



## Examples of products

Product	Description	Composition (Clean label)	Health benefit
<b>Flaxseed oil*</b>	Cold-pressed flaxseed oil, rich in omega-3 (ALA) fatty acids and lignans. Light golden color, pleasant nutty aftertaste.	100% flaxseed oil (no additives).	Omega-3 source – helps reduce inflammation and heart disease risk [1].
<b>Hemp seed oil*</b>	Oil pressed from hemp seeds, with a balanced omega-6 to omega-3 ratio. Greenish color, nutty flavor.	100% hemp seed oil.	Improves skin condition, reduces dermatitis symptoms [2].
<b>Pumpkin seed oil*</b>	Dark green, aromatic oil pressed from pumpkin seeds. Used for salads or as a dietary supplement.	100% pumpkin seed oil.	Supports prostate health – alleviates benign prostatic hyperplasia symptoms [3].
<b>Sea buckthorn oil*</b>	Orange oil from sea buckthorn berries and seeds. Highly valued for carotenoids and vitamins.	100% sea buckthorn berry (and seed) oil.	Protects mucous membranes – improves skin and mucosal health [4].
<b>Blackcurrant seed oil*</b>	Light yellow oil pressed from blackcurrant seeds. Contains gamma-linolenic acid (GLA).	100% blackcurrant seed oil.	Reduces joint inflammation (GLA anti-inflammatory effect) [5].
<b>Rosehip seed oil*</b>	Reddish-orange oil from rosehip seeds. Used in cosmetics and supplements for vitamin A precursors.	100% rosehip seed oil.	Promotes skin regeneration – accelerates wound healing, reduces scars [6].
<b>Camelina oil*</b>	Traditional camelina oil pressed from gold-of-pleasure seeds. High in alpha-linolenic acid (Omega-3) and vitamin E, stable for cooking.	100% camelina seed oil.	Lowers cholesterol – improves blood lipid profile [7].
<b>Blueberry powder</b>	Freeze-dried and milled blueberries (wild bilberries). Retains deep blue color and berry aroma.	Blueberries (100%).	Antioxidants – improve cognitive function, enhance information processing [8].
<b>Blackcurrant powder</b>	Powder from dried blackcurrants, tart flavor, bright violet color due to anthocyanins.	Blackcurrants (100%).	Strong antioxidant – rich in anthocyanins, protects cells from oxidative damage [9].
<b>Sea buckthorn powder</b>	Bright orange powder from dried sea buckthorn berries. Very high in vitamin C and carotenoids.	Sea buckthorn berries (100%).	Boosts immunity – improves antioxidant capacity and immune response [10].
<b>Cranberry powder</b>	Tart red powder from freeze-dried cranberries. Used in drinks, desserts, as a vitamin C source.	Cranberries (100%).	Reduces risk of urinary tract infections – inhibits bacteria from adhering to urinary tract [11].
<b>Rosehip powder</b>	Orange powder from dried rosehips, rich in vitamin C and pectin.	Rosehips (100%).	Reduces joint pain in osteoarthritis [12].
<b>Aronia powder</b>	Dark violet, slightly bitter aronia (chokeberry) powder. Very high in polyphenols.	Aronia (100%).	Lowers blood pressure and cholesterol – improves cardiovascular health [13].



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<b>Raspberry powder</b>	Bright pink, sweet-sour powder from freeze-dried raspberries. Ideal for smoothies, baking.	Raspberries (100%).	Antioxidants and ellagic acid – protect cells, may reduce inflammation [14].
<b>Strawberry powder</b>	Light pink sweet powder from dried strawberries. Fragrant, retains strawberry flavor.	Strawberries (100%).	Improves heart health – lowers LDL cholesterol [15].
<b>Lingonberry powder</b>	Reddish-brown powder from lingonberries (cranberry family). Pleasant bitterness.	Lingonberries (100%).	Regulates metabolism – helps reduce cholesterol and glucose spikes [16].
<b>Beetroot powder*</b>	Bright red powder from dried beets. Used for natural food coloring, smoothies.	Beets (100%).	Nitrate source – improves circulation, lowers blood pressure [17].
<b>Carrot powder*</b>	Orange sweet powder from dried carrots. Suitable for drinks, baking, as a vitamin A source.	Carrots (100%).	Beta-carotene (provitamin A) – improves vision and immunity [18].
<b>Kale powder</b>	Green powder from dried kale leaves. “Superfood” – rich in vitamins K, C, carotenoids, and minerals.	Kale (100%).	Antioxidants and glucosinolates – reduce inflammation, protect cardiovascular system [19].
<b>Chamomile tea</b>	Dried chamomile flower tea, mild floral aroma. Consumed before sleep or for digestion.	Dried chamomile flowers (100%).	Calming effect – reduces anxiety, relieves tension [20].
<b>Peppermint tea</b>	Refreshing menthol-flavored tea from dried peppermint leaves. Consumed after meals, hot or cold.	Dried peppermint leaves (100%).	Improves digestion – reduces cramps and IBS symptoms [21].
<b>Nettle tea</b>	Green herbal tea from dried nettle leaves. Mild herbal taste, slightly spinach-like.	Dried nettle leaves (100%).	Anti-inflammatory – reduces inflammation and joint pain [22].
<b>Fermented fireweed tea (Ivan Chai)</b>	Tea from fermented fireweed leaves, resembling black tea but caffeine-free.	Fermented narrow-leaf fireweed leaves (100%).	Antioxidant, anti-inflammatory – protects cells and calms inflammation [23].
<b>Beet kvass</b>	Pink fermented drink from beets, water, and spices. Rich in probiotics, mildly sour.	Beets, water, salt, spices (e.g., garlic, bay leaf).	Improves circulation – beet nitrates lower blood pressure; probiotics improve digestion [24].
<b>Sauerkraut</b>	Finely chopped, salted, and fermented cabbage. Traditional sour garnish.	White cabbage, carrot, salt (natural lactic acid fermentation).	Probiotics improve gut microbiota and digestion. High vitamin C – boosts immunity [25].
<b>Fermented cucumbers</b>	Naturally fermented cucumbers with dill and garlic. Crunchy, sour, and piquant.	Cucumbers, water, salt, dill, garlic (naturally fermented, no vinegar).	Good bacteria – support gut health; electrolytes aid hydration [26].
<b>Fermented carrot juice</b>	Lightly sour carrot juice fermented with lactic acid bacteria. Refreshing, probiotic-rich drink.	Carrot juice (100% naturally fermented).	Improves digestion – probiotics for gut health; beta-carotene supports eye



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<b>Apple vinegar</b>	<b>cider</b> Vinegar fermented from Lithuanian apple juice. Amber color, sharp apple aroma.	100% fermented apple juice (unfiltered, “mother”).	health [27]. May help regulate blood sugar and appetite [28].
<b>Apple chips</b>	Thin-sliced dried apple chips. Sweet-sour taste, crunchy, no added sugar.	Apples (100%).	Fiber improves digestion; polyphenols benefit heart health [29].
<b>Pear chips</b>	Naturally sweet dried pear slices. Softer than apples, fragrant.	Pears (100%).	Improves digestion – soluble fiber aids bowel function; antioxidants protect cells [30].
<b>Carrot chips</b>	Orange dried carrot slices, crunchy, naturally sweet. Healthy alternative to potato chips.	Carrots (100%).	Carotenoids – improve vision and skin health; fiber supports gut health [31].
<b>Beet chips</b>	Bright red dried beet slices. Slightly sweet, earthy flavor, very crunchy.	Beets (100%).	Natural nitrates – improve circulation and endurance; betanin protects against inflammation [32].
<b>Pumpkin chips</b>	Thin dried pumpkin pieces. Light orange, mildly sweet, pumpkin aroma.	Pumpkin (100%).	Beta-carotene and potassium – boost immunity, heart health; fiber aids digestion [33].
<b>Apple blackcurrant fruit leather</b>	& Naturally sweet-sour “candy” – apple and blackcurrant puree sheet, dried.	Apple puree (~70%), blackcurrant puree (~30%). (No added sugar or E-numbers).	Vitamin C and anthocyanins – boost immunity, antiviral effect [34].
<b>Carrot &amp; apple fruit leather</b>	Mildly sweet, orange from carrots and apples. Healthy snack for kids.	Carrot puree (~50%), apple puree (~50%). (No added sweeteners).	Beta-carotene + pectin – improve vision, regulate cholesterol; fiber supports gut flora [35].
<b>Blackcurrant syrup</b>	Thick, dark violet blackcurrant juice with sugar. Used diluted in water or tea.	Blackcurrant juice (~50%), sugar (~50%), water.	Immunity – high vitamin C, strengthens blood vessels [36].
<b>Sea buckthorn syrup</b>	Bright orange, sweet-sour. Excellent vitamin drink with water or tea.	Sea buckthorn juice, sugar, water.	Vitamin powerhouse – high C & E; carotenoids protect eyes and skin [37].
<b>Rosehip syrup</b>	Dark orange thick rosehip fruit. Used as “vitamin syrup” for colds.	Rosehip decoction, sugar.	High vitamin C – immunity boost, antioxidant protection [38].
<b>Elderberry syrup</b>	Dark purple syrup from elderberries. Traditionally used for colds.	Elderberry juice, sugar.	Antiviral – may shorten flu duration; strengthens immunity [39].
<b>Quince syrup</b>	Yellow, fragrant, sour Japanese quince. Used diluted in water.	Quince juice, sugar, water.	Vitamin C source – strengthens immunity, improves digestion [40].



*Note: The Association has a VMVT license for food production only. Products marked with an asterisk are intended as raw materials for the cosmetics or pharmaceutical industries.*

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