

Nutritional Values

# Buchinger Wilhelmi Fasting Box

*The Original*

BUCH/NGER  
W/LHELM I



## TRANSITION SOUP TOMATO

Ingredients: Water (46 %), potatoes\* (15 %), tomatoes\* (13 %), carrots\* (8 %), fennel\* (8 %), leek\* (8 %), olive oil\*, basil\*, salt. \* biodynamically farmed

DE-ÖKO-005 // EU agriculture  
Country of origin: Germany

Nutritional value	Ø/100 g
Energy	114 kJ/27 kcal
Fat	0.8 g
Of which saturated fatty acids	0.1 g
Carbohydrates	3.7 g
Of which sugar	1.5 g
Fibre	1.0 g
Protein	0.8 g
Salt	0.3 g



## TRANSITION SOUP PUMPKIN

Ingredients: Water (57 %), potatoes\* (10 %), carrots\* (8 %), fennel\* (8 %), leek\* (8 %), pumpkin\* (8 %), olive oil\*, lemon verbena\*, salt. \* biodynamically farmed

DE-ÖKO-005 // EU agriculture  
Country of origin: Germany

Nutritional value	Ø/100 g
Energy	104 kJ/25 kcal
Fat	0.7 g
Of which saturated fatty acids	0.1 g
Carbohydrates	3.3 g
Of which sugar	1.8 g
Fibre	1.1 g
Protein	0.8 g
Salt	0.4 g



## FASTING SOUP ASPARAGUS

Ingredients: Water (60 %), asparagus\* (24 %), potatoes\* (10 %), onions\* (5 %), balsamico bianco\*, **walnut oil\***, salt, tarragon\*, lavender\*. \* from controlled organic farming

DE-ÖKO-005 // EU agriculture  
Country of origin: Germany

Nutritional value	Ø/100 g
Energy	75 kJ/18 kcal
Fat	0.4 g
Of which saturated fatty acids	0.1 g
Carbohydrates	2.5 g
Of which sugar	1.1 g
Fibre	0.6 g
Protein	0.8 g
Salt	0.4 g



## FASTING SOUP CAULIFLOWER

Ingredients: Water (65 %), cauliflower\* (20 %), leek\* (10 %), potatoes\* (5 %), lemon juice, **sesame oil\*\***, nutmeg\*\*, curry\*\*, salt. \* biodynamically farmed / \*\* organically farmed

DE-ÖKO-005 // EU agriculture  
Country of origin: Germany

Nutritional value	Ø/100 g
Energy	64 kJ/15 kcal
Fat	0.4 g
Of which saturated fatty acids	< 0.1
Carbohydrates	1.6 g
Of which sugar	0.8 g
Fibre	0.8 g
Protein	0.8 g
Salt	0.2 g



## FASTING SOUP BEETROOT

Ingredients: Water (65 %), beetroot\* (18 %), potatoes\* (13 %), onions\* (3 %), balsamico\*, **walnut oil\***, horseradish\*\*, bay leaf\*\*, salt. \* biodynamically farmed / \*\* organically farmed

DE-ÖKO-005 // EU agriculture  
Country of origin: Germany

Nutritional value	Ø/100 g
Energy	96 kJ/23 kcal
Fat	0.3 g
Of which saturated fatty acids	< 0.1 g
Carbohydrates	3.8 g
Of which sugar	1.9 g
Fibre	0.7 g
Protein	0.6 g
Salt	0.4 g



## FASTING SOUP CARROT

Ingredients: Vegetable stock\* (66 %), carrots\* (17 %), potatoes\* (7 %), fennel\* (3 %), leek\* (3 %), lemon juice\*, lemongrass\*\*, **walnut oil\***, salt. \* biodynamically farmed / \*\* organically farmed

DE-ÖKO-005 // EU agriculture  
Country of origin: Germany

Nutritional value	Ø/100 g
Energy	71 kJ/17 kcal
Fat	0.4 g
Of which saturated fatty acids	0.1 g
Carbohydrates	2.5 g
Of which sugar	1.4 g
Fibre	0.7 g
Protein	0.4 g
Salt	0.3 g



## FASTING SOUP PARSNIP

Ingredients: Vegetable stock\* (71 %), parsnips\* (19 %), potatoes\* (4 %), leek\* (3 %), fennel\*, lemon juice\*, **walnut oil\***, salt. \* biodynamically farmed

DE-ÖKO-005 // EU agriculture  
Country of origin: Germany

Nutritional value	Ø/100 g
Energy	88 kJ/21 kcal
Fat	0.5 g
Of which saturated fatty acids	< 0.1 g
Carbohydrates	3.3 g
Of which sugar	0.8 g
Fibre	0.6 g
Protein	0.4 g
Salt	0.4 g



## FASTING SOUP TOMATO

Ingredients: Tomatoes\* (94 %), concentrated grape juice\*\*, salt, olive oil\*, balsamico\*, chilli\*. \* biodynamically farmed / \*\* organically farmed

DE-ÖKO-005 // EU agriculture  
Country of origin: Germany

Nutritional value	Ø/100 g
Energy	129 kJ/31 kcal
Fat	0.5 g
Of which saturated fatty acids	0.1 g
Carbohydrates	4.3 g
Of which sugar	0.1 g
Fibre	2.5 g
Protein	1.1 g
Salt	0.4 g



## FASTING SOUP PUMPKIN

Ingredients: Water (70 %), pumpkin\* (21 %), potatoes\* (4 %), leek\* (4 %), ginger\*\*, **sesame oil\*\***, salt. \* biodynamically farmed / \*\* organically farmed

DE-ÖKO-005 // EU agriculture  
Country of origin: Germany

Nutritional value	Ø/100 g
Energy	55 kJ/13 kcal
Fat	0.3 g
Of which saturated fatty acids	< 0.1 g
Carbohydrates	1.8 g
Of which sugar	0.9 g
Fibre	0.6 g
Protein	0.4 g
Salt	0.4 g



## RESTART SOUP

Ingredients: Water (53 %), potatoes\* (15 %), carrots\* (8 %), leek\* (8 %), **celeriac\*** (8 %), courgettes\* (8 %), olive oil\*, lovage\*, nutmeg\*\*, salt. \* biodynamically farmed / \*\* organically farmed

DE-ÖKO-005 // EU agriculture

Country of origin: Germany

Nutritional value	Ø/100 g
Energy	109 kJ/26 kcal
Fat	0.8 g
Of which saturated fatty acids	0.1 g
Carbohydrates	3.4 g
Of which sugar	1.2 g
Fibre	1.0 g
Protein	0.8 g
Salt	< 0.1 g



## HUMMUS

Ingredients: Water (70 %), chickpeas\* (29 %), spice mix\*, salt. \* from controlled organic farming

DE-ÖKO-005 // EU agriculture

Nutritional value	Ø/100 g
Energy	419 kJ/100 kcal
Fat	1.8 g
Of which saturated fatty acids	0.3 g
Carbohydrates	13 g
Of which sugar	0.8 g
Fibre	4.6 g
Protein	5.5 g
Salt	0.5 g



## APPLE PUREE

Ingredients: Apples\* (100 %), cinnamon\*\*. \* biodynamically farmed / \*\*organically farmed

DE-ÖKO-005 // EU agriculture

Country of origin: Germany

Nutritional value	Ø/100
Energy	256 kJ/61 kcal
Fat	0.5 g
Of which saturated fatty acids	0.2 g
Carbohydrates	14 g
Of which sugar	10 g
Fibre	2.0 g
Protein	0.3 g
Salt	0.0 g



## SOUP ESSENCE

Ingredients: Vegetables\* (carrots, **celeriac**, leek, onions, parsnips) (70 %), herbs\* (parsley, chives, lovage), salt, spices\*\*. \* biodynamically farmed / \*\* organically farmed

DE-ÖKO-005 // EU agriculture

Country of origin: Germany

Nutritional value	Ø/100 g
Energy	157 kJ/37 kcal
Fat	< 0.1 g
Of which saturated fatty acids	< 0.1 g
Carbohydrates	5.3 g
Of which sugar	3.9 g
Fibre	2.8 g
Protein	1.6 g
Salt	13.2 g



## LOVELY NIGHT – HERBAL TEA

Ingredients: Nettle, green oats\*, raspberry leaf\*, lemongrass\*, fennel\*, yarrow\*, coriander\*, lime blossom\*, blackberry leaf, marigold\*, sage\*, hyssop\*.

\* Organically farmed

DE-ÖKO-005



## FEEL WELL – HERBAL TEA

Ingredients: Maté\*, nettle\*, lemongrass\*, lemon verbena\*, orange peel\*, lemon myrtle\*, rose petal\*, marigold\*. \* Organically farmed

DE-ÖKO-005



## HONEY

Local and Bioland-certified.

Ingredients: 100 % honey

DE-ÖKO-005 (organic) // EU agriculture

Country of origin: Germany



## LINSEED OIL

Food Supplement ingredients: 70 % linseed oil\*, borage oil\*, **argan oil\***, 2 % DHA- and EPA-rich oil from the microalgae Schizochytrium sp., evening primrose oil\*, apricot kernel oil\*, **almond oil\***, sunflower oil, seabuckthorn berry oil\*.

98 % of the ingredients organically farmed (DE-ÖKO-005)\*

Composition value per 20 g recommended daily dosage

Linseed oil	14 g
Algae oil	400 mg
Omega-3 fatty acids	7.5 g
α-linolenic acid (ALA)	7.2 g
Docosahexaenoic acid (DHA)	212 mg
Eicosapentaenoic acid (EPA)	91 mg
γ-linolenic acid (GLA)	900 mg



## LINSEED OIL LEMON

Food Supplement ingredients: 67 % linseed oil\*, borage oil\*, **argan oil\***, 3 % Linseed oil lemon\*, 2 % DHA- and EPA-rich oil from the microalgae Schizochytrium sp., evening primrose oil\*, apricot kernel oil\*, **almond oil\***, sunflower oil, seabuckthorn berry oil\*.

98 % of the ingredients organically farmed (DE-ÖKO-005)\*

Composition value per 20 g recommended daily dosage

Linseed oil	13.4 g
Algae oil	400 mg
Omega-3 fatty acids	7.3 g
α-linolenic acid (ALA)	7.0 g
Docosahexaenoic acid (DHA)	212 mg
Eicosapentaenoic acid (EPA)	91 mg
γ-linolenic acid (GLA)	900 mg



## HERBAL EXTRACT

Ingredients: Honey\*, unfiltered apple vinegar\*, camomile\*, peppermint\*, yarrow\*, meadow cumin\*. \* organically farmed

DE-ÖKO-005 // EU agriculture

Country of origin: Germany

Nutritional value	Ø/100 g
Energy	819 kJ/194 kcal
Fat	3.5 g
Of which saturated fatty acids	2.5 g
Carbohydrates	40.4 g
Of which sugar	36.5 g
Protein	< 0.4 g
Salt	< 0.01 g



## FASTING MINERALS

Dietary supplement with minerals and trace elements

Ingredients: tricalcium citrate, magnesium citrate (3:2) non-hydrate, tripotassium citrate monohydrate, zinc citrate trihydrate, Nu-MAG (rice starch)

Nutritional value	per 100 g	% NRV*
Calcium citrate	83.3 mg	10.4
Magnesium citrate	43.3 mg	11.6
Potassium citrate	66.7 mg	3.3
Zinc citrate	1.3 mg	13.3

\*% of the nutrient reference value according to EU Regulation No. 1169/2011

Country of origin: Germany



## CASHEWS DAY 1 & DAY 5

Ingredients: Cashews\* (100 %)

\* Organically farmed

DE-ÖKO-005 // EU agriculture

Country of origin: Germany

Nutritional value	Ø/100 g
Energy	2,503 kJ/598 kcal
Fat	47.0 g
Of which saturated fatty acids	9.3 g
Carbohydrates	22.0 g
Of which sugar	6.0 g
Fibre	3.1 g
Protein	21.0 g
Salt	0.0 g



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