

ShareOriginal®  
SWITZERLAND

ShareAqua d'Oro®  
SWITZERLAND

SharePomelozzini®  
SWITZERLAND

### A Living Fermented Fruit for Your Living Body®

Q: What to expect after taking Share® products?

Smooth stools may appear after five to eight hours. Drink plenty of water at body temperature (~100F) as smooth stools may take 24 to 36 hours to clear out.

If you sweat a lot, drink enough warm water.

Q: Can you eat both fruits at the same time?

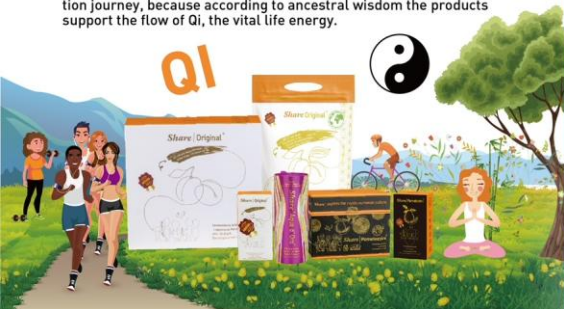
That is possible. Just listen to your gut feeling and find out what works best for you. And don't forget - it is important to drink warm water!

Q: How long should I take Share® products?

Share® can be a regular part of your healthy diet or as a nutritious snack in place of unhealthy sweets.

Once you start using Share® products, your body may want to continue enjoying the benefits indefinitely!

The Share® products are individual natural foods and therefore no two fruits are the same. Quite naturally, some are larger, others smaller; some are moist and some are dry. Share® products are costly to produce due to their lengthy and complex, but also valuable production journey, because according to ancestral wisdom the products support the flow of Qi, the vital life energy.



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### My first week with Share®

01 1/2  
or  
1



02 1/2  
or  
1



03 1/3  
or  
1/2



04 1/3  
or  
1/2



05 1/3  
or  
1/2



06 1/3  
or  
1/2



Qi



A Living Fermented Fruit for Your Living Body®

**A Living Fermented Fruit for Your Living Body®**

Dear Share® friends:

ShareOriginal® is a 30-month fermented Japanese apricot (plum family, lat. Prunus Mume) rich in potent living enzymes and microorganisms beneficial to the body.

SharePomelozzini® is a 30-month fermented grapefruit (pomelo) rich in essential oil and vitamin C, in addition to living enzymes and microorganisms.

ShareAqua d'Oro® is a 30-month fermented smoothie made from 24 superfruits and vegetables. Its probiotic and prebiotic properties support the metabolism. It can be enjoyed with adding soda water and fresh pressed lemon juice.

Share® products are natural foods well known for their health benefits (just like garlic or beetroot), except they are easy-to-eat and delicious as a tasty snack. Similar to sauerkraut, kombucha or cheese, these fruits are fermented and do not contain any artificial preservatives. What is special about Share® products compared to other fermented foods is their exceptional long fermentation period of 30-months – they continue to ferment even in the package!

Fermentation clay (Why do we introduce a new thing Clay here? Is it necessary?) is known to be beneficial for food preservation as it encourages good bacteria, makes proteins more easily digestible, and increases the bioavailability of nutrients such as vital vitamins and minerals. Fermentation is an ancient tradition - an art that is perpetuated in many regions of the world, passed down through generations and centuries and often kept secret.

Share® combines these powerful elements (healthy eating and fermentation) with great benefits when eaten regularly.

**A Living Fermented Fruit for Your Living Body®**

Q: What is the best way to consume Share® products?

We recommend drinking two cups of body-warm water (~ 100F) after eating the Share® products. This helps activate the living enzymes and microorganisms.

In addition, the body rests at night and, while you sleep, it gets rid of toxins as a natural cleansing process. Share® products can support this process, so take it in the evening before bedtime. Also it is perfectly fine to eat at other times.

Fermented foods aid digestion. So if you are not used to eating them, you can start with one-half fruit

