

Probiotics have become more widely known and very popular while Prebiotics have been under the radar. Recent studies and publications from the medical community are beginning to change the consumers awareness of Prebiotics.

Probiotic benefits increase when accompanied by Prebiotics.

Essentially, natural Prebiotic fiber becomes nutrient sources or “fuel” for the beneficial bacteria that live within your gut.

Prebiotics work together with Probiotics to allow healthy changes within our digestive system. They play a key role in health by increasing and balancing the presence of good bacteria in our digestive system.

Because the health of our gut is closely tied to many other bodily functions, Prebiotics and Probiotics together are important for battling inflammation and lowering overall disease risk.

Higher intakes of Prebiotics are linked to benefits including:

- Improved energy
- Helps to maintain healthy cholesterol levels
- Improved digestion
- Lower stress response
- Promotes healthy hormone balance
- Higher immune function
- Helps maintain healthy weight
- Helps support the immune system



Introducing Prebiotic Whole Plant Wellness Drinks



All Karuna products are certified USDA Organic and non-GMO Project verified.





### VIVA

- Ashitaba leaves contain more valuable nutrients and antioxidants compared to Kale and other 'supergreens'.
- Calming aroma and delicious blend of heart-healthy aronia berry, pomegranate
- Excellent source of natural vitamin K and vitamin C.



### DETOX

- Very refreshing rich fruity flavor with layers of dark wine grapes, kiwi, watermelon and berries
  - Packed with Aronia Berries & Mung Bean Sprouts providing an ORAC level higher than 3.5 cups of blueberries (ORAC measures total antioxidant capacity)
  - Added health benefits from concord grapes rich in polyphenols and kiwi rich in prebiotics
  - 2.5x the natural protein of almond milk
  - Organic bean sprouts used in Detox are grown in-house.
- Drink daily to gently Detox



### JOY-D

- Amazing tasty blend of peach, mandarin orange and kiwi
- Excellent source of plant-based vitamin D2 and vitamin C
- Natural and Vegan - Free from chemical fillers, animal by-products or synthesized vitamins.



### REJUVINATION

- Refreshing Fruity Tea flavor
- Ancient Far Eastern remedy to promote healthy skin, hair, eyesight and sleep
- Excellent source of natural Vitamin A
- Drink for hydration or after detox to promote Qi (energy)



### FOCUS

- Creamy coffee and coconut flavor with a gentle Turmeric finish
  - Turmeric is a far Eastern traditional remedy used to comfort the joints and sharpen the mind
  - Good source of fiber, potassium & magnesium
- Drink in the morning or afternoon for improved clarity



### BOOST

- Rich dark coffee taste with a touch of smoky black sesame seed finish
  - Sesame seeds are a traditional far East remedy to promote heart and bone health
  - Good source of natural fiber and magnesium
  - Excellent source of natural vitamin B6, copper & manganese
- Drink in the morning for sustained energy



### AVO-KETO

- Keto friendly, low in carbs and calories with heart-healthy plant-based fat and protein.
- Good source of plant-based fiber and protein
- Natural refreshing taste free of heavily processed ingredients, thickeners, emulsifiers, and artificial flavors.



### PRO-FIT

- Deliciously uncommon, functional chocolate nutty smoothie combines cacao, creamy wild chestnuts, quinoa, flaxseed and oats
- Natural Prebiotic fiber promotes healthy digestion
- 2x the natural protein content of almond milk with all essential amino acids
- Excellent source of manganese
- Low glycemic index; only 2 gms of natural sugar per 12 oz. bottle with balanced nutrition to start your day



### EMPOWER

- Satisfying rich taste with subtle layers of banana, cherry, and a hint of cinnamon
- Natural Prebiotic fiber promotes healthy digestion
- 6x the natural protein content of almond milk with all essential amino acids
- Excellent source of fiber, magnesium & manganese
- Perfect for after exercise or to satiate mid-afternoon
- Low glycemic index, only 2 gms of natural sugar per 12 oz bottle

Functional Super Juice  
WHOLE PLANT JUICE

FUNCTIONAL BETTER COFFEES  
- Sustained Energy from Synergy of  
Ingredients with Less Caffeine

Prebiotic Functional Superfood  
WHOLE PLANT SMOOTHIES