



LenVitol[®]



LenVitol – golden flaxseed



Preparation suggestion

1 tablespoon of linseed pour $\frac{3}{4}$ cup of warm water. Wait a few minutes stirring frequently. Drink 2-3 times a day. Linseed can also be ground before flooding. Gruel prepared from ground linseed can be consumed with the addition of milk or yogurt.

Ground linseed can also be added to soups, breads, sauces, breakfast cereals and a paste prepared on the basis of linseed oil and white. **Warning!** Linseed must be ground fresh immediately before adding to dishes.

Ingredients

golden seeds of flax (*Linum usitatissimum* L.)

Nutritional value	100 g
Energy value (energy)	2124 kJ / 514 kcal
Fat, including:	41 g
– saturated fatty acids	3.6 g
– monounsaturated fatty acids	6.4 g
– polyunsaturated fatty acids	29 g
Carbohydrates, including:	4.0 g
– sugars	1.2 g
Roughage	24 g
Protein	21 g
Salt	0.14 g

Storage

Store at room temperature in a dry and dark place. **Place or country of origin:** A – EU, B – USA, C – Moldova.

Pack:

- 250 g
- 450 g

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