



Terra Sana

Product Catalogue

Terra Sana



TERRA SANA PERU S.A.C. started with the idea of raising awareness and offer an option of food that improves the quality of life of consumers, offering them healthy alternatives according to their different needs.

We are a Peruvian company dedicated to the elaboration and commercialization of food products with high nutritional content. With our brand Terra Sana we want to offer consumers the option to improve their diet through products that will take care of their health, thus obtaining a healthy body, mind and life.

Vision

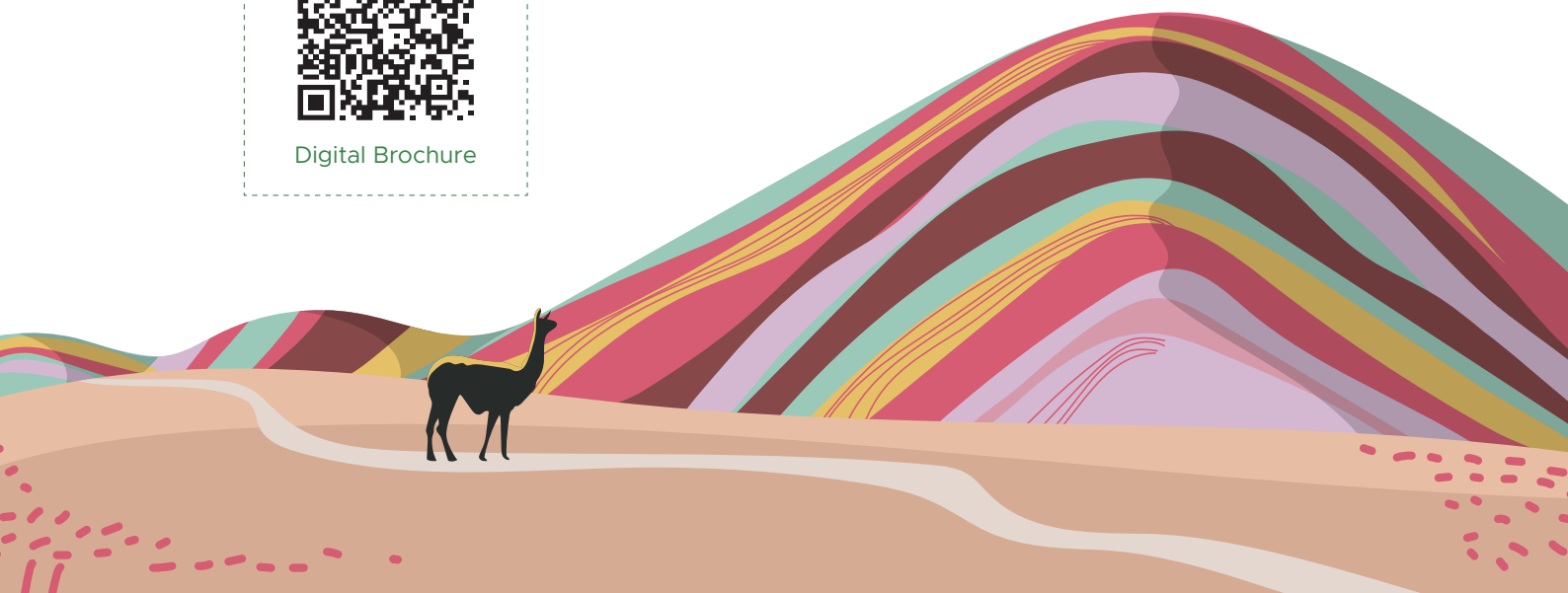
To be a company recognized nationally and internationally for the development and commercialization of food products that generate a healthy lifestyle option.

Mission

To be a company recognized nationally and internationally for the development and commercialization of food products that generate a healthy lifestyle option.



Digital Brochure



Hydrolyzed Collagen with cranberries

Hydrolyzed Collagen, blueberries, magnesium, zinc, vitamin C,
Sucralose, maltodextrin and vanilla flavor.



Skin elasticity.



Strengthens hair and nails.



Health of joints and bones.



Improves calcium absorption.



Strengthens the immune system.



Contributes to the health of the nervous system.



Cranberry is anti-inflammatory.



Provides additional energy to people who practice sports.



Hydrolyzed Collagen Premium

Hydrolyzed Collagen, cranberries, magnesium, zinc, calcium, vitamin C, vitamin E, stevia and vanilla flavor.

- Helps stimulate the immune system.
- Helps prevent anemia.
- Provides antioxidant power due to its vitamin C, E and zinc content.
- Helps stimulate collagen production, promoting skin health and strengthening hair and nails.
- Cranberry provides anti-inflammatory power.
- The magnesium in the food product helps in the absorption of calcium, which supports the health of joints and bones.
- Contributes to the health of the nervous system and helps relaxation.
- Encourages the natural formation of collagen in the body.



Magnesium Chloride Orange and Stevia

- Blood purifier: Balances the body's PH.
- Helps eliminate acid that accumulates in the kidneys.
- Helps in case of cramps, general fatigue and / or muscle fatigue.
- Helps to dissolve bad cholesterol levels, stimulating blood circulation.
- Improves stress levels.
- Brings vitality to the body and stimulates cellular regeneration.
- Helps in the prevention of osteoporosis, as it reinforces the fixation of calcium.



Power Sport

Brewer's yeast, egg albumin, sachu inchi, hydrolyzed collagen, L-carnitine, phosphorus, magnesium, zinc, calcium and cacao. Ideal food mix for people with physical activity regimes, which require increased protein intake that their daily diet does not provide.

- Helps to gain muscle mass.
- Helps reduce accumulated fat deposits by transforming it into energy.
- Increases energy levels through fat oxidation.
- Improves physical performance.
- Helps control cholesterol as it contains omegas.
- Protects ligaments, cartilage and tendons.
- Reduces joint pain.
- Provides minerals, proteins and vitamins.



Cacao Wake Up!

Cacao, quinoa, kiwicha, cinnamon, and carob tree.

- Provides energy and fights fatigue.
- Contains antioxidants, vitamins, minerals, phytonutrients and essential amino acids.
- Gluten-free, high in fiber, protein, iron and calcium.
- Stimulates the nervous and cardiovascular system.
- Protects bones and prevents osteoporosis.



Stevia powder

- Ideal for weight loss diets, does not contribute with calories to the diet.
- 200 to 300 times more sweetening power than sugar (sucrose).
- Stevia does not increase blood sugar levels.



Vitalbron

Ginger, garlic, eucalyptus and cinnamon.

- Helps prevent and alleviate flu symptoms.
- Acts as an expectorant in flu processes.
- Relieves nasal congestion, as well as dizziness and nausea.
- Helps reduce blood sugar levels and promotes cholesterol reduction.



Propolis

with honey, ginger, copaiba and eucalyptus.

Syrup with honey, propolis macerate, eucalyptus, copaiba and ginger, sweet tasting food, with hints of eucalyptus, ginger and copaiba, aimed for the whole family, to complement their daily diet



Anti-inflammatory and natural anesthetic.



Expectorant.



Helps relieve congestion.



Helps relieve cough.



Natural antibiotic.



Anti-flu effect.



Helps to reduce mucus.



Bolsters the immune system.



150ml



Bee Honey

100% Natural

- Traditionally used to combat respiratory conditions.
- It is recommended to consume a teaspoon before sleeping to fight insomnia and fatigue.
- Improves digestion.
- Relieves heaviness and prevents gases.
- Enhances the flavor in meals.



Copaiba Oil

100% Natural

- Treatment of skin disorders such as eczema, psoriasis and dermatitis
- Moisturizes the skin
- Massage to reduce pain caused by rheumatic diseases
- Accelerates wound healing. As well as reducing skin fat
- Helps in flu processes to reduce mucus and coughs
- Helps in the treatment of urinary tract infections.



Blood of the Dragon

100% Natural

- Relieves gastritis and gastric ulcers.
- Helps in the treatment of intestinal infections.
- Direct application on skin wounds to heal them.
- Anti-inflammatory, healing and anti-ulcerous.
- Soothing in childbirth, dental extraction and as an antiseptic.



Sacha Inchi Oil

Extra virgin



Reduces the levels of bad cholesterol (LDL) in the blood, increasing the levels of good cholesterol (HDL).



Regulates blood pressure, helping to prevent cardiovascular diseases.



Stimulates the strengthening of the immune system, reducing fatigue and tiredness.



Helps brain development in the gestational phase.



Strengthens bones and prevents cellular aging as it is rich in antioxidants.



Improves blood flow to the brain helping brain function, preventing degenerative diseases such as Alzheimer's.



Helps a better functioning of the digestive system.



Terra Sana Sacha Inchi Oil is an extra virgin oil obtained from the pressing of the Peanut of the Inkas, with a high content of unsaturated fatty acids. It has a high content of omega 3, omega 6 and omega 9 fatty acids, being a food ally in improving health, reducing levels of triglyceride and cholesterol.





Olive Oil Extra virgin

- Helps reduce bad cholesterol.
- Improves the health of the digestive system.
- Antioxidant.
- Improves the immune system.
- Balances the fatty acids in the body.
- Increases HDL cholesterol (good cholesterol).
- May help to regulate blood sugar levels.
- Helps lower blood pressure.



Chia Oil 100% Natural

- Contains Omega 3 and 6, which are involved in the regeneration, protection and anti-aging of cells.
- Reduces cholesterol levels.
- Helps to balance HDL/LDL cholesterol ratio.
- Regulates blood pressure.
- Helps prevent cardiovascular diseases.
- Stimulates the strengthening of the immune system.



Flaxseed Oil 100% Natural

- It has a laxative effect, due to its mucilage and dietary fiber.
- Provides hydration to the skin, since its mucilage retain liquid.
- Reduces blood lipids.
- Helps to reduce the risk of heart diseases.
- Possesses anti-inflammatory effects, which help treat arthritis, lupus and some pre-menstrual symptoms.
- Improves brain function.
- Can be applied to brittle nails to strengthen them.



Coconut Oil 100% Natural

- Promotes a healthy heart and cardiovascular system.
- Maintains healthy teeth.
- Maintains healthy skin.
- Source of immediate energy.
- Collaborates in the proper functioning of the thyroid gland.
- Nourishes the hair.
- Serves for massages.
- After shave balm.
- Use in food.



Moringa

Moringa leaves are rich in proteins, antioxidants such as vitamins A, B, C and E, and minerals. They have high content of calcium and iron.



Boosts the immune system.



Detoxifies the body.



Naturally controls serum cholesterol levels.



Promotes the normal functioning of liver and kidney.



Provides a healthy circulatory system.



Promotes proper digestion.



Antioxidant..



Regulates normal blood sugar levels.



Glucosamine, Shark Cartilage and Turmeric

- Reduces inflammation and prevents wear of joint tissues.
- Prevents progressive cartilage loss.
- Helps to relieve pain caused by bone-joint problems.
- Deflates varicose veins in the legs relieving pain.
- Helps repair wear and tear from exercise.
- Improves the symptoms of arthritis and arthrosis.



Turmeric and Black Pepper

- Helps to relieve pain from arthritis and osteoarthritis.
- Helps prevent gases.
- Helps to improve defenses.
- Natural analgesic.
- Natural antibiotic.
- Anti-inflammatory.
- Antiviral.
- Antibacterial.
- Antifungal.



Cat's Claw and Graviola

- May prevent the proliferation of tumor cells.
- Indicated for arthrosis, arthritis, osteoarthritis and rheumatoid arthritis.
- Helps reduce hemorrhoids.
- Beneficial in case of diabetes.
- Relieves joint inflammations.



Garcinia Cambogia, Green Coffee and Calcium

- Rapidly reduces body fat.
- Helps suppress appetite.
- Reduce belly fat.
- Safely increases metabolism.
- Regulates body weight.
- Does not cause insomnia or nervousness.



Fem Pro Aguaje, Red Maca and Soy

- Hormone regulator.
- Helps in the menopausal process.
- Helps reduce hot flashes.
- Regulates menstrual cycles and helps premenstrual cramps.
- Helps increase libido.
- Energizing and invigorating power.
- Increases fertility.
- Red Maca strengthens the embryo, improves its adhesion to the uterus and homogenizes its cells.



Alfa Pro Black maca powder, male huanarpo powder, achiote powder and para para powder.

- Increases physical and mental performance.
- Aphrodisiac and hormone stimulant.
- Helps with the treatment of prostatitis.
- Improves male and female fertility.
- Antioxidant.



Fibraxan Drink

Pitahaya, Noni, Plum and Tamarind



Ideal for people suffering from constipation.



Helps regulate the intestinal transit.



Helps to reduce blood glucose.



Helps in cases of *Helicobacter pylori*, as well as ulcers and gastritis.



Helps to delay cellular aging due to its antioxidant content.



Helps to avoid fluid retention.



Delicious drink based on Pitahaya, Noni, Plum and Tamarind, with the particular flavor that these fruits have, they contribute to the diet with healthy fiber, mucilage and a variety of nutrients such as iron, calcium and phosphorus, as well as vitamins B, C and E.

CAUTION: Excessive consumption may cause diarrhea and stomach aches.



Chancapiedra, Artichoke, Sand Flower and Horsetail Drink

- Helps to expel kidney stones.
- Helps to reduce spasms, inflammations and fever.
- Helps to urinate, relieving pain.
- Helps detoxify the liver and improves digestion.
- Lowers blood sugar levels.
- Helps reduce blood pressure and cholesterol levels.
- Helps to prevent gallstones.
- Helps detoxify, eliminating uric acid that causes gout.



Artichoke Drink

- It has a depurative and diuretic effect. Prevents fluid retention and eliminates toxins through urine.
- Its cynarin and luteolin contents give it a hepatoprotective effect.
- Stimulates the gallbladder through the production of bile.
- Helps recovery in the case of liver disease such as cirrhosis or hepatitis.
- Helps intestinal transit, due to its fiber content, which is slightly laxative and provides a feeling of satiety.
- Helps to reduce the level of triglycerides and cholesterol.



Aloe Drink

- Helps to reduce symptoms of gastritis, pain and heartburn.
- Improves digestion by reducing belching and flatulence.
- Its nutritious composition helps to strengthen the immune system.
- Helps intestinal transit, preventing constipation.
- Helps to reduce inflammation of the stomach tissues.
- Helps in fighting Helicobacter pylori infection.
- Prevents damage from acute gastritis, ulcer or other stomach disease (cancer).
- Helps to improve the immune system.



Apple Vinegar

- Helps lower blood sugar levels.
- Helps in weight loss for people with a diet.
- Provides a feeling of satiety when drinking it with water.
- Is diuretic and helps to improve digestion.
- Combats constipation.
- Eliminates toxins.
- Helps to reduce hypertension and triglyceride levels.



Cinchona Tree



The Cinchona Tree (Arbol de la Quina) appears in the Peruvian National Coat of Arms, symbolizing the richness of the vegetable kingdom.

Its history dates back to the Viceroyalty of Peru in 1638, where it is said that Francisca Enriquez, Countess of Chinchon, wife of the Viceroy of Peru, was cured of paludism with a preparation of the bark of this species (Zevallos, 1989).

"Since its discovery 400 years ago, it has been the most effective medicine to combat the disease. The malaria, according to National Geographic research, along with paludism and cholera may have killed more than half of all human beings that have ever existed."



Natural Wellness
in your hands

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THESE PRODUCTS ARE FOODS WITH TRADITIONAL USES AND ARE NOT INTENDED TO
TREAT OR CURE ANY CONDITION OR DISEASE.