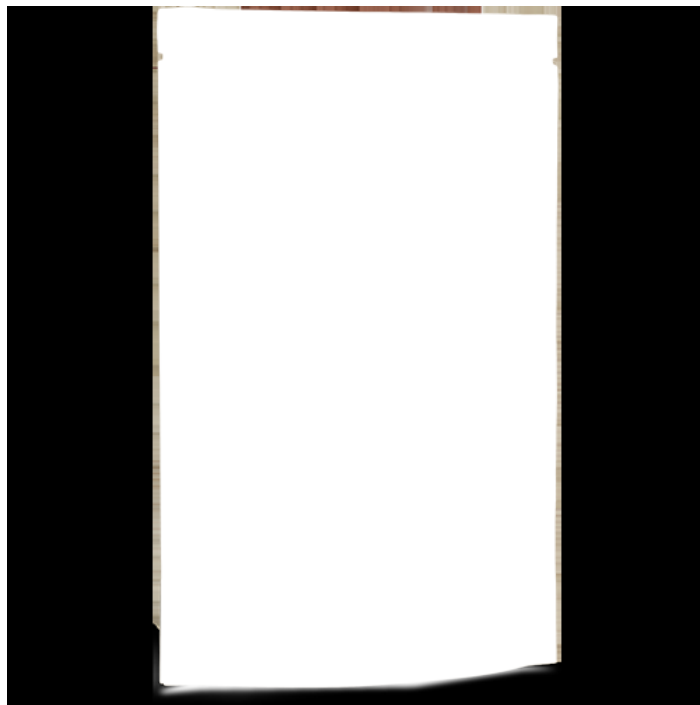




**LenVitol<sup>®</sup>**



## *LenVitol – Brown flaxseed*



### *Preparation suggestion*

1 tablespoon of flaxseed pour  $\frac{3}{4}$  cup of warm water. Wait a few minutes stirring frequently. Drink 2-3 times a day. Flaxseed can also be water-filled before it is

flooded. Gruel prepared from ground flaxseed can be eaten with the addition of milk, fruit, yogurt or honey. Ground flaxseed can also be added to soups, breads, sauces, cereals.

**Warning!** Flaxseed should be freshly pouring immediately before adding to the dishes.

## Ingredients

brown seeds of flax (*Linum usitatissimum*)

Nutritional value	100 g
Energy value (energy)	2210 kJ / 536 kcal
Fat, including:	44 g
– saturated fatty acids	4.0 g
– monounsaturated fatty acids	7.5 g
– polyunsaturated fatty acids	30 g
Carbohydrates, including:	2.4 g
– sugars	1.1 g
Fiber	23 g

Protein	21 g
Salt	0.10 g

## *Storage*

Stored at room temperature, in a dry place.

**Place or country of origin:** A – EU, B – Moldova, C – Ukraine, D – Kazakhstan, E – Russia.

## *Pack:*

- 450 g

*Plik wygenerowany na stronie Oleofarm.pl*