



**LenVitol<sup>®</sup>**



## *LenVitol – Ground flax seeds*



Ground flax seeds obtained through oil extraction are a perfect addition to a balanced everyday diet. Flax seeds contribute to normal function of the digestive tract, to normal peristalsis and to normal bowel movement. Moreover, flax seeds are gluten-free.

Product is high in protein, fibre and unsaturated fat. It is also low in sodium and in saturated fat.

Maintaining normal health requires a varied and balanced diet and a healthy lifestyle.

**Proposed method of preparation:** pour 3/4 cup of hot water over 1 tsp of ground golden flax seeds. Wait for a few minutes, stirring frequently until a mucilage forms. It may be consumed up to 2-3 times a day with milk, fruits, juice, yoghurt or honey. Ground flax seeds may also be added to soups, bread, sauces and cereal.

**Nutrition declaration per 100 g of product:**

energy value	1393 kJ/334 kcal
fat, of which:	10 g
saturates	0.7 g
mono-unsaturates	1.0 g
polyunsaturates	8.3 g
carbohydrates, of which:	13 g
sugars	2.8 g
fibre	30 g
protein	32 g

<b>Ingredients:</b> ground common flax ( <i>Linum usitatissimum</i> L.) seeds obtained through oil salt extraction (100%).	0.15 g
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*Plik wygenerowany na stronie Oleofarm.pl*