (52.8 g)

✓ **vegan** ✓ **gluten-free** ✓ **lactose-free** V4.4



## Electrolytes with Glucose

*Carbohydrate-electrolyte solutions improve the absorption of water during physical activity*

Magnesium contributes to:

- a reduction of tiredness and fatigue
- electrolyte balance

Calcium contributes to:

- normal energy-yielding metabolism
- normal muscle function

Potassium contributes to:

- the maintenance of normal blood pressure
- normal functioning of the nervous system

**Powder ingredients:** Glucose syrup powder, magnesium citrate, calcium citrate, potassium citrate, sodium citrate, sodium chloride

**Available as:** tin containing 190 g of powder

✓ **vegan** ✓ **naturally gluten-free und lactose-free** V3



## Electrolytes Pure

*with magnesium, calcium, potassium, chloride and sodium; without sugar & without sweeteners*

Raab Electrolytes pure is a powder for the preparation of an isotonic electrolyte drink with minerals.

Magnesium contributes to:

- a reduction of tiredness and fatigue
- electrolyte balance

Calcium contributes to:

- normal energy-yielding metabolism
- normal muscle function

Potassium contributes to:

- the maintenance of normal blood pressure
- normal functioning of the nervous system

**Powder ingredients:** Magnesium citrate, calcium citrate, potassium citrate, sodium citrate, sodium chloride

**Available as:** tin containing 170 g of powder

✓ **vegan** ✓ **naturally gluten-free und lactose-free** V2



## Iron Complex

*with iron(II)-bisglycinat*

Raab iron complex capsules contain a combination of red plant powder and extracts from pomegranate, beetroot, grape seeds and acerola, as well as divalent iron (iron (II)-bisglycinate), which ensures a standardized iron content within the capsules. The iron is encased in a so-called chelate complex, which consists of two glycine molecules (amino acid). Vitamin C increases the iron absorption. Iron contributes to a normal formation of red blood cells and hemoglobin, normal oxygen transport in the body, normal functioning of the immune system and reduce tiredness and fatigue.

**Capsule ingredients:** 35 % grape seed flour, partially deoiled, 23 % acerola fruit juice concentrate powdered, vegetable capsule shell: hydroxypropylmethyl cellulose, 12 % beetroot powder, 6 % iron(II)-bisglycinate, 4 % aqueous pomegranate peel extract

**Available as:** 80 capsules of 500 mg (40 g)

✓ **vegan** ✓ **gluten-free** ✓ **lactose-free** V2



## Psyllium husks Organic

*organic psyllium husks powder in capsules; source of fiber*

Raab organic psyllium husks capsules contain finely ground psyllium husk powder. The powder contains vegetable fiber. Ground psyllium husks have an even bigger swelling rate than whole psyllium husks and can bind a water volume, that equals 45 times their own weight.

**Capsule ingredients:** psyllium husk powder\*, vegetable capsule shell: hydroxypropyl methylcellulose (\*from controlled organic farming; †from India)

**Available as:** 100 capsules of 600 mg (60 g) or a tin containing 150 g or 250 g of powder

✓ **vegan** ✓ **naturally gluten-free und lactose-free** V2.3



## Lady's Mantle Plus

*with vitex, maca, magnesium, iron, zinc, vitamin C, biotin and coenzyme Q10*

Raab Lady's Mantle Plus combines extracts of lady's mantle herb and monk's pepper fruit. The iron it contains contributes to the normal formation of red blood cells and haemoglobin. Magnesium and biotin contribute to the normal functioning of the psyche. Biotin contributes to the maintenance of normal hair, skin and mucous membranes. Zinc contributes to normal fertility and reproduction.

**Tablet ingredients:** 40 % maca root powder, magnesium citrate, vegetable capsule shell coating agent: hydroxypropyl methylcellulose, 3.6% acerola fruit juice concentrate powdered, 2.3% lady's mantle (alchemilla vulgaris) extract, ferrous gluconate, 0.9% coenzyme Q10, zinc gluconate, 0.3% vitex (vitex agnus-castus) extract, biotin

**Available as:** 90 capsules of 650 mg (58.5 g)

✓ **vegan** ✓ **gluten-free** ✓ **lactose-free** V6c



## Barley Grass Organic

with vitamin C from Acerola

Barley grass is the name given to the young leaves of the emerging plant. Raab Organic Barley Grass Capsules contain barley grass from Germany and additional vitamin C from acerola cherries. Vitamin C contributes to normal collagen formation for the normal function of skin, bones, blood vessels, gums and teeth. Vitamin C also contributes to a normal psychological function and to the normal functioning of the nervous system and the immune system.

**Capsule ingredients:** 49 % barley grass powder\*, vegetable capsule shell: hydroxypropyl methylcellulose, 21 % acerola fruit juice concentrate powdered\* (\*from controlled organic farming)

**Available as:** 90 capsules of 300 mg (29,7 g) or a tin containing 75 g or 140 g of powder

✓ vegan ✓ naturally gluten-free und lactose-free V3a



## Ginkgo biloba Organic

organic quality

Raab Organic *Ginkgo biloba* extract capsules contain an aqueous 1:1 extract. *Ginkgo biloba* is one of the oldest living plant species on earth and is therefore often referred to as a "living fossil". The history of *Ginkgo biloba* goes back over 250 million years and a tree can live for over 1000 years.

**Capsule ingredients:** *Ginkgo biloba* extract\*, vegetable capsule shell: hydroxypropyl methylcellulose (\*from controlled organic farming)

**Available as:** 60 capsules of 500 mg (30 g)

✓ vegan ✓ naturally gluten-free und lactose-free V1a



## Glucosamine

with glucosamine sulfate and vitamin C

Glucosamine is an amino sugar which naturally occurs in the human body. Vitamin C contributes to normal collagen formation for the normal functioning of bones and cartilage. Vegan Raab Glucosamine is produced from plant-based sources via a fermentation process.

**Capsule ingredients:** 74 % glucosamine sulfate 2KCl, 13 % L-ascorbic acid, vegetable capsule shell: hydroxypropyl methylcellulose

**Available as:** 90 capsules of 800 mg (72 g)

✓ vegan ✓ gluten-free ✓ lactose-free V6.1a



## Good Aging Complex

with thiamine, which contributes to the normal function of the heart

Food supplement with vitamin C, thiamine, niacin and zinc as well as quercetin, curcuma extract, *trans-resveratrol*, coenzyme Q10, L-tryptophan and pyrroloquinoline quinone disodium salt. Vitamin C contributes to normal collagen formation for the normal function of blood vessels. Zinc contributes to normal cognitive function and to the protection of cells from oxidative stress. MGCPQQ® is a registered trade mark of MGC (Japan).

**Capsule ingredients:** Vegetable capsule shell: hydroxypropyl methylcellulose, bulking agent: arabic gum, quercetin, curcuma extract, *trans-resveratrol*, coenzyme Q10, L-tryptophan, L-ascorbic acid, zinc bisglycinate, pyrroloquinoline quinone disodium salt, nicotinamide, thiamine hydrochloride

**Available as:** 60 capsules of 500 mg (30 g)

✓ vegan ✓ gluten-free ✓ lactose-free V1



## Pomegranate Extract Organic

with 215 mg polyphenols from pomegranate peel per day

Raab Organic Pomegranate Extract Capsules contain only high quality plant extract from pomegranate peel. The pomegranate (*Punica granatum*) grows as a deciduous, small tree and can become several hundred years old. Its original range is in the Mediterranean and South-east Asia, where its fruits are much appreciated. The pomegranate contains polyphenols (phytochemical compounds), which give it, among other things, its intense red color. The Raab Organic Pomegranate Extract capsules contain 215 mg polyphenols per daily serving.

**Capsule ingredients:** 81% aqueous pomegranate peel extract\*, vegetable capsule shell: hydroxypropyl methylcellulose

(\*from controlled organic cultivation)

**Available as:** 80 capsules of 530 mg (42.4 g)

✓ vegan ✓ naturally gluten-free und lactose-free V1.3a



## Grapefruit Seed Extract Organic

23 mg bioflavonoids per day

Raab Organic Grapefruit Seed Extract is a high-quality extract from grapefruit seeds and peel that naturally contains valuable bioflavonoids. Only grapefruits from controlled organic cultivation are used to produce the extract. Raab organic grapefruit seed extract is standardized for bioflavonoids (1200 mg / 100 ml, 23 mg per day).

**Fluid ingredients:** 84 % extract from organic grapefruit seeds and zest\* containing glycerin; water; antioxidant agent: ascorbic acid

(\*from controlled organic farming)

**Available as:** bottle containing 50 ml

✓ vegan ✓ naturally gluten-free und lactosefree V3.4



## Guarana Organic

*with caffeine from guarana (Paullinia cupana); contains caffeine (54 mg caffeine per 4 capsules)*

The organic guarana seed powder is from the ONCA farming project on the Rio Negro in Brazil. Sun-dried - not roasted

**Capsule ingredients:** 80 % guarana seed powder\*, vegetable capsule shell: hydroxypropyl methylcellulose (\*from controlled organic farming)

**Available as:** 80 capsules of 500 mg (40 g) or a tin containing 140 g of powder

✓ vegan ✓ naturally gluten-free and lactose-free V2,6



## Rose Hip Organic

*with vitamin C, which contributes to normal collagen formation for the normal function of cartilage*

Raab Organic Rose Hip Capsules contain the best of the skin, pulp and seeds of AP-4 rose hips. One capsule contains 724 mg rose hip powder. This premium variety is native to the Chilean highlands and is grown in rural areas of southern Chile. Its fruits are characterised by their content in vitamin C. Vitamin C contributes to normal collagen formation for the normal functioning of cartilage. The rose hips are harvested when they reach their optimum degree of ripeness. Then they are dried gently.

**Capsule ingredients:** 84.2 % rose hip powder\*<sup>1</sup> (724 mg per capsule), vegetable capsule shell: hydroxypropyl methylcellulose, 1.5 % acerola fruit juice concentrate powdered\* (\*from controlled organic farming; <sup>1</sup>rose hips from Chile)

**Available as:** 150 capsules of 860 mg (129 g) or a tin containing 150 g, 250 g or 500 g of powder

✓ vegan ✓ naturally gluten-free and lactose-free V5,4



## Hyaluronan 500

*with zinc, which contributes to the maintenance of normal skin, hair and nails and vitamin C*

Raab Hyaluronan 500 capsules contain vegan hyaluronic acid (hyaluronan) which is obtained from corn via a fermentation process as well as vitamin C and zinc. A daily serving of two capsules contains 500 mg sodium hyaluronate, of which is 471 mg pure hyaluronic acid. Zinc contributes to the maintenance of normal skin, hair and nails. Vitamin C contributes to normal collagen formation for the normal function of cartilage and skin.

**Capsule ingredients:** sodium hyaluronate, bulking agent: arabic gum, vegetable capsule shell: hydroxypropyl methylcellulose, L-ascorbic acid, zinc gluconate

**Available as:** 60 capsules of 580 mg (34.8 g)

✓ vegan ✓ gluten-free ✓ lactose-free V2a



## Hyaluronan Coenzym Q10

*beauty-complex with B vitamins and zinc\*; contains hyaluronic acid, coenzyme Q10 and pomegranate peel extract*

\*Vitamin B2 and biotin contribute to the maintenance of normal skin. Folate and vitamin B12 have a function in cell division. Vitamin C and vitamin B2 help protect cells from oxidative stress. \*Zinc contributes to the maintenance of normal skin, hair and nails.

**Capsule ingredients:** aqueous pomegranate peel extract, vegetable capsule shell: hydroxypropyl methylcellulose, 19 % acerola fruit juice concentrate powdered, sodium hyaluronate, coenzyme Q10, zinc gluconate, Vitamin B-complex (nicotinamide, calcium-D-pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, pteroylmonoglutamic acid, D-biotin, cyanocobalamin)

**Available as:** 60 capsules of 500 mg (30 g)

✓ vegan ✓ gluten-free ✓ lactose-free V8,2



## Immun Plus

*with vitamin C, vitamin D, zinc, biotin and sweetener xylitol*

Raab Immun Plus lozenges are ideale companion on the go as they combine valuable ingredients such as vitamin C, vitamin D3, zinc and biotin. The lozenges have a pleasant raspberry taste and are only sweetened with xylitol. Vitamin C, vitamin D and zinc contribute to the normal functioning of the immune system. Vitamin C and zinc help protect the cells from oxidative stress. Biotin contributes to the maintenance of normal mucous membranes.

**Tablet ingredients:** 89 % sweetener: xylitol<sup>1</sup>, L-ascorbic acid, anti-caking agent: magnesium salts of fatty acids, and silicon dioxide, binder: sodium carboxy methyl cellulose, zinc gluconate, acidifier: citric acid, natural aroma, cholecalciferol, antioxidant: D- $\alpha$ -tocopherol and sodium ascorbate, D-biotin (<sup>1</sup>xylitol from Finland)

**Available as:** 60 tablets of 1.5 g (90 g)

✓ vegan ✓ gluten-free ✓ lactose-free V4,6



## Ginger Organic

*with essential oils from ginger powder*

Ginger has been used in Asian cuisine for more than three millennia. It is particularly valued for its high content in essential oils.

**Capsule ingredients:** 75 % ginger powder\*, vegetable capsule shell: hydroxypropyl methylcellulose (\*from controlled organic farming)

**Tablet ingredients:** 72 % ginger powder\*, maltodextrin\* (\*from controlled organic farming)

**Available as:** 80 capsules of 400 mg (32 g) or 360 tablets of 250 mg (90 g)

✓ vegan ✓ gluten-free and lactose-free V2,3a/V4,3a



## Iso-Mineral Lime

*Beverage powder for the preparation of an isotonic drink*

Raab Iso-Mineral *Limette* is a powder for preparing an isotonic drink. Anyone who does sports or is physically active loses water and minerals through sweating. Raab Iso-Mineral Lime contains maltodextrin and dextrose besides necessary electrolytes, minerals and trace elements such as zinc, iron, copper, molybdenum, chromium and selenium. The drink is therefore ideal during or after physical activity - or simply for in between.

**Powder ingredients:** 35.7 % maltodextrin, 35.7 % dextrose, magnesium citrate, calcium citrate, acidifying agent: citric acid; sodium citrate, potassium bicarbonate, sodium chloride, natural lime flavouring, L-ascorbic acid, iron-gluconate, zinc gluconate, copper gluconate, manganese gluconate, calcium carbonate, chrom(III)-chloride, sodium selenate, sodium molybdate  
**Available as:** tin containing 600 g of powder

✓ vegan ✓ gluten-free ✓ lactose-free V10.1a



## Iodine

*Iodine contributes to the normal production of thyroid hormones and normal thyroid function*

Raab iodine capsules contain 100 µg iodine per capsule. Iodine is an essential trace element that must be supplied through food. It has important functions in the body. Iodine contributes to the normal production of thyroid hormones and normal thyroid function, to normal cognitive function, to normal energy-yielding metabolism, to normal functioning of the nervous system and to the maintenance of normal skin.

**Capsule ingredients:** bulking agent: acacia gum, vegetable capsule shell: hydroxypropyl methyl cellulose, 5 % potassium iodate  
**Available as:** 60 capsules of 470 mg (28,2 g)

✓ vegan ✓ gluten-free ✓ lactose-free VI



## Coral Calcium

*from Sango corals with calcium and magnesium in a ratio of 2:1*

Raab Coral Calcium capsules from Sango corals contain calcium and magnesium in a ratio of 2:1. Magnesium contributes to electrolyte balance and to a reduction of tiredness and fatigue. Calcium is needed for the maintenance of normal bones and contributes to a normal energy-yielding metabolism.

**Capsule ingredients:** 83 % powder from coral fossils, coating agent: hydroxypropyl methylcellulose.  
**Powder ingredients:** 100 % powder from coral fossils  
**Available as:** 80 capsules of 600 mg (48 g) or tin containing 100 g of powder

✓ gluten-free ✓ lactose-free V4.2a



## Creatine

*Creatine increases physical performance in successive bursts of short-term, high intensity exercise\**

Food supplement for adults who engage in intensive physical activity or for adults over 55 years of age who regularly do strength training. Creavitalis® creatine monohydrate is manufactured by Alzchem Trostberg GmbH in Germany. Effects in adults and high-intensity training: Creatine increases physical performance during high-speed strength training as part of short-term intensive physical activity\*.

\*The above-mentioned positive effects already occur with a daily intake of 3 g creatine.

**Powder ingredients:** 100 % creatine monohydrate  
**Available as:** tin containing 75 g of powder

✓ vegan ✓ gluten-free ✓ lactose-free VII



## Krill Oil

*with astaxanthin and with omega-3 fatty acids EPA + DHA, which contribute to the normal function of the heart*

Raab Krill Oil Capsules contain pure premium krill oil which comes exclusively from sustainable fishing from the Antarctic Ocean. The polyunsaturated fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) from the capsules contribute to the normal function of the heart (with a daily intake of 250 mg of DHA and EPA). Raab Krill Oil Capsules additionally contain natural astaxanthin.

**Capsule ingredients:** 68 % lipid extract from the crustacean Antarctic Krill (*Euphausia superba*), capsule (fish gelatin, water, humectant: glycerol, humectant: sorbitol)  
**Available as:** 50 capsules of 735 mg (36.8 g)

✓ gluten-free ✓ lactose-free V8.3a



## Lacto Bifido Organic

*with inulin, baobab fruit pulp and topinambur & 6 bacterial strains*

Food supplement with living lactobacillus and bifidobacteria as well as inulin, baobab and topinambur

**Capsule ingredients:** 35 % inulin powder\*, 28 % baobab fruit pulp powder\*, 15 % topinambur powder\*, vegetable capsule shell: hydroxypropyl methylcellulose, 0.6 % lactic acid bacteria (*Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Lactobacillus paracasei*, *Bifidobacterium lactis*, *Bifidobacterium longum*, *Bifidobacterium bifidum*)  
 (\*from controlled organic farming)

**Available as:** 90 capsules of 470 mg (42.3 g)

✓ vegan ✓ naturally gluten-free und lactose-free V7a



## L-Arginine

### *L-Arginine in capsules*

Arginine is an amino acid. For Raab L-arginine capsules the amino acid is obtained from maize by fermentation.

**Capsule ingredients:** 78 % L-arginine, capsule shell: hydroxypropyl methylcellulose, anti-caking agent: magnesium salts of fatty acids

**Available as:** 90 capsules of 550 mg (49.5 g)

✓ **vegan** ✓ **gluten-free** ✓ **lactose-free** V46



## L-Carnitine

### *with choline, which contributes to normal lipid metabolism*

Carnitine is a compound of the amino acids lysine and methionine. Choline contributes to a normal lipid metabolism. Carnipure is a very high quality and pure carnitine. (Carnipure™ is a trademark of Lonza.)

**Capsule ingredients:** 68 % L-carnitine L-tartrate (Carnipure™), vegetable capsule shell: hydroxypropyl methylcellulose, 14 % choline bitartrate, separating agent: magnesium salts of fatty acids

**Available as:** 75 capsules of 650 mg (48.8 g)

✓ **vegan** ✓ **gluten-free** ✓ **lactose-free** V3



## Liver Function

### *contains choline, which contributes to the maintenance of normal liver function; with extracts from milk thistle and artichoke*

Raab Liver function capsules are a finely tuned combination of high-quality extracts from milk thistle and artichoke as well as curcuma powder. The milk thistle fruits contain the secondary plant substance silymarin. The mixture is rounded off with choline, which contributes to the maintenance of normal liver function.

**Capsule ingredients:** Curcuma powder, 18 % L-choline bitartrate, vegetable capsule shell: hydroxypropyl methylcellulose, 14 % milk thistle fruit extract, 14 % artichoke extract

**Available as:** 60 capsules of 550 mg (33 g)

✓ **vegan** ✓ **naturally gluten-free and lactose-free** V5.4a



## L-Glutamine

### *with L-glutamine and vitamin C*

Glutamine is an amino acid. For Raab L-glutamine capsules only L-glutamine of natural origin is used. Therefore, the amino acid is obtained from corn through fermentation. Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise.

**Capsule ingredients:** 78 % L-glutamine, vegetable capsule shell: hydroxypropyl methylcellulose, L-ascorbic acid

**Available as:** 100 capsules of 480 mg (48 g)

✓ **vegan** ✓ **gluten-free** ✓ **lactose-free** V5a



## L-Lysine with zinc

### *Zinc contributes to the maintenance of normal skin and has a role in the process of cell division*

Raab L-lysine capsules contain a balanced combination of the amino acid L-lysine and zinc. Zinc contributes to the normal function of the immune system and has a function in cell division.

**Capsule ingredients:** L-lysine hydrochloride, vegetable capsule shell: hydroxypropyl methylcellulose, zinc gluconate

**Available as:** 100 capsules of 500 mg (50 g)

✓ **vegan** ✓ **gluten-free** ✓ **lactose-free** V1.4a



## Maca Organic

### *with glucosinolates from maca root powder*

Maca root has been cultivated in the highlands of the Peruvian Andes for about 2000 years. Raab Organic Maca Premium capsules are obtained exclusively from roots grown in Peru at an altitude of over 3000 m. The maca roots are dried freshly harvested and then finely ground. The maca root powder contains secondary plant substances, the glucosinolates (160 mg / 100 g or 4 mg / 5 capsules).

**Capsule ingredients:** 80 % maca root powder\*<sup>1</sup> (*Lepidium meyenii* Walp.), vegetable capsule shell: hydroxypropyl methylcellulose

(\*from controlled organic farming; <sup>1</sup>Maca roots from Peru)

**Available as:** 80 capsules of 500 mg (40 g) or a tin containing 150 g of powder

✓ **vegan** ✓ **naturally gluten-free and lactose-free** V6.2a



## Magnesium Citrate

*supports the normal function of muscles, bones, nerves and electrolyte balance\**

\*Magnesium contributes to:

- normal muscle function
- the normal functioning of the nervous system
- a normal psychological function
- the maintenance of normal bones and teeth
- a normal energy-yielding metabolism
- the reduction of tiredness and fatigue
- electrolyte balance

Magnesium citrate is an organically bound form of magnesium.

**Powder ingredients:** 100 % magnesium citrate

**Capsule ingredients:** 83 % magnesium citrate, vegetable capsule shell: hydroxypropyl methylcellulose

**Available as:** tin containing 200 g or 340 g of powder or 90 capsules of 600 mg (54 g)

✓ vegan ✓ gluten-free ✓ lactose-free V7/V6.4



## Matcha Organic

*Organic Matcha green tea powder with epigallocatechin gallate (EGCG) and L-theanine*

Raab organic matcha capsules contain fine organic matcha green tea powder, which is obtained from tea bushes of the Japanese main island of Kyushu. The tea bushes are cultivated in strict accordance with ecological standards and are shaded from the sun before the harvest. The reduced sunlight leads to a decelerated growth, which allows the tea leaves to develop their bright green colour. The matcha leaves are harvested by hand and gently dried. The leaf veins are then removed and the leaves are finely ground in granite stone mills.

**Capsule ingredients:** 75 % ground matcha green tea powder\*, vegetable capsule shell: hydroxypropyl methylcellulose (\*from controlled organic farming)

**Available as:** 60 capsules of 400 mg (24 g) or tin containing 30 g of powder or 100 g of powder

✓ vegan ✓ naturally gluten-free and lactose-free V3.4a



## Melissa Valerian Organic

*with melissa, valerian, hop and lavender extract*

Raab organic melissa - valerian is a carefully balanced combination of extracts of melissa, valerian, hops and lavender of organic quality.

**Capsule ingredients:** 53 % melissa leaf extract\*, vegetable capsule shell: hydroxypropyl methylcellulose, 9 % valerian root extract\*, 9 % hop extract\*, 9 % lavender blossom extract\*.

(\*from controlled organic farming)

**Available as:** 60 capsules of 480 mg (28.8 g)

✓ vegan ✓ naturally gluten-free and lactose-free V4.2a



## MSM with Vitamin C

*Vitamin C contributes to a normal collagen formation for the normal function of bones and cartilage*

Raab pure MSM combines organically bound sulphur with natural vitamin C from acerola cherries. MSM is the abbreviation for an organic sulphur compound that also occurs naturally in animal and plant organisms and is therefore part of the human diet in small quantities. Vitamin C contributes to normal collagen formation for the normal function of cartilage and for the normal function of bones.

**Capsule ingredients:** 76 % methylsulfonylmethane, vegetable capsule shell: hydroxypropyl methylcellulose, 8 % acerola fruit juice concentrate powdered

**Available as:** 90 capsules of 630 mg (56.7 g) or 200 capsules of 630 mg (126 g)

✓ vegan ✓ gluten-free ✓ lactose-free V6



## MSM with Willow Bark

*Methylsulfonylmethane (MSM) with willow bark (10 % salicin) and vitamin C*

Raab MSM with willow bark capsules contain organically bound sulphur (MSM), vitamin C and high-quality willow bark extract with a standardized salicin content. The white willow (*salix alba*) is a deciduous tree whose bark contains salicin. MSM is the abbreviation for an organic sulphur compound that also occurs naturally in animal and plant organisms.

**Capsule ingredients:** 54 % methylsulfonylmethane, 25 % willow bark extract, vegetable capsule shell: hydroxypropyl methylcellulose, 5 % ascorbic acid

**Available as:** 90 capsules of 630 mg (56.7 g)

✓ vegan ✓ gluten-free ✓ lactose-free V2.2a



## Multi Vitamin Plus

*with vitamins, minerals, lactobacillus- and bifido cultures, curcuminoids and OPC*

Raab Multi Vitamin Plus offers a unique combination of selected minerals, vitamins, live bacterial cultures, OPC (*oligomeric proanthocyanidins*) from grape seeds and curcuminoids from curcuma.

**Capsule ingredients:** Vitamin and mineral formula (calcium carbonate, magnesium oxide, L-ascorbic acid, DL-alpha-tocopheryl acetate, pteroylmonoglutamic acid, nicotinamide, potassium iodate, ferrous fumarate, chromium (III) chloride, zinc oxide, calcium D-pantothenate, D-biotin, sodium selenate, cyanocobalamin, pyridoxine hydrochloride, retinylacetate, riboflavin, thiamine mononitrate, manganese-sulphate), vegetable capsule shell: hydroxypropyl methylcellulose, grape seed extract, turmeric extract, cholecalciferol, lactic acid bacteria (*Bifidobacterium longum*, *Bifidobacterium bifidum*, *Lactobacillus plantarum*, *Lactobacillus acidophilus*)

**Available as:** 60 capsules of 535 mg (32.1 g)

✓ vegan ✓ gluten-free ✓ lactose-free V4.2



## OPC Extract

from grape seeds  
with vitamin C, which contributes to the  
protection of cells from oxidative stress

Raab OPC Extract capsules contain a standardised content of oligomeric proanthocyanidins (OPC, 150 mg in 3 capsules) from grape seeds. OPC is supplemented by the vitamin C from the acerola cherry. Ripe grapes and careful extraction are a guarantee for the best OPC quality. Vitamin C helps protect cells from oxidative stress and contributes to the normal functioning of the immune system and the nervous system.

**Capsule ingredients:** 44 % grape seed flour<sup>1</sup>, partially deoiled, 28 % grape seed extract, vegetable capsule shell: hydroxypropyl methylcellulose, 6% acerola fruit juice concentrate powdered<sup>1</sup>  
(<sup>1</sup>50 % of the ingredients are from controlled organic farming, DE-ÖKO-001)

**Available as:** 90 capsules of 450 mg (40,5 g)

✓ vegan ✓ naturally gluten-free and lactose-free V5.1



## Quercetin

from *Sophora japonica*

Raab Quercetin capsules contain 200 mg quercetin per serving. Quercetin is a yellow polyphenol (a phytochemical) found in the outer layers or husks of many plants and fruits, as well as in the flowers of the Japanese pagoda tree (*Sophora japonica*).

**Capsule ingredients:** Quercetin, bulking agent: arabic gum, vegetable capsule shell: hydroxypropyl methylcellulose

**Available as:** 60 capsules à 500 mg (30 g)

✓ vegan ✓ naturally gluten-free and lactose-free V1.1



## Reishi Organic

with vitamin C, which contributes to the  
normal function of the immune system

Each Raab Organic Reishi Capsule contains reishi extract (*Ganoderma lucidum*) with polysaccharides and natural vitamin C from acerola cherries. Vitamin C contributes to the normal functioning of the immune system and the energy-yielding metabolism.

**Capsule ingredients:** 45 % watery extract of reishi mushrooms (*Ganoderma lucidum*), 30 % acerola fruit juice concentrate powdered<sup>\*</sup>, vegetable capsule shell: hydroxypropyl methylcellulose  
(\*from controlled organic farming)

**Available as:** 80 capsules of 400 mg (32 g)

✓ vegan ✓ naturally gluten-free and lactose-free V4.4



## Resveratrol with OPC

with thiamine, which contributes to the  
normal function of the heart and vitamin C,  
which contributes to the protection of cells  
from oxidative stress

Raab Resveratrol with OPC capsules contain standardized amounts of trans-resveratrol and oligomeric proanthocyanidins (OPC). Both are secondary plant substances. Additionally the capsules contain natural vitamin C from acerola cherries and piperine from black pepper. Vitamin C contributes to normal collagen formation for the normal function of blood vessels and it contributes to the protection of cells from oxidative stress. Thiamine contributes to the normal function of the heart.

**Capsule ingredients:** 45 % grape seed flour, partially deoiled, vegetable capsule shell: hydroxypropyl methylcellulose, 16 % grape seed extract, 10 % trans-resveratrol, 7 % acerola fruit juice concentrate powdered, 2 % black pepper, thiamine hydrochloride

**Available as:** 90 capsules of 500 mg (45 g)

✓ vegan ✓ gluten-free ✓ lactose-free V5b



## Red Yeast Rice Organic

with natural vitamin C  
from acerola cherries

Raab organic red fermented rice capsules contain monacolins (including monacolin K) from red fermented rice and natural vitamin C from acerola cherries. Vitamin C contributes to normal collagen formation for the normal function of blood vessels.

**Capsule ingredients:** 57 % acerola fruit juice concentrate powdered<sup>\*</sup>, 21 % red yeast rice powder<sup>\*</sup>, vegetable capsule shell: hydroxypropyl methylcellulose  
(\*from controlled organic farming)

**Available as:** 90 capsules of 470 mg (42.3 g)

✓ vegan ✓ naturally gluten-free and lactose-free V1.1a



## Saffron Extract Organic

contains vitamin C, which contributes to  
normal psychological function

Raab Organic Saffron Extract capsules contain the extract of 45 saffron threads per capsule. The saffron extract is of the highest organic quality and contains standardized levels of the components safranal and crocin. Among other things, safranal is responsible for the typical aroma of saffron and the carotenoid crocin for its coloring power. The vitamin C contained in the capsules contributes to normal psychological function.

**Capsule ingredients:** 77 % acerola fruit juice concentrate powdered<sup>\*</sup>, vegetable capsule shell: hydroxypropyl methylcellulose, 3 % saffron extract<sup>\*</sup>  
(\*from controlled organic farming)

**Available as:** 60 capsules of 500 mg (30 g)

✓ vegan ✓ naturally gluten-free and lactose-free V3a



## Black Garlic Organic

*organic garlic from Spain*

Raab Organic Black Garlic is obtained through a special process. Freshly harvested white organic garlic from Spain is stored at controlled humidity and temperature for a defined period of time. During this maturation, the garlic turns black, with the subsequent pulverization reducing this coloration. When garlic ripens, S-allylcysteine is formed. The volatile sulfur compounds responsible for the garlic's smell and taste are broken down. As a result, black garlic is mostly tasteless and odorless.

**Capsule ingredients:** 80 % black garlic powder\*, vegetable capsule shell: hydroxypropyl methylcellulose (\*from controlled organic farming)

**Available as:** 50 capsules of 500 mg (25 g)

✓ vegan ✓ naturally gluten-free and lactose-free V2.1a



## Spermidine Organic

*organic wheat germ powder in capsules naturally contains spermidine*

Raab Organic Spermidine capsules exclusively contain high-quality organic wheat germ powder, which naturally contains spermidine. Only the valuable germ of the wheat grain, which makes up only a tiny part of the ripe grain, is used for the powder. The germ is carefully separated from the grain and then deoiled and finely ground. As a result, valuable ingredients such as spermidine are concentrated.

**Capsule ingredients:** Wheat germ powder, de-oiled\*, vegetable capsule shell: hydroxypropylmethyl cellulose (\*from controlled organic farming)

**Available as:** 100 capsules of 600 mg (60 g) or tin containing 160 g of powder

✓ vegan ✓ naturally lactose-free V2.2a



## Spirulina Organic

*100 % spirulina from certified organic aquaculture*

Spirulina is a blue-green, monocellular microalgae and grows naturally in lakes, especially in Central America, Africa, Australia and Asia. Raab Organic Spirulina is cultivated in organically certified aquacultures.

**Tablet ingredients:** 100 % spirulina microalgae powder (from certified organic aquaculture)

**Available as:** 200 tablets of 400 mg (80 g) or tin containing 150 g of powder

✓ vegan ✓ naturally gluten-free and lactose-free V14b



Natural. Premium. Nutrition.

# Electrolytes *Pure* or with *Glucose*

*with magnesium, calcium, potassium, chloride and sodium*



Quality since 1989  
Raab Vitalfood

You can find our products in health food stores, organic shops or online at [www.raabvitalfood.com](http://www.raabvitalfood.com)





## Spirulina & Chlorella Mix Organic

*Mix of 50 % organic spirulina and 50 % organic chlorella*

Spirulina is a blue-green, monocellular microalgae and grows naturally in lakes, especially in Central America, Africa, Australia and Asia. Chlorella are green microalgae that flourish in fresh water and have been around for billions of years. Raab Organic Spirulina & Chlorella microalgae are cultivated in organically certified aquacultures.

**Tablet ingredients:** 50 % spirulina microalgae powder\*, 50 % chlorella microalgae powder\* (\*from certified organic aquaculture)  
**Available as:** 200 tablets of 400 mg (80 g)

✓ vegan ✓ naturally gluten-free and lactose-free V11



## Taurine

*500 mg vegan taurine per capsule*

Raab Taurine Capsules contain 500 mg vegan taurine per capsule. Taurine is an aminosulphonic acid which is also produced naturally in the body.

**Capsule ingredients:** Taurine, vegetable capsule shell, hydroxypropyl methylcellulose  
**Available as:** 100 capsules of 600 mg (60 g)

✓ vegan ✓ gluten-free ✓ lactose-free V1a



## Tribulus Plus

*Maca and L-arginine*

Magnesium contributes to the reduction of tiredness and fatigue as well as the normal functioning of the nervous system and the muscles. Zinc contributes to normal fertility and reproduction as well as to the maintenance of normal testosterone levels in the blood.

**Capsule ingredients:** 29 % maca root powder, magnesium citrate, 19 % L-arginine, vegetable capsule shell, hydroxypropyl methylcellulose, 9 % Tribulus terrestris extract, zinc gluconate  
**Available as:** 100 capsules of 650 mg (65 g)

✓ vegan ✓ gluten-free ✓ lactose-free V3.4



## Vitamin B12 + D3

*Vitamin B12 (methylcobalamin) and vitamin D3 (cholecalciferol)*

Raab Vitamin B12 + D3 Lozenges contain vegan vitamin B12 (methylcobalamin) as well as vegan vitamin D3 (cholecalciferol). Vitamin B12 contributes to normal psychological function as well as to normal functioning of the nervous system. It also contributes to normal energy-yielding metabolism as well as to the reduction of tiredness and fatigue. Vitamin D contributes to the maintenance of normal bones, teeth, muscle function and to the normal function of the immune system.

**Tablet ingredients:** 94 % sweetener: xylitol, anti-caking agent: magnesium salts of fatty acids, carrier: sodium carboxy methyl cellulose, acid: citric acid, cholecalciferol, natural aroma, antioxidants: D- $\alpha$ -tocopherol and sodium ascorbate, methylcobalamin  
**Available as:** 60 lozenges of 1.5 g (90 g)

✓ vegan ✓ gluten-free ✓ lactose-free V6.4



## B-Complex vitamins

*with all eight B vitamins*

Riboflavin, niacin, vitamin B6, folic acid, vitamin B12 and pantothenic acid contribute to the reduction of tiredness and fatigue. Thiamine, riboflavin, niacin, vitamin B6, vitamin B12, biotin and pantothenic acid contribute to normal energy-yielding metabolism. Thiamine, niacin, vitamin B6, vitamin B12 and biotin contribute to the normal functioning of the nervous system and to normal psychological function.

**Capsule ingredients:** Bulking agent: arabic gum, vegetable capsule shell: hydroxypropyl methylcellulose, vitamin B complex (nicotinamide, calcium D-pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, pteroylmonoglutamic acid, D-biotin, cyanocobalamin)  
**Available as:** 90 capsules of 460 mg (4,4 g)

✓ vegan ✓ gluten-free ✓ lactose-free V1



## Vitamin D3 + K2

*vegan vitamin D3 and vitamin K2 in bioactive form*

Raab Vitamin D3+K2 Capsules contain vegan vitamin D3 (cholecalciferol) and vegan vitamin K2 (menaquinone-7) in the bioactive all-trans form. Vitamin D contributes to the maintenance of normal muscle function and contributes to the maintenance of normal bones. Vitamin K contributes to the maintenance of normal bones.

**Capsule ingredients:** Bulking agent: acacia gum, vegetable capsule shell: hydroxypropyl methylcellulose, cholecalciferol, menaquinone  
**Available as:** 60 capsules of 460 mg (27,6 g)

✓ vegan ✓ gluten-free ✓ lactose-free V12a



## Vitamins D3 + K2 + B12

*vegan vitamin D3, vitamin K2 and vitamin B12 in bioactive form*

Raab Vitamin D3+K2+B12 Capsules contain vegan vitamin D3 (cholecalciferol), vegan vitamin K2 (menaquinone-7) in the bioactive all-trans form and vegan vitamin B12 (methylcobalamin) in bioactive form. Vitamin D contributes to the maintenance of normal muscle function and to the normal function of the immune system. Vitamin K contributes to the maintenance of normal bones. Vitamin B12 contributes to the reduction of tiredness and fatigue.

**Capsule ingredients:** Bulking agent: arabic gum, vegetable capsule shell: hydroxypropyl methylcellulose, cholecalciferol, menaquinone, methylcobalamin  
**Available as:** 90 capsules of 460 mg (27.6 g)

✓ vegan ✓ gluten-free ✓ lactose-free V1a



## Multivitamins for kids

*with minerals and trace elements for children aged 7+*

Raab Multivitamin Lozenges for children have a pleasant apple flavor and provide important vitamins and minerals in everyday life. The dosage is adapted to the needs of children aged 7 and over.

**Tablet ingredients:** 63 % sweetener: xylitol<sup>1</sup>, vitamin and mineral formula (tricalcium phosphate, bulking agent: mannitol, magnesium oxide, ascorbic acid, DL- $\alpha$ -tocopheryl acetate, nicotinamide, calcium-D-pantothenate, sodium molybdate, potassium iodate, phyloquinone, sodium selenite, retinyl acetate, cyanocobalamin, chromium(III)-chloride, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, pteroylmonoglutamic acid, D-biotin), anti-caking agent: magnesium salts of fatty acids, carrier: sodium-carboxymethylcellulose, acid: citric acid, natural aroma, cholecalciferol, antioxidants: D- $\alpha$ -tocopherol and sodium ascorbate (<sup>1</sup>xylitol from Finland)

**Available as:** 90 chewable tablets of 1.2 g (108 g)

✓ vegan ✓ gluten-free ✓ lactose-free V5.3a



## Frankincense Extract

*Original Indian Boswellia serrata extract*

Frankincense is the natural, air-dried resin of the frankincense tree and has long played an important role in many cultures. The frankincense tree belongs to the torchwood family and grows in southern Arabia, Africa and India. The precious extract for Raab Frankincense capsules is obtained through an extraction process from the tree's resin after it has been dried. Each of our Raab Frankincense capsules contains 375 mg of Indian frankincense extract (*Boswellia serrata*) with 85 % boswellic acids.

**Capsule ingredients:** 75 % frankincense extract (*Boswellia serrata*), vegetable capsule shell: hydroxypropyl methylcellulose, anti-caking agent: magnesium stearate magnesium salts of fatty acids  
**Available as:** 75 capsules of 500 mg (37.5 g)

✓ vegan ✓ gluten-free ✓ lactose-free V5.2a

**Rose Hip Powder**  
*The best of the pulp and seeds of organic AP-4 rose hips*



## Cinnamon Ceylon Bio

*with ceylon cinnamon powder and ceylon cinnamon extract*

The cinnamon tree belongs to the laurel family and is native to Sri Lanka. For Raab organic cinnamon capsules only organic ceylon cinnamon (powder and extract) is used, which is often referred to the „real“ or „original“ cinnamon. Only the thin inner layer of the bark of the cinnamon tree *cinnamomum verum zeylanicum* is used for extraction. The mixture of ceylon cinnamon powder and extract naturally contains the phytonutrient MHCP (methylhydroxy chalcone polymer) from the group of polyphenols.

**Capsule ingredients:** 73 % ceylon cinnamon<sup>1</sup>, 5 % ceylon cinnamon extract<sup>2</sup>, vegetable capsule shell: hydroxypropyl methylcellulose  
 (\*from controlled organic farming; <sup>1</sup>from Sri Lanka)  
**Available as:** 90 capsules of 450 mg (40.5 g)

✓ vegan ✓ naturally gluten-free and lactose-free V1.2a



## Zinc Complex

*with zinc bisglycinate and L-histidine*

Raab Zinc Complex capsules contain a combination of zinc bisglycinate and the amino acid L-histidine. Zinc bisglycinate is a special zinc compound in which the zinc is attached to a chelating agent. The capsules can be taken with meals or separately. The amino acid L-histidine optimally complements the recipe. Zinc contributes to normal cognitive function, normal immune system function, maintenance of normal vision, and maintenance of normal skin, hair and nails.

**Capsule ingredients:** Pumpkin seed flour, partially de-oiled<sup>1</sup>, 20 % L-histidine, vegetable capsule shell: hydroxypropyl methylcellulose, 5 % zinc bisglycinate (<sup>1</sup>pumpkin seeds from Austria)  
**Available as:** 60 capsules of 500 mg (30 g)

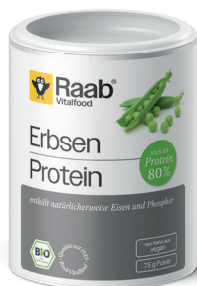
✓ vegan ✓ gluten-free ✓ lactose-free V2a

# Plant based proteins



*All plant-based proteins from Raab Vitalfood are naturally **vegan**, **gluten-free** and **lactose-free**. They are also suitable for **baking** as a flour substitute, in **smoothies** or for **refining dishes**.*

rich in  
Protein  
**80%**



## Pea Protein Organic

*rich in Protein 80 %;  
naturally contains iron and phosphorus*

Raab Organic Pea Protein contains 80 % protein, which makes it an excellent vegan source of protein. It is rich in iron and naturally contains phosphorus. Proteins contribute to the maintenance of and growth in muscle mass as well as to the maintenance of normal bones. Iron contributes to the reduction of tiredness and fatigue and supports a normal energy-yielding metabolism as well as a normal oxygen transport in the body. Phosphorus contributes to the maintenance of normal bones and teeth.

**Ingredients:** 100% pea protein powder (from controlled organic farming)

**Available as:** tin containing 75 g or 300 g of powder

✓ naturally **vegan**, **gluten-free** and **lactose-free** V9.5

rich in  
Protein  
**49%**



Origin  
Austria

## Hemp Protein Organic

*rich in protein 49 %;  
naturally contains iron and magnesium*

Raab Organic Hemp Protein is characterized by its natural nutty taste. It contains 49 % plant-based protein and naturally iron and magnesium. Proteins contribute to a growth in and to the maintenance of muscle mass. Iron and magnesium contribute to the reduction of tiredness and fatigue and to a normal energy-yielding metabolism. Iron contributes to normal oxygen transport in the body. Magnesium contributes to the normal functioning of the muscles and the nervous system.

**Ingredients:** 100 % hempseed powder, partly de-oiled (from controlled organic farming; hemp seeds from Austria)

**Available as:** tin containing 125 g or 500 g of powder

✓ naturally **vegan**, **gluten-free** and **lactose-free** V13.3a

rich in  
Protein  
**59%**



## Pumpkin Seed Protein Organic

*rich in protein 59 %;  
naturally contains magnesium*

Raab Organic Pumpkin Seed Protein is obtained through a de-oiling and grinding process and is cherished for its typical delicate aroma. Pumpkin seed protein has a high content of unsaturated fatty acids. Moreover, it is rich in magnesium and contains 59 % high-quality protein. Magnesium contributes to normal functioning of the nervous system and normal muscles function. Magnesium also contributes to the maintenance of normal bones and teeth.

**Ingredients:** 100% pumpkin seed flour, partially de-oiled<sup>1)</sup> (99.8 % roasted pumpkin seeds\*, salt) (\*from controlled organic farming; <sup>1)</sup>pumpkin seeds from Austria)

**Available as:** tin containing 120 g or 500 g of powder

✓ naturally **vegan**, **gluten-free** and **lactose-free** V8.4

rich in Protein  
**39%**



## Lupin Protein Organic

*rich in protein 39%;  
from sweet lupin seeds*

Raab Organic Lupin Protein is obtained from the seeds of the lupin flower, a protein-rich legume native to the Mediterranean Basin. The powder has a protein content of 39 % by nature. It also has a naturally high content of unsaturated fatty acids. Proteins contribute to growth in and maintenance of muscle mass and to the maintenance of normal bones.

**Ingredients:** 100 % sweet lupin seed powder<sup>1</sup> (from controlled organic farming, <sup>1</sup>sweet lupin seeds from the EU)

**Available as:** tin containing 125 g or 500 g of powder

✓ naturally vegan, gluten-free and lactose-free V9.4

rich in Protein  
**50%**



## Almond Protein Organic

*rich in protein 50 %*

Raab Organic Almond Protein with 50 % protein is a natural, vegan source of protein. Proteins contribute to a growth in and the maintenance of muscle mass. The almond protein is characterised by its typical delicate aroma.

**Ingredients:** 100 % almond flour, partially de-oiled (from controlled organic farming)

**Available as:** tin containing 200 g of powder

✓ naturally vegan, gluten-free and lactose-free V10.3

rich in Protein  
**80%**



## Rice Protein Organic

*rich in protein 80 %*

Raab Organic Rice Protein is neutral in taste. Proteins contribute to growth in and maintenance of muscle mass as well as to the maintenance of normal bones.

**Ingredients:** 100 % rice protein powder (from controlled organic farming)

**Available as:** tin containing 125 g or 500 g of powder

✓ naturally vegan, gluten-free and lactose-free V7.4

**Raab Vitalfood**

**new**

**Kreatin Pulver**

Quality since 1989 · Raab Vitalfood

**Creatine Powder**

for adults who engage in intensive physical activity

rich in Protein  
**55%**



## Sesame Seed Protein Bio

*rich in protein 55 %*

Raab Organic Sesame Seed Protein is obtained through a de-oiling and grinding process and is characterised by a wonderful, slightly nutty aroma. Proteins contribute to growth in and maintenance of muscle mass. This makes sesame seed protein an ideal plant-based source of protein for athletes and anyone who enjoys an active lifestyle.

**Ingredients:** 100% sesame seed flour, partially de-oiled (from controlled organic farming)

**Available as:** tin containing 500 g of powder

✓ naturally vegan, gluten-free and lactose-free V8.1b

rich in Protein  
**45%**



## Walnut Protein Bio

*rich in protein 45 %*

Raab Organic Walnut Protein is an ideal enrichment for sweet and savoury dishes and drinks as well as a great addition to smoothies, mueslis or desserts. It is obtained through a de-oiling and grinding process and is cherished for its typical delicate aroma.

**Ingredients:** 100% walnut flour, partially de-oiled (from controlled organic farming)

**Available as:** tin containing 420 g of powder

✓ naturally vegan, gluten-free and lactose-free V11.a



rich in  
Protein  
**60%**



## Vegan Protein Cocoa Organic

*made from pea and rice protein  
with fine cocoa*

Raab Vegan Protein *Cocoa* is purely plant-based and is based on a combination of pea and rice protein. The mixture is rounded off with fine cocoa powder. The pleasant cocoa flavour is rounded off by the mild sweetness of agave. The shake contains 60 % vegetable protein. Protein contributes to a growth in muscle mass and to the maintenance of muscle mass.

**Ingredients:** 36.5 % pea protein powder\*, 36.5 % rice protein powder\*, 17 % agave syrup powder\*, 10 % low-fat cocoa powder\*

(\*from controlled organic farming)

**Available as:** tin containing 400 g of powder

✓ naturally vegan, gluten-free and lactose-free VI



rich in  
Protein  
**72%**



## Protein Shake Cocoa Organic

*with fine cocoa  
for the preparation of protein shakes*

Raab Organic Protein Shake *Cocoa* is plant-based and contains fine cocoa powder. The pleasant cocoa taste experience is completed by the mild sweetness of agave. The protein-rich shake is ideal for an active everyday life or simply to enjoy. The shake contains 72 % plant-based proteins. Protein contributes to a growth in muscle mass and to the maintenance of muscle mass.

**Ingredients:** 78 % soy protein\*, agave syrup powder\*, 10 % low-fat cocoa powder\*

(\*from controlled organic farming)

**Available as:** tin containing 300 g of powder

✓ naturally vegan, gluten-free and lactose-free VI.3a



rich in  
Protein  
**72%**



## Protein Shake Vanilla Organic

*with vanilla flavour  
for the preparation of protein shakes*

Raab Organic Protein Shake *Vanilla* is plant-based and has a pleasant vanilla flavour. The mild sweetness from agave completes the taste experience. The protein-rich shake is ideal for an active everyday life or simply to enjoy. The shake contains 72 % plant-based proteins. Protein contributes to a growth in muscle mass and to the maintenance of muscle mass.

**Ingredients:** 80 % soy protein\*, agave syrup powder\*, natural vanilla aroma

(\*from controlled organic farming)

**Available as:** tin containing 300 g of powder

✓ naturally vegan, gluten-free and lactose-free VI.3



rich in  
Protein  
**78%**



## Protein Shake Pure Organic

*from pea protein, rice protein and spinach*

Raab organic protein 78 pure is a mixture of protein powders and spinach powder. It contains 78 % plant-based proteins. The protein powder has a restrained flavour and is therefore universally usable. Proteins contribute to the increase and to the maintenance of muscle mass.

**Ingredients:** 47.5 % pea protein powder\*, 47.5 % rice protein powder\*, 5 % spinach leaf powder\*

(\*from controlled organic farming)

**Available as:** tin containing 500 g of powder

✓ naturally vegan, gluten-free and lactose-free VIIa



rich in  
Protein  
**78%**



## Protein Shake Pure Plus Organic

*from peas protein, rice protein  
and spinach*

Raab Bio Protein Shake *Pur Plus* is purely vegetable and is based on a combination of pea and rice protein with spinach powder. The Plus stands for six active, specially selected and coordinated Lactobacillus and Bifido cultures that complement the mixture. The shake is restrained in taste and universally applicable.

**Ingredients:** 47.5 % pea protein powder\*, 47.5 % rice protein powder\*, 5 % spinach leaf powder\*, 0.14 % lactic acid bacteria (*Lactobacillus paracasei*, *Lactobacillus plantarum*, *Bifidobacterium lactis*, *Bifidobacterium longum*, *Bifidobacterium bifidum*, *Lactobacillus acidophilus*)

(\*from controlled organic farming)

**Available as:** tin containing 500 g of powder

✓ naturally vegan, gluten-free and lactose-free V4a



**Raab**  
Vitalfood

Quality since 1990  
- Raab Vitalfood

## Blood Orange Morosil®

*Extract from Sicilian blood oranges  
with vitamin C and polyphenols*

# Foods and *plant powders*



## Acai Organic

*powder from Brazilian acai berries*

The acai berry is deep purple to black in colour and grows in bunches on the 20-metre-tall acai palm (*Euterpe oleracea*) in the Amazonas region. The berries are picked by hand. Its tart and fruity taste and its intense purple colour make acai powder a quick and easy way to enhance any smoothie or shake, as well as mueslis, desserts or baked goods.

**Ingredients:** 100% acai fruit powder\* (99.6 % acai pure<sup>1</sup>, 0.4 % lime juice\*)  
 (\*from controlled organic farming; <sup>1</sup>acai fruits from Brazil)  
**Available as:** tin containing 80 g of powder

✓ naturally vegan, gluten-free and lactose-free V7.2a



## Acerola Organic

*rich in natural vitamin C*

Acerola, also known as the Barbados cherry, is the fruit of the acerola shrub native to Central America and Brazil. Acerola cherries contain a plentiful amount of natural vitamin C. Vitamin C:

- supports the normal functioning of the immune system and the nervous system
- contributes to normal collagen formation for the normal function of skin, teeth, cartilage, bones and gums
- contributes to a normal energy-yielding metabolism and to the reduction of tiredness and fatigue
- helps protect cells from oxidative stress

**Ingredients:** 100 % acerola fruit juice concentrate powdered (from controlled organic farming; acerola fruits from Brazil)  
**Available as:** tin containing 100 g of powder or 80 capsules

✓ naturally vegan, gluten-free and lactose-free V7.2



## Ashwagandha Organic

*finely ground ashwagandha root powder*

Raab Organic Ashwagandha Powder is obtained from the roots of the *Withania somnifera* plant. For this purpose, the organic roots are harvested, gently ground and then bottled without additives.

**Ingredients:** 100 % ashwagandha root powder<sup>1</sup> (from controlled organic farming; <sup>1</sup>ashwagandha roots from India)  
**Available as:** tin containing 100 g of powder

✓ naturally vegan, gluten-free and lactose-free V4.3a



## Fiber Trio Organic

*dietary fiber from apple, oat grain and linseed*

Raab Organic Fiber Trio is a carefully selected combination of apple fiber, oat grain and linseed from organic farming. Raab Organic Fiber Trio is finely ground and due to its high fiber content ideal for enriching mueslis, smoothies or shakes.

**Ingredients:** 50 % apple fiber\*, 35 % linseed flour\*, partially de-oiled, 15 % oat flour\* (\*from controlled organic farming)

**Available as:** tin containing 210 g of powder

✓ naturally vegan, gluten-free and lactose-free V14



## Baobab Organic

*from the fruit of the African monkey-bread tree; source of dietary fibre*

From the roots to the fruit, almost all parts of the African "monkey-bread tree" (*Adansonia digitata*) are used in the African diet. We use the flesh of the baobab fruit, which is considered a source of fibre, to produce Raab Organic Baobab Powder.

**Ingredients:** 100 % baobab fruit pulp powder (from controlled organic farming; Baobab fruit pulp from Senegal)

**Available as:** tin containing 90 g of powder

✓ naturally vegan, gluten-free and lactose-free V6.5



## Nettle Organic

*naturally contains calcium and potassium*

Raab Organic Nettle Powder contains potassium and calcium. 100 g of the powder contain 530 g of fresh nettle. It is therefore a precious natural source of the above nutrients and an ideal means to enrich and enhance foods and drinks. Potassium contributes to the maintenance of normal blood pressure. Calcium is necessary for the maintenance of normal teeth and bones. Potassium contributes to normal functioning of the nervous system and to normal muscle function.

**Ingredients:** 100 % nettle leaf powder (from controlled organic farming)

**Available as:** tin containing 160 g of powder

✓ naturally vegan and lactose-free V4.3



## Broccoli Organic

*naturally contains potassium and calcium*

Broccoli is a home-grown superfood. Its nutrients can be found in concentrated form in dried broccoli powder. The powder contains potassium and calcium. Potassium contributes to the maintenance of normal blood pressure. Calcium contributes to a normal energy-yielding metabolism. The powder is therefore ideal for enriching and enhancing foods and drinks with the nutrients listed above.

**Ingredients:** 100 % broccoli powder (from controlled organic farming)

**Available as:** tin containing 230 g of powder or 90 capsules

✓ naturally vegan, gluten-free and lactose-free V5.3



## Chlorella Organic

*100 % organic chlorella microalgae powder*

Chlorella are green micro algae that flourish in fresh water and have been around for billions of years. Raab Organic Chlorella are grown in organically certified aquacultures.

**Ingredients:** 100 % chlorella microalgae powder (from certified organic aquaculture)

**Available as:** tin containing 150 g of powder or 200 tablets

✓ naturally vegan, gluten-free and lactose-free V12.1



## Curcuma Organic

*Curcuma with pepper for smoothies and more*

Curcuma is a tropical mountain plant that belongs to the ginger family. It is native to India and Southeast Asia. Curcuma naturally contains the secondary plant substance curcumin, which gives the plant its yellow-orange colour. The mixture also contains piperine from ground pepper.

**Ingredients:** 99 % curcuma powder\*, 1 % ground pepper\* (\*from controlled organic farming; curcuma roots from Madagascar)

**Available as:** tin containing 100 g of powder, tin containing 70 g or 120 g of powder (Golden Milk), 300 tablets or 90 capsules (Curcuma Extract)

✓ naturally vegan, gluten-free and lactose-free V10.2



## Psyllium husks Organic

*finely ground; high swelling properties*

The original Indian psyllium seeds (*Plantago ovata*) are the seeds of a centuries-old cultivated plant belonging to the plantain species. Ground psyllium husks have a higher swelling rate than whole psyllium husks. The finely ground psyllium husks are able to retent large volumes of water (45 times its own weight).

**Ingredients:** 100 % psyllium husks powder (from controlled organic farming; psyllium husks from India)

**Available as:** tin containing 150 g and 250 g of powder or 100 capsules

✓ naturally vegan, gluten-free and lactose-free V4.6



## Barley Grass Organic

*Origin from Germany*

Barley grass is the name given to the young leaves of the emerging plant. Raab Organic Barley Grass is gluten-free. Barley grass powder is a quick and easy way to enhance any smoothie, shake, fruit or vegetable juice, as well as soup.

**Ingredients:** 100 % barley grass powder (from controlled organic farming; barley grass from Germany)

**Available as:** tin containing 75 g or 140 g of powder; or 90 capsules

✓ naturally vegan, gluten-free and lactose-free VII



## Kale Organic

*naturally contains calcium*

Kale is a very old, primeval kind of cabbage. With Raab organic kale powder, this classical winter vegetable can now be used all year round for refining food and drinks such as smoothies, juices, soups and salad sauces. For Raab organic kale powder, kale from controlled organic farming in Germany is used. It is dried and ground and free of additives or auxiliary substances. Calcium contributes to the maintenance of normal bones. Calcium also contributes to normal energy metabolism and normal muscle function.

**Ingredients:** 100 % kale powder (from controlled organic farming; kale from Germany)

**Available as:** tin containing 190 g of powder

✓ naturally vegan, gluten-free and lactose-free V3.2a

**Curcuma Powder**

*Curcuma with pepper for smoothies and more*

Quality since 1989 - Raab Vitalfood



## Guarana Organic

*Premium quality*

Organic Guarana in Premium quality from the ONCA farming project on the Rio Negro in Brazil. Sun-dried - not roasted. High caffeine content (3400 mg caffeine per 100 g powder, prepared in liquid 20 mg caffeine per 100 ml).

**Ingredients:** 100 % guarana seed powder (from controlled organic farming)

**Available as:** tin containing 140 g of powder or 80 capsules

✓ naturally vegan, gluten-free and lactose-free V5.4a



## Rose Hip Organic

*with vitamin C, which contributes to normal collagen formation for the normal function of cartilage*

Raab Organic Rose Hip Powder contains the best of the skin, pulp and seeds of AP-4 rose hips. This premium variety is native to the Chilean highlands and is grown in rural areas of southern Chile. Its fruits are characterised by their content in vitamin C. Vitamin C contributes to normal collagen formation for the normal function of cartilage. The rose hips are harvested when they reach their optimum degree of ripeness. The fruits are then gently dried.

**Ingredients:** 100 % rose hip powder (from controlled organic farming; rose hip from Chile)

**Available as:** tin containing 150 g, 250 g or 500 g of powder or 150 capsules

✓ naturally vegan, gluten-free and lactose-free V7.4





## Ginger Organic

*premium - with pepper; naturally contains essential oil (ginger) and piperine (pepper)*

Raab ginger powder premium is a simple way to incorporate ginger into your daily diet. Raab organic ginger contains essential oil from ginger and is complemented by piperine from ground black pepper. The powder naturally contains the trace element manganese. Manganese contributes to the protection of cells from oxidative stress and to normal energy-yielding metabolism.

**Ingredients:** 99 % ginger powder\*, 1 % ground pepper\* (\*from controlled organic farming; 'ginger roots from Peru)

**Available as:** tin containing 100 g of powder, 360 tablets or 80 capsules

✓ naturally vegan, gluten-free and lactose-free V3.2



## Linseed Flour Organic

*contains fibre; only to be used for cooking and baking. Do not consume raw!*

Raab Organic Linseed Flour has a slightly nutty flavour and contains vegetable fibre. It has excellent absorption properties and is a suitable ingredient for cooking and baking.

**Ingredients:** 100 % linseed flour, partially de-oiled (from controlled organic farming; Linseed from Austria and Poland)

**Available as:** tin containing 200 g of powder

✓ naturally vegan, gluten-free and lactose-free V8.1

# Beetroot bliss balls

*Bliss balls with a difference.*

*The perfect snack for in between meals!*



**Prep time:**  
approx. 20 minutes



**Difficulty level:**  
simple

## Ingredients for approx. 15 pieces:

80 g dates (ideal: Soft / Medjoul / Sukkari dates)  
10 g Raab Organic Beetroot Powder  
30 g Raab Organic Protein Shake Pure  
25 g Raab Organic Almond Protein

25 g oat flakes  
60-80 ml water  
1 pinch of salt  
Optional: grated coconut for rolling

## Preparation:

- Place all the ingredients in the blender and blend until a homogeneous mixture is formed that can easily be shaped into balls.  
*Tip:* if the dates are not so soft, soak them in hot water for 15 minutes and then drain.
- Shape 15 small balls with slightly damp hands or gloves. Optionally, roll in grated coconut.

Store airtight in the refrigerator.

*Enjoy your meal!*



## Maca Premium Organic

*organic premium maca roots*

Maca root has been cultivated in the highlands of the Peruvian Andes for about 2000 years. Raab Organic Maca Powder is obtained exclusively from roots grown in Peru at an altitude of over 3000 m. The maca roots are dried freshly harvested and then finely ground.

**Ingredients:** 100 % maca root powder (*Lepidium meyenii* Walp)

(from controlled organic farming; maca roots from Peru)

**Available as:** tin containing 150 g of powder or 80 capsules

✓ naturally vegan, gluten-free and lactose-free VII



## Matcha Premium Organic

*extra fine green tea powder (contains 2350 mg caffeine / 100 g)*

Matcha is a very fine, high-quality green tea that has been a part of Japanese culture for many centuries. The tea bushes are covered four weeks before the harvest. Thus decelerated in their growth, the tea leaves develop their typical delicately tart aroma and their bright green colour. For Raab Organic Premium Matcha, we only use the finest young leaves of the tea plants. These are cultivated on a plantation in the very south of Japan according to strict organic standards. The leaves are dried and their veins removed before they are ground to a fine powder between granite millstones.

**Ingredients:** 100 % matcha green tea powder (from controlled organic farming; matcha green tea from Japan)

**Available as:** tin containing 30 g of powder, tin containing 100 g of powder (Matcha Basic) or 60 capsules

**Equipment:** Bamboo Matcha Whisk

✓ naturally vegan, gluten-free and lactose-free V2.3



## Beetroot Organic

*Origin from Germany*

Only German beetroot from controlled organic farming is used for Raab Vitalfood's beetroot powder. The beet is related to the sugar beet and chard and has its origin in the southern Mediterranean region. The Romans brought it to Central Europe whereupon it became popular here as well. The powder is ideal to spice up food and drinks, such as smoothies, juices, soups, etc. in color and taste.

**Ingredients:** 100 % beetroot powder (from controlled organic farming; beetroot from Germany)

**Available as:** tin containing 250 g or 500 g of powder

✓ naturally vegan, gluten-free and lactose-free V6.3

**Raab Vitalfood**

**Spermidin Pulver**

Das Vitamin B6 Pulver mit natürlichem Spermidin-Gehalt. 1 mg Spermidin pro Portion. Fein gemahlen.

Qualität seit 1989 · Raab Vitalfood

**Spermidine Powder**

*finely ground powder from organic wheat germ*



## Spermidine Organic

*organic wheat germ powder with natural spermidine content; finely ground*

Spermidine is a so-called polyamine and naturally occurs in wheat germ. Raab Organic Spermidine exclusively contains high-quality organic wheat germ powder with its natural spermidine content. Only the valuable germ of the wheat grain, which makes up only a tiny part of the ripe grain, is used for the powder. The germ is carefully separated from the grain and then de-oiled and finely ground.

**Ingredients:** Wheat germ powder, de-oiled\* (\*from controlled organic farming; wheat from the EU)

**Available as:** tin containing 200 g or 500 g of powder or 100 capsules

✓ naturally vegan and lactose-free V5.1



## Spinach Organic

*naturally contains calcium and potassium; Origin from Germany*

Only German spinach from controlled organic farming is used for Raab Vitalfood's dried spinach powder. The powder contains potassium and calcium. Calcium is needed for the maintenance of normal bones. Potassium contributes to the normal functioning of the nervous system and to the maintenance of normal blood pressure. The powder is therefore ideal for enhancing foods and drinks such as smoothies, juices and soups.

**Ingredients:** 100 % spinach leaf powder (from controlled organic farming; spinach leaves from Germany)

**Available as:** tin containing 210 g of powder

✓ naturally vegan, gluten-free and lactose-free V5.3



## Spirulina Organic

*100 % organic spirulina microalgae powder*

Spirulina is a blue-green, monocellular microalgae and grows naturally in lakes, especially in Central America, Africa, Australia and Asia. Raab Bio Spirulina is cultivated in organically certified aquacultures.

**Ingredients:** 100 % spirulina microalgae powder (from certified organic aquaculture)

**Available as:** tin containing 150 g of powder or 200 tablets

✓ naturally vegan, gluten-free and lactose-free V15.1



## Plant Powder Green Organic

*a green mix of leaves and grasses with pea protein*

Raab Organic Plant Powder Green is a blend of leaves and grasses with extra protein from peas. It contains 40 % plant-based protein and is ideal for enriching smoothies, juices, shakes and more. Protein contributes to a growth in and the maintenance of muscle mass and to the maintenance of normale bones.

**Ingredients:** 40 % spinach leaf powder\*, 26 % wheatgrass powder\*, 25 % pea protein powder\*, 9 % barley grass powder\* (\*from controlled organic farming)

**Available as:** tin containing 180 g of powder

✓ naturally vegan, gluten-free and lactose-free V6.3



## Protein Plus Organic

*Protein mix for smoothies with sesame protein, rice protein, lupin protein and hemp protein*

“Protein Plus” is a mix of delicious seed and fruit powders with high protein content. It contains sesame seeds, rice, lupin and hemp protein and thus is a balanced protein combination for an active everyday life or simply to enjoy. Proteins contribute to a growth in and the maintenance of muscle mass and contribute to the maintenance of normal bones.

**Ingredients:** 50 % sesame flour, partially de-oiled\*, 20 % rice protein powder\*, 10 % sweet lupin seed powder\*, 10 % hemp seed powder, partially de-oiled\*, 10 % banana powder\* (\*from controlled organic farming)

**Available as:** tin containing 200 g of powder

✓ naturally vegan, gluten-free and lactose-free V3.4



## Jerusalem Artichoke Organic

*rich in fibre naturally contains inulin*

Jerusalem artichoke is a crop that has long been cultivated by the indigenous populations of South America and has been grown in Central Europe for about 300 years. A species of sunflower, it is also called sunroot. Jerusalem artichoke tastes pleasantly nutty. Raab Organic Jerusalem Artichoke Powder is rich in fibre and contains 50 g of inulin per 100 g of powder.

**Ingredients:** 100 % Jerusalem artichoke powder (from controlled organic farming; Jerusalem artichoke from Germany)

**Available as:** tin containing 150 g of powder

✓ naturally vegan, gluten-free and lactose-free V2.2



## Grape Seed flour Organic

*rich in fibre*

Raab Organic Grape Seed flour is made from the press cake of de-oiled grape seeds. The press cake is created by the gentle cold pressing of seeds of sun-ripened grapes. Grape seed flour is rich in fibre.

**Ingredients:** 100 % Grape Seed flour, partially de-oiled (from controlled organic farming; grape seeds from Spain)

**Available as:** tin containing 140 g or 300 g of powder

✓ naturally vegan, gluten-free and lactose-free V6.2



## Wheatgrass Organic

*Origin from Germany*

Organic wheat grass does not contain gluten. Its intense green colour makes wheatgrass powder a quick and easy way to enhance any smoothie, shake, fruit or vegetable juice, as well as soup.

**Ingredients:** 100 % wheatgrass powder (from controlled organic farming; wheatgrass from Germany)

**Available as:** tin containing 75 g or 140 g of powder

✓ naturally vegan, gluten-free and lactose-free V8.1

# Creative Cooking



## Chia Seeds **Organic**

*naturally high fibre and polyunsaturated fatty acid content*

Chia are the seeds of *Salvia hispanica*, a South American plant from the sage family. In the language of the Maya, "chia" meant strength or power. The seeds are a natural source of protein. They have a naturally high fibre and polyunsaturated fatty acids content.

**Ingredients:** 100 % chia seeds (from controlled organic farming)

**Available as:** bag containing 500 g or tin containing 200 g or 700 g

✓ naturally vegan, gluten-free and lactose-free V9



## Goji Berries **Organic**

*from Qinghai province in the north-east of the Tibetan highlands*

The goji berry (*Lycium Barbarum*) has always been known to the people of Tibet as the berry of happiness. It has a sharp and sweet taste. Raab Organic Goji Berries exclusively contain berries from Qinghai province in the north-east of the Tibetan highlands.

**Ingredients:** 100 % Goji berries (from controlled organic farming)

**Available as:** bag containing 100 g, 250 g or 500 g

✓ naturally vegan, gluten-free and lactose-free V8.1



## Vegetable Stock yeast-free **Organic**

*with crystal salt from the Himalaya region<sup>1</sup>*

Treat yourself to nature's finest delicacies! Raab Organic Vegetable Stock is a plant-based blend of selected vegetables and spices. No added flavour enhancers or yeast.

<sup>1</sup>from the Salt Range in the province of Punjab in Pakistan. The Salt Range is a low mountain range and part of the Lesser Himalaya. It is located in the southwest of the Himalaya Mountains.

**Ingredients:** 48 % crystal cooking salt<sup>1</sup>, 19% vegetables in varying proportions\* (carrot\*, parsnip\*, onion\*, leek\*, celeriac\*), corn flour\*, maltodextrin\*, herbs\* (chervil\*, lovage\*, parsley\*), sunflower oil\*, spices\* (pepper\*, paprika\*, ginger\*, turmeric\*, garlic\*, nutmeg\*), porcini mushrooms\*

(\*from controlled organic farming)

**Available as:** tin containing 350 g of powder

✓ naturally vegan, gluten-free and lactose-free V4.6



## Potassium Salt Mixture

*Mineral salt mixture with sodium chloride and potassium chloride*

Raab Potassium Salt Mixture is a mineral salt mixture with 66.7 % sodium chloride (common salt) and 33 % potassium chloride. The potassium contributes to the maintenance of normal blood pressure.

**Recommended intake:** Use Raab Potassium Salt Mixture as an alternative for ordinary table salt in all foods and dishes.

**Ingredients:** 66.7 % sodium chloride, 33 % potassium chloride<sup>1</sup>, magnesium carbonate (as table salt substitute)

**Available as:** shaker containing 200 g or a bag containing 1.000 g

✓ **vegan** ✓ naturally **gluten-free and lactose-free** V8.1



## Seasoned Salt with Herbs

**Organic**

*with crystalline table salt from the Salt Range<sup>1</sup> (Punjab province) in the Himalayan region*

<sup>1</sup>The Salt Range is a low mountain range and part of the Lesser Himalaya. It is located in the southwest of the Himalaya Mountains.

Rounded off with delicious spices from organic farming. Ideal for seasoning and refining salads, soups, sauces, vegetables etc.

**Ingredients:** Crystal cooking salt<sup>1</sup>, 11 % herbs in varying proportions\* (parsley<sup>2</sup>, lovage<sup>2</sup>, marjoram<sup>2</sup>), 4 % onion semolina<sup>2</sup>, sunflower oil<sup>2</sup> (\*from controlled organic farming; <sup>1</sup>from the Salt Range (Punjab province, Pakistan) in the Himalayan region)

**Available as:** shaker containing 175 g

✓ **naturally vegan** V2.3



## Seasoned Salt 5 Elements

**Organic**

*with crystalline table salt from the Salt Range<sup>1</sup> (Punjab province) in the Himalayan region*

Organic herbs and spices selected according to the 5 elements food theory, combined with crystal cooking salt from the Himalayan Salt Range<sup>1</sup> in Punjab, Pakistan.

<sup>1</sup>The Salt Range is a low mountain range and part of the Lesser Himalaya. It is located in the southwest of the Himalaya Mountains.

**Ingredients:** 65 % crystal cooking salt<sup>1</sup>, 16 % herbs in varying proportions\* (fennel<sup>2</sup>, celery leaves<sup>2</sup>, granulated onion<sup>2</sup>, paprika powder<sup>2</sup>, parsnip powder<sup>2</sup>), 11% spices in varying proportions\* (fenugreek seeds<sup>2</sup>, turmeric<sup>2</sup>, garlic powder<sup>2</sup>, ginger powder<sup>2</sup>), herbs in varying proportions\* (parsley<sup>2</sup>, savoury), 1% lemon zest<sup>2</sup> (\*from controlled organic farming; <sup>1</sup>from the Salt Range (Punjab province, Pakistan) in the Himalayan region)

**Available as:** shaker containing 150 g

✓ **naturally vegan** V3.3



## Crystal table salt

*ground or granules*

Raab crystal salt comes from the Salt Range in Punjab province of Pakistan. The Salt Range is a low mountain range and part of the Lesser Himalaya. It is located in the southwest of the Himalaya Mountains. The pink to red coloured crystal salt has been mined there since pre-Christian times.

**Ground salt - available as:** shaker containing 200 g or a bag containing 900 g

**Granules salt - Available as:** bag containing 1.000 g of granules for use in a salt mill

✓ **naturally vegan** V4



## Crystal table salt

*chunks*

Use crystal salt chunks to prepare brine. Place several salt crystals in a sealable jar and add water until the crystals are covered. After approximately 45 minutes, the brine holds about 26 % salt and is ready for use. Refill with water as needed, until the crystal chunks have completely dissolved.

**Available as:** windowed cardboard box containing 900 g

✓ **naturally vegan** V4

**Raab Vitalfood**

**Algae oil Capsules**

with 250 mg DHA and 125 mg EPA (2:1) per capsule

Quality since 1989 Raab Vitalfood

# Almond cinnamon buns



**Prep time:**  
approx. 65 minutes



**Level of difficulty:**  
simple

## Ingredients for approx. 6 servings:

### Dough:

400 g Spelt flour 1050  
100 g Raab organic almond protein  
100 g Raab birch sugar  
1 pinch of salt  
1 tsp cinnamon  
2 tbsp baking powder  
4 tbsp apple cider vinegar  
250 ml almond milk  
200 g apple puree

### Cinnamon filling:

50 g coconut oil  
1 tsp lemon juice  
3 tsp cinnamon  
40 g Raab birch sugar

### Optional:

2 tbsp lemon juice  
Icing sugar for the icing

## Preparation:

- Mix the dry ingredients in a bowl. Add the baking powder and mix with the apple cider vinegar. Slowly stir in the almond milk and add the apple sauce spoon by spoon and knead into a dough. Preheat the oven to 160 °C hot air.
- Roll out the sticky dough on a floured work surface and dust with flour. Roll out to a thickness of approx. 0.5 cm and cut 4/5 of the dough into pieces approx. 3 cm wide. Cut the rest into strips that are less wide.
- For the filling, heat the coconut oil until it is liquid and mix with the cinnamon, birch sugar and lemon juice. Spread the mixture over the strips of pastry. Roll them up and arrange them in a circle in the baking tin. Use the smaller dough rolls to fill the gaps. Spread the rest of the filling over the baking tin.
- Bake for 35 - 40 minutes until the cinnamon buns have a golden brown crust. Optionally, the cinnamon buns can be coated with icing made from icing sugar and lemon juice after baking.

*Enjoy your meal!*



## Coffee Creamer Organic

*made from 100 % organic skimmed milk powder*

With Raab Organic Coffee Creamer you always have a long-lasting milk supply for your hot drinks at home. It is made from organic milk and is the ideal addition to coffee or tea. Simply add Raab Organic Coffee Creamer to your tea or coffee. Once stirred, it dissolves completely and you get a tasty coffee or tea.

**Ingredients:** 100 % skimmed milk powder (from controlled organic farming; skimmed milk powder from Germany)

**Available as:** tin containing 125 g of powder

✓ naturally gluten-free

V4



## Sweet Whey Organic

*with the cultures Lactobacillus acidophilus and Bifidobacterium lactis*

Raab Organic Sweet Whey is dried at low temperatures in a spray process and combined with the lactic acid bacteria *Lactobacillus acidophilus* and *Bifidobacterium lactis*. Sweet whey is low in fat and contains also protein.

**Ingredients:** Sweet whey powder\*<sup>1</sup> (contains milk constituents), 0.01 % *Bifidobacterium lactis*, 0.005 % *Lactobacillus acidophilus*

(\*from controlled organic farming; 'sweet whey from Germany and EU)

**Available as:** tin containing 450 g of powder

✓ naturally gluten-free

V4.3a



## Golden Milk Organic

*powder for the preparation of a hot curcuma drink*

Golden milk (also known as curcuma latte) is a warming, sunny yellow drink which offers a tasty possibility to incorporate curcuma in your daily diet.

**Ingredients:** 30 % ground curcuma\*, coconut flour\*, coconut sugar\*, ground Ceylon cinnamon\*, ground ginger\*, ground pepper\*, ground coriander\* (\*from controlled organic farming)

**Available as:** tin containing 70 g or 120 g of powder

✓ naturally vegan, gluten-free and lactose-free V3.3



## Ginger Latte Organic

*powder for the preparation of a ginger latte drink*

The Raab Organic Ginger Latte contains 35 % ginger powder in premium organic quality and offers a tasty possibility to incorporate ginger into your daily diet. As a hot drink, the ginger latte warms you from the inside. It can also be taken in cold fruit or vegetable juices.

**Ingredients:** 35 % ginger powder\*, coconut sugar\*, coconut milk powder\*, 1.3 % Ceylon cinnamon ground\*, curcuma ground\*, 0.8 % cardamom ground (\*from controlled organic farming)

**Available as:** tin containing 70 g of powder

✓ naturally vegan, gluten-free and lactose-free V3.2



## Moon Milk Organic

*powder for the preparation of an ashwagandha hot drink with cocoa*

Raab Bio Moon Milk contains ashwagandha root powder from organic farming, which has a subtle bitter note. The Moon Milk tastes chocolaty and pleasantly spicy like cardamom, cinnamon and vanilla.

**Ingredients:** 36 % low-fat cocoa powder\*, 20 % ashwagandha root ground\*, coconut sugar\*, coconut milk powder\*, oat flour\*, 4 % cardamom ground\*, 3 % Ceylon cinnamon ground\*, natural vanilla flavouring (\*from certified organic farming)

**Available as:** tin containing 70 g of powder

✓ naturally vegan, gluten-free and lactose-free V3.2



## Aloe Vera Juice Organic

*fresh plant juice, naturally cloudy, not reconstituted*

Aloe vera possesses the exceptional ability to endure long periods of drought at high temperatures. Raab Organic Aloe Vera Juice is made with Mexican aloe leaves from controlled organic farming. By carefully removing the peel and then filtering the crushed inner fillet, a naturally cloudy fresh plant juice is created. The aloverose content of this juice is 1200 mg / l.

**Ingredients:** 99.8 % fresh aloe vera plant juice (*Aloe vera barbadensis Miller*)\*, acidifying agent: citric acid (\*from controlled organic farming)

**Available as:** bottle containing 500 ml or 1000 ml

✓ naturally vegan, gluten-free and lactose-free V3.4



## Noni Juice Organic

*the original from Polynesia*

Raab Organic Noni Juice comes from the South Pacific islands of the state of Samoa. It is extracted there directly from the fruit of the *Morinda citrifolia* tree.

**Ingredients:** 100 % Juice of *Morinda citrifolia* (\*from controlled organic farming)

**Available as:** bottle containing 1000 ml

✓ naturally vegan, gluten-free and lactose-free V3.5

**Raab® Vitalfood**

Quality since 1898 · Raab Vitalfood

**OPC Extract\***

\*from grape seeds  
with vitamin C from acerola cherries

# Sweetening with Xylitol and Stevia



## Birch Sugar

### Xylitol

Sweetness 1:1 to sugar

Xylitol is a sugar substitute which is similar to regular sugar in appearance, taste and sweetening power. It is also known as birch sugar since it was discovered as a constituent of the fibres of birch bark. Today, it is mostly obtained from corn. Birch sugar, has 40 % less calories than regular sugar. Birch sugar is suitable for baking (with the exception of yeast dough), cooking and sweetening drinks.

**Ingredients:** Sweetener xylitol (E 967)

**Available as:** tin containing 300 g or bag containing 750 g

✓ naturally vegan, gluten-free and lactose-free V5.1



## Birch Sugar Premium

### Xylitol made from Finnish birch

Sweetness 1:1 to sugar

Birch Sugar (Xylitol) is a sugar substitute which is similar to regular sugar in appearance, taste and sweetening power. It is known as birch sugar since it was discovered as a constituent of the fibres of birch bark. Raab Premium Birch Sugar is made from European hardwood e.g. birch and is produced in Finland. Birch sugar has 40 % less calories than regular sugar. Birch sugar is suitable for baking (with the exception of yeast dough), cooking and sweetening drinks.

**Ingredients:** Sweetener xylitol (E 967)

**Available as:** tin containing 300 g or bag containing 750 g

✓ naturally vegan, gluten-free and lactose-free V4.3



## Corn Syrup Organic

### natural sweetness

Raab Organic Corn Syrup Powder can be used to sweeten drinks, fruit preserves, ice cream, milk shakes, dessert sauces, baking mixtures etc. In order to obtain a liquid solution, mix 100 ml of water with 20 - 50 g of corn syrup powder, depending on the desired thickness.

**Ingredients:** 100 % dried glucose syrup from organic corn (from controlled organic farming)

**Available as:** tin containing 500 g of powder

✓ naturally vegan, gluten-free and lactose-free V2.3





## Stevia Extrakt

*Sweetening power: 1 g of Stevia Extract is equal in sweetness to 66 lumps of sugar (ca. 200 g)*

Raab Stevia Extract is a white crystalline powder from an extract of the Stevia leaves (*Stevia rebaudiana*). The powder is ideal for sweetening hot and cold drinks as well as desserts.

**Ingredients:** Sweetener: Steviol glycosides from stevia (E 960a)<sup>1</sup>

<sup>1</sup>of which at least 40 % rebaudioside A

**Available as:** tin containing 50 g of powder or 13 g pocket dispenser

✓ vegan ✓ naturally gluten-free and lactose-free V2



## Stevia Liquid

*Sweetening power: 3 drops of Stevia Liquid equal 1 lump of sugar (about 3 g)*

Raab Stevia Liquid is ideally suited for stirring it into meals or drinks. Those who prefer a less powerful sweetener than our stevia extract will find the liquid their product of choice.

**Ingredients:** glycerin\*, water, 6.5 % sweetener: steviol glycosides from stevia (\*from plant source)

**Available as:** bottle containing 50 ml

✓ vegan ✓ naturally gluten-free and lactose-free V2.2



## Stevia Tablets

*Sweetening power: 1 tablet equals 1 lump of sugar (about 3 g)*

Sweeten your favorite drink with Raab Stevia Tablets. The tablets are easy to use and neutral in taste.

**Ingredients:** acidity regulator: sodium bicarbonate, sweetener: 25 % steviol glycosides<sup>1</sup>, acidifying agent: sodium citrate, anti-caking agents: L-leucine and magnesium salts of fatty acids

<sup>1</sup>of which 97 % Reb-A

**Available as:** pocket dispenser containing 300 tablets (18 g)

✓ vegan ✓ gluten-free ✓ lactose-free V2.1



Natural. Premium. Nutrition.

# Vegan Protein Shakes

*ideal for active people, athletes,  
vegans and flexitarians*



You can find our products in health food stores, organic shops or online at [www.raabvitalfood.com](http://www.raabvitalfood.com)



Quality since 1989  
Raab Vitalfood

|   |                    |    |
|---|--------------------|----|
| Acai powder                             | organic            | 22 |
| <b>Acerola capsules</b>                 | <b>NEW</b> organic | 6  |
| Acerola powder                          | organic            | 22 |
| Algae oil Omega-3 capsules              |                    | 6  |
| Alkaline Drink Plus                     |                    | 7  |
| Almond Protein powder                   | organic            | 20 |
| Aloe Vera juice                         | organic            | 31 |
| Ashwagandha powder                      | organic            | 22 |
| Astaxanthin capsules                    |                    | 6  |
| Baobab powder                           | organic            | 23 |
| Barley Grass capsules                   | organic            | 10 |
| Barley Grass powder                     | organic            | 24 |
| Beetroot powder                         | organic            | 26 |
| Bergamot-Artichoke capsules             |                    | 7  |
| Birch Sugar, Birch Sugar Premium        |                    | 32 |
| Black Garlic capsules                   | organic            | 16 |
| <b>Blood Orange Morosil® capsules</b>   | <b>NEW</b>         | 7  |
| Broccoli capsules                       | organic            | 7  |
| Broccoli powder                         | organic            | 23 |
| Calcium Citrate powder                  |                    | 7  |
| Chia Seeds                              | organic            | 28 |
| Chlorella powder                        | organic            | 23 |
| Chlorella tablets                       | organic            | 7  |
| Cinnamon Ceylon capsules                | organic            | 18 |
| Cistus lozenges                         | organic            | 8  |
| Coenzyme Q10 + B vitamins capsules      |                    | 8  |
| Coffee Creamer powder                   | organic            | 30 |
| Coral Calcium capsules, powder          |                    | 12 |
| Corn Syrup powder                       | organic            | 32 |
| Cranberry Extract capsules              | organic            | 8  |
| <b>Creatine powder</b>                  | <b>NEW</b>         | 12 |
| Crystal table salt                      |                    | 29 |
| Curcuma Extract capsules                | organic            | 8  |
| Curcuma powder                          | organic            | 23 |
| Curcuma tablets                         | organic            | 8  |
| D-Mannose powder                        |                    | 8  |
| D-Mannose-Cranberry lozenges            |                    | 9  |
| <b>Electrolytes Pure powder</b>         | <b>NEW</b>         | 9  |
| <b>Electrolytes with Glucose powder</b> | <b>NEW</b>         | 9  |
| Fiber Trio powder                       | organic            | 23 |
| Frankincense Extract capsules           | organic            | 18 |
| Ginger capsules, tablets                | organic            | 11 |
| Ginger Latte powder                     | organic            | 31 |
| Ginger Premium powder                   | organic            | 25 |
| <b>Ginkgo Biloba capsules</b>           | <b>NEW</b> organic | 10 |
| Glucosamine capsules                    |                    | 10 |
| Goji Berries                            | organic            | 28 |
| Golden Milk powder                      | organic            | 31 |
| <b>Good Aging Complex Capsules</b>      | <b>NEW</b>         | 10 |
| Grapefruit Seed Extract fluid           | organic            | 10 |

|   |                    |    |
|---|--------------------|----|
| Grape Seed flour                        | organic            | 27 |
| Guarana capsules                        | organic            | 11 |
| Guarana Premium powder                  | organic            | 24 |
| Hemp Protein powder                     | organic            | 19 |
| Hyaluronan 500 capsules                 |                    | 11 |
| Hyaluronan-Coenzyme Q10 capsules        |                    | 11 |
| Immune Plus lozenges                    |                    | 11 |
| Iodine capsules                         |                    | 12 |
| Iron Complex capsules                   |                    | 9  |
| Iso-Mineral <i>Lime</i> powder          |                    | 12 |
| Jerusalem Artichoke powder              | organic            | 27 |
| Kale powder                             | organic            | 24 |
| Krill Oil capsules                      |                    | 12 |
| Lacto + Bifido capsules                 | organic            | 12 |
| Lady's Mantle Plus capsules             |                    | 9  |
| L-Arginine capsules                     |                    | 13 |
| L-Carnitine capsules                    |                    | 13 |
| L-Glutamine capsules                    |                    | 13 |
| Linseed flour                           | organic            | 25 |
| Liver Function capsules                 |                    | 13 |
| L-Lysine with zinc capsules             |                    | 13 |
| Lupin Protein powder                    | organic            | 20 |
| Maca capsules                           | organic            | 13 |
| Maca Premium powder                     | organic            | 26 |
| Magnesium Citrate capsules, powder      |                    | 14 |
| Matcha Bamboo Whisk                     |                    | 26 |
| Matcha capsules                         | organic            | 14 |
| Matcha green tea Basic powder           | organic            | 26 |
| Matcha green tea Premium powder         | organic            | 26 |
| Melissa-Valerian capsules               | organic            | 14 |
| Moon Milk powder                        | organic            | 31 |
| MSM capsules                            |                    | 14 |
| MSM with willow bark capsules           |                    | 14 |
| Multivitamins for kids chewable tablets |                    | 18 |
| Multi Vitamin Plus capsules             |                    | 14 |
| Nettle powder                           | organic            | 23 |
| Noni juice                              | organic            | 31 |
| OPC Extract capsules                    | organic            | 15 |
| Pea Protein powder                      | organic            | 19 |
| Plant Powder Green                      | organic            | 27 |
| Pomegranate Extract capsules            | organic            | 10 |
| Potassium Salt Mixture                  |                    | 29 |
| <i>Protein Plus</i> powder              | organic            | 27 |
| Protein Shake <i>Pure</i> powder        | organic            | 21 |
| Protein Shake <i>Pure Plus</i> powder   | organic            | 21 |
| Protein Shake <i>Cocoa</i> powder       | organic            | 21 |
| Protein Shake <i>Vanilla</i> powder     | organic            | 21 |
| <b>Protein Vegan Cocoa</b> powder       | <b>NEW</b> organic | 21 |
| Psyllium husks capsules                 | organic            | 9  |
| Psyllium husks powder                   | organic            | 24 |

|  |                    |    |
|--|--------------------|----|
| Pumpkin Seed Protein powder                  | organic            | 19 |
| <b>Quercetin capsules</b>                    | <b>NEW</b>         | 15 |
| Red yeast rice capsules                      | organic            | 15 |
| Reishi capsules                              | organic            | 15 |
| Resveratrol with OPC capsules                |                    | 15 |
| Rice Protein powder                          | organic            | 20 |
| Rose Hip capsules                            | organic            | 11 |
| Rose Hip powder                              | organic            | 24 |
| Saffron Extract capsules                     | organic            | 15 |
| Seasoned Salt <i>Herbs &amp; 5 Elements</i>  | organic            | 29 |
| Sesame Seed Protein powder                   | organic            | 20 |
| Spermidine capsules                          | organic            | 16 |
| Spermidine powder                            | organic            | 26 |
| Spinach powder                               | organic            | 26 |
| Spirulina powder                             | organic            | 27 |
| Spirulina tablets                            | organic            | 16 |
| <b>Spirulina &amp; Chlorella Mix tablets</b> | <b>NEW organic</b> | 17 |
| Stevia extract, liquid, tablets              |                    | 33 |
| Sweet Whey powder                            | organic            | 30 |
| <b>Taurine capsules</b>                      | <b>NEW</b>         | 17 |
| Tribulus Plus capsules                       |                    | 17 |
| Vegetable Stock (yeast-free) powder          | organic            | 28 |
| Vitamin B12 + D3 lozenges                    |                    | 17 |
| <b>Vitamin B Complex capsules</b>            | <b>NEW</b>         | 17 |
| <b>Vitamin D3 + K2 capsules</b>              | <b>NEW</b>         | 17 |
| <b>Vitamin D3 + K2 + B12 capsules</b>        | <b>NEW</b>         | 18 |
| Walnut Protein powder                        | organic            | 20 |
| Wheatgrass powder                            | organic            | 27 |
| Zinc Complex capsules                        |                    | 18 |
| <b>Recipes</b>                               |                    |    |
| Almond cinnamon buns                         |                    | 30 |
| Beetroot bliss balls                         |                    | 25 |

# Natural.

---

# Premium. Nutrition.

---

Quality since 1989.  
Raab Vitalfood



## Publisher

### Raab Vitalfood GmbH

Rudolf-Diesel-Str. 10 | 85296 Rohrbach | Germany  
Tel. +49 (0)8442 95 63 0 | Fax +49 (0)8442 95 63 48  
info@raabvitalfood.de | www.raabvitalfood.de

## Managing Director

Dr. Andreas Raab

## Last updated February 2024

© Raab Vitalfood GmbH | Rohrbach | Germany

We accept no liability for changes, mistakes or printing errors. Product images may differ from actual products received.

## Telephone hours for queries and orders:

Monday to Thursday 8 a.m. to 4 p.m. CET  
Friday 8 a.m. to 1:30 p.m. CET

Orders are usually shipped within two days of receipt.



DE-ÖKO-001



DE-ÖKO-001



## Picture credits

©www.istockphoto.com | ©stock.adobe.com |

©Raab Vitalfood GmbH

Recipes: page 25 ©Michelle Arend,  
page 30 ©Rebekka Neumann

**Raab<sup>®</sup> Vitalfood**

**new**

**Good Aging Komplex**

mit Thiamin, das zu einer normalen Herzfunktion beiträgt und Vitamin C, das zum Schutz der Zellen vor oxidativem Stress beiträgt

**Good Aging Complex**

with thiamine, which contributes to normal heart function

# Our values

Qualität seit 1989  
• Raab Vitalfood •

 premium organic quality

 partnership and cooperation

 careful quality controls

 experience and innovation



**Follow Raab Vitalfood online!**

Stay in touch and receive updates on our latest products, our company and the food industry. Plus, enjoy fantastic recipes, prize draws and promotions!

Follow us on Facebook and Instagram at [@raabvitalfood](https://www.instagram.com/raabvitalfood) or visit us at [www.raabvitalfood.com](http://www.raabvitalfood.com)

[www.raabvitalfood.com](http://www.raabvitalfood.com)

