

6 REASONS TO DRINK MAGIC SAAFT EVERY DAY

1. SILICA

There is more than **5 mg** of vegetable/bioavailable silica in each Magic Saaft Shot (100ml). Silica is the mineral we love to overlook. But vegetable (=bioavailable/organic) silica (also known as silicon) provides some awesome benefits that you really don't want to miss out on:

- Silica supports healthy hair and nail growth.
- Silica lays an important role in healthy bone density (1).
- Silica is a building block of collagen – a protein our body uses to rejuvenate skin and joints.
- Silica prevents the absorption of aluminum in the digestive system. Aluminum may be linked to an increased risk of Alzheimer's disease and other health conditions (2).

2. FLAVONOIDS

In each Magic Saaft Shot (100ml) the total content of bamboo **flavonoids** is at least **10 mg**. Bamboo extract is a rich source of flavonoids. These secondary plant metabolites exhibit many beneficial physiological effects such as:

- anti-inflammatory, anti-oxidant, anti-viral, anti-aging properties
- prevention against cardio vascular diseases, which were exploited in traditional Chinese medicine TCM also (3/4).

(1) Silicon: A Review of Its Potential Role in the Prevention and Treatment of Postmenopausal Osteoporosis; Charles T. Price, Kenneth J. Koval, and Joshua R. Langford, International Journal of Endocrinology Volume 2013, Article ID 316783; <https://www.hindawi.com/journals/ije/2013/316783/>

(2) Aluminum and silica in drinking water and the risk of Alzheimer's disease or cognitive decline: findings from 15-year follow-up of the PAQUID cohort; Virginie Rondeau, H el ene Jacqmin-Gadda, Daniel Commenges, Catherine Helmer and Jean-Fran ois Dartigues; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2809081/>

(3) LC-MS/MS Profiling of Flavonoid Composition and Assessment of Antioxidant Capacity of twenty four different Bamboo Species; Timm Hettich, Dold Jenny, Christian Gerig, G otz Schlotterbeck; http://organicbamboo.org/wp-content/uploads/2019/01/Profiling-of-Bamboo-Species_Poster_FHNW_EN.pdf

(4) In Vitro Anti-Inflammatory and Wound-Healing Potential of a Phyllostachys edulis Leaf Extract – Identification of Isoorientin as an Active Compound; Jonas Wedler, Tony Daubitz, G otz Schlotterbeck, Veronika Butterweck; <http://organicbamboo.org/wp-content/uploads/2019/01/Wedler-et-al.2014.pdf>

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3. ORAL HEALTH

Due to the antiseptic qualities of frankincense water Magic Saaft can support oral health by preventing bad breath, cavities, toothaches, mouth sores, and other infections (5).

4. NATURALLY ENRICHED

Stay hydrated! Naturally enriched botanical water is the best. Drink one shot for a magical boost after your workout.

5. ZERO CALORIES

No sugar. Zero calories. Pure. Great taste!
Get inspired for your vision! Enjoy and feel the magic!

6. ETHICAL & SUSTAINABLE

Magic Saaft is gift from mother earth for all people who care about ethical, sustainable and healthy food. Magic Saaft is taped right from our own primeval bamboo forest (6).

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Switzerland

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(5) The effect of Frankincense in the treatment of moderate plaque-induced gingivitis: a double blinded randomized clinical trial; DARU Journal of Pharmaceutical Sciences, 2011;19(4):288-294; M. Khosravi Samani, H. Mahmoodian, AA. Moghadamnia, A. Poorsattar Bejeh Mir and M. Chitsazan;
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3304380/>

(6) <https://vimeo.com/189014756>