Organic guarana powder
POWDER Nothing But Plants®

**Powerful tonic and antioxidant**

| 1 unit | 75 servings / Guarana powder 150 g | 19,90 € |

** Principals Indications:**
- Brain (concentration, memory)
- Emotional balance
- Energy (fatigue)
- Sexuality (libido)
- Sport performances (muscular mass)
- Weight (slimness)

**Brand:**

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Discover the exceptional properties of SUPERFOODS with the new powder range from our new brand POWDER Nothing But Plants® range!

This product range offers an innovative concept: an alternative way of consuming dietary supplements and healthier foods – in milkshakes, salads or mixed with your favourite foods.

**Description**

Guarana seeds (*Paullinia cupana* Kunth, Sapindaceae family), with their high caffeine and polyphenol content, are a **powerful tonic and antioxidant**.

Native to the Amazon, guarana is a plant with a range of therapeutic properties, including **neurostimulatory**, **cardioprotective** and **slimming** activity.

Our guarana from Brazil contains 3.9 g of caffeine per 100 g of product, corresponding to **79 mg of caffeine per serving** (equivalent to one cup of coffee).

**Origin**

Guarana (*Paullinia cupana* Kunth, Sapindaceae family) is a climbing, woody shrub from the central region of the Amazon. Its name comes from indigenous dialects and means “vine”, because the plant, when wild, has lianas that can grow up to 10 m long (1).

Guarana fruits are known for their resemblance to the human eye. They are small spheres that, when ripe, have a red-orange colour and contain three black, round and glossy seeds, covered with a whitish substance (2).
The indigenous communities of the Amazon have used guarana for centuries, due to its medicinal, stimulating and energy-giving properties (1). The earliest records of guarana date back to the Columbian era and refer to how indigenous witchdoctors scraped the seed into cold water and drank this concoction during ceremonies and before their long hunts (3). This concoction was also considered by the indigenous peoples as an elixir to promote a long life (1).

During the 18th and 19th Centuries, guarana provoked interest from doctors due to its high caffeine content, and it was then that domestication and use of this plant spread, reaching record levels of consumption (3). Today, guarana can be found in different formulations: stimulating and energy-giving drinks, herbal medicines and cosmetics.

**COMPOSITION**

**Guarana seeds** are rich in alkaloids that stimulate the central nervous system (caffeine, theophylline and theobromine). They also contain terpenes, saponins and a wide variety of polyphenolic compounds (tannins, catechins, epicatechins and proanthocyanidins) (4).

The caffeine content in the seed can vary between 3.5-8%, however, after extraction this can double or even triple, and it is possible to obtain extracts with 12% caffeine content (5). **This results in caffeine levels superior to cocoa, tea, mate and even coffee.**

- **OUR PRODUCT**
  - **Product Name:** Guarana powder (from organic farming)
  - **Scientific name:** *Paullinia cupana* Kunth
  - **Part used:** Seeds

**BENEFITS**

**Guarana** is considered a medicinal plant with major therapeutic properties: as a tonic, stimulant, slimming aid and aphrodisiac (1-3). Its invigorating properties are largely due to its high caffeine content. Caffeine increases mental alertness, promoting an improvement in cognitive performance, and reducing the symptoms of fatigue (2).

Thanks to its high caffeine content, guarana has been used to aid weight loss, as it helps to boost basal metabolism and thermogenesis (1, 6).

Guarana also has strong antioxidant and anti-inflammatory activity, due to its polyphenol and saponin content (1). These polyphenols also have cardioprotective properties, inhibit platelet aggregation and help to fight against the formation of atheromas (the accumulation of fat in the artery walls) (7-9).

**USE, DIRECTIONS**

Mix 2 g of guarana powder with water, juice, shakes or milk. It can also be sprinkled on meals and salads.

**STUDIES**

The European Medicines Agency (EMA) has approved the traditional use of guarana seeds in case of fatigue and weakness (10).

Guarana's properties include improving cognitive performance and cardiovascular protection (2, 7-9).

In several studies, significant improvements have been observed in memory performance and increased alertness in subjects who consumed guarana (11, 12). In addition, an experiment conducted in stressful situations found an increase
Finally, recent studies draw a link between consuming guarana and the amelioration of cardiovascular illnesses (7-9). For example, a study conducted in vitro and in vivo observed the potential effect of guarana on oxidation of LDL (bad cholesterol), where patients who had taken guarana had lower levels of LDL oxidation (9).

BIBLIOGRAPHY

Health claims
The European Medicines Agency (EMA) has approved the traditional use of guarana seeds for the treatment of fatigue and weakness.

Composition
INGREDIENTS:
Per daily dose: 2 g organic guarana seeds powder (Paullinia cupana Kunth).

ALLERGENS:
This product does not contain allergens (in accordance with Regulation (EU) No 1169/2011) nor genetically modified organisms.

FABRICATION AND GUARANTEE:
This food supplement is manufactured by a GMP-compliant laboratory (GMPs are the good manufacturing practice guidelines for the European pharmaceutical industry). Their active principle content is guaranteed through regular tests, which can be viewed online.
Use

DIRECTIONS:
1 serving (2 g) per day. Mix 2 g (1 measuring spoon) of powder with water, juice, smoothies or milk.

WARNINGS:
Contains caffeine. Not recommended for children, pregnant or lactating women (79 mg caffeine/ 2 g guarana powder).
Do not exceed the recommended daily dose.

ADVICES:
Does not replace a varied and balanced diet and a healthy lifestyle. If you are undergoing medical treatment, seek your therapist's advice. For adult use only. Keep out of reach of young children.

STORAGE INSTRUCTIONS:
Store in a cool dry place away from sunlight.