

NUTRITION FOR A GOOD PHYSICAL CONDITION

OLIVE OIL

EXTRA VIRGIN WITH THE FLAVOUR OF BASIL AND ONION

Purely natural product is prepared by the so called "first cold pressing" of olives. One of the world's highest quality oils is distinguished by a high content of unsaturated fatty acids which reduce the blood cholesterol levels. 1 spoon of pure oil a day on an empty stomach will benefit your health because the blood cholesterol levels will be reduced. This is one of the reasons why olive oil is an excellent nutritional component when on a diet. It is used especially for seasoning salads and fresh vegetable but it is equally suitable for roasting and cooking.



COATING AGENTS FOR HEALTHIER FRYING

PROGAST coating systems help you ensure healthier preparation of fried vegetable, meat and cheese dishes. These bread crumbs coatings do not absorb as much fat as the regular bread crumbs coatings due to modern technological processing. The dish becomes healthier and you do not need to watch your figure anymore.



www.progast.eu

Progast spol. s r.o.
Czech Republic
Dukelské nám. 30/6
693 01 Hustopeče
Phone: +420 519 411 285
Fax: +420 519 413 071
E-mail: progast@progast.cz
www.progast.cz

Distributor:

Progast spol. s r.o.
Slovakia
Krajinská cesta 18
821 07 Bratislava
Phone: +421 243 410 990
Fax: +421 243 191 106
E-mail: progast@progast.sk
www.progast.sk

PROGAST
S. R. O.



HEALTHY FOOD PRODUCTS, TASTY SUPPORT ON THE WAY TOWARDS HEALTH

NATURAL SPICES AND HERBS

they are important in the kitchen as well as due to their therapeutical effects on the human body. They contain volatile oils and other important substances.

ANISE

boosts appetite and calms the digestive system

STAR ANISE

used to alleviate stomach aches

increases appetite

BASIL

cures loss of appetite

used against nausea and psychological stress

ONION

prevents tumorous conditions

it has good impact on digestion

GARLIC

decreases blood pressure

positively influences the respiratory system

ESTRAGON

has stimulating effects

helps people suffering from rheumatism

FENNEL

increases appetite

boosts activity of the respiratory organs

CLOVE

has anticonvulsive and diuretic effects and helps digestion

CHILI PEPPERS

improve digestion

decrease the amount of cholesterol in the blood

improve the mood

CARAWAY SEED

calms the intestines

positively impacts the proliferation of the intestinal flora

CORIANDER

increases appetite

suppresses migraines

TURMERIC

boosts the creation and excretion of bile

used with patients suffering from chronic liver disease

LAVENDER

helps digestion

calms the nervous system

speeds up the intermediary metabolism

MARJORAM

speeds up digestion

has anti-neurosis effects

PEPPERMINT

contains menthol which has anti-inflammatory

effects on the respiratory organs

NUTMEG

strengthens the stomach and liver

used with people who have weakened nervous system

PIMENTO

helps digestion and increases appetite

helps fat digestion

OREGANO

has disinfective effects on the digestive system

increases appetite

CHIVES

helps digestion

decreases blood pressure and cholesterol

has anti-inflammatory effects

PEPPER

helps digestion

slightly diuretic

stimulates heart activity

PAPRIKA

speeds up metabolism and burns calories

improves the condition of the heart

ROSEMARY

used in depressive conditions

stimulates liver activity

CINNAMON

warms up the organism

improves mood and digestion

THYME

used during inflammations of the upper airway

has disinfective effects against intestinal

parasitesparazitum

SEASONING BLENDS WITHOUT GLUTAMATE (THE SO CALLED „E-NUMBERS“) PRODUCT SERIES

The seasoning blends are prepared from ingredients of the highest quality coming from all exotic parts of the world which serve as an excellent basis for healthy cuisine and gourmet pleasure from the meal. Aromatic substances of individual herbs and spices positively influence the digestion process and prevent the arrival of the „heavy feeling“ after meal. You will no longer feel like salting your dish due to the reduced content of salt and sufficient accentuation of the herbal and spice flavour elements.

ADZHIKA

aromatic and slightly spicy mixture of sweet and hot pepper, coriander, dill and other fragrant herbs for stewed, roasted and grilled meats



AMAZONIA

finely ground aromatic blend of peppers and herbs for seasoning steaks, roasted and branded meats



ASADO

mild aromatic blend of dried vegetables and spices for meat, fish, sauces and salads



BABY GRILL

pleasant fragrant seasoning blend of spices, dried vegetables and herbs for various kinds of food, especially for dietetic dishes and food for children



HERB BUTTER

for the preparation of herb butter, soups, cold sour cream sauces, spreads and vegetable salads



PROGAST GOURMET

vegetable mixture without monosodium glutamate for seasoning soups, sauces and meat, vegetable and egg dishes

CHMELI SUNELI

ground blend of aromatic herbs from Armenian and Georgian cuisine for sousing all kinds of meat, preparation of beans, omelettes and salads

PARTY MIX GARLIC

decorative spice blend for seasoning and decorating heat-processed meat

PARTY MIX PAPRIKA

decorative blend of ground paprika, garlic, chili and carrot for seasoning meat before the end of heat-processing



PARTY MIX PEPPER

blend of ground peppers for seasoning and decorating meat towards the end of heat-processing



SMUGGLER'S GRILL

aromatic mild blend of sesame, cumin, paprika, curcuma, coriander, vegetables and herbs for grilled and branded meats



ANDALUSIA

mild aromatic blend of dried vegetables and spices for meat, fish, sauces and salads



SALAD SPICES

harmonious blend of ground spices and herbs for vegetable and pasta salads and for yogurt, mayonnaise and vinegar dressings

HERBES DE PROVENCE

aromatic blend of dried herbs for seasoning and sousing stewed vegetables and meat for grilling



STEAK MIX

large-grained piquant mixture with slices of paprika, crushed peppers, onion and herbs for seasoning steaks



WESTERN GRILL

aromatic blend of crushed peppers, lemon peel and marjoram for the preparation of steaks

GOLD FISH

seasoning blend with a pleasant lemon taste for freshwater and sea fish



VIRGIN

large-grained strongly seasoned mixture with black pepper, slices of paprika, mustard, parsley, onion and coriander for pork, beef, poultry and fish



TZATZIKI

Greek harmonious blend of ground spices and herbs for yogurt, cream and mayonnaise dressings used in vegetable salads

SPECIAL NUTRITION FOR A HEALTHY HEART

FLAX SEED

SUNFLOWER SEED

SESAME SEED

these seeds are the most precious source of concentrated proteins, mineral substances and unsaturated fatty acids, substances representing suitable nutrition for the heart and good shape.

