



# Oat Bran 500 g Natursana

SKU: 467010051 EAN13: 8436012944742

## Description

Thanks to its great contribution of soluble and insoluble **natural fibre**, NATURSANA's **Oat Bran** helps us to regulate the appetite and improve intestinal transit. It is for these effects that Oat Bran can be a highly recommended dietary supplement to take in **weight loss diets**, as long as you accompany it with healthy lifestyle habits. It is advisable to take between 1 to 3 large spoons a day before meals. It is advisable not to exceed that amount to avoid gastric discomfort. You can have it in your breakfasts in the form of porridge or with yogurts, even include it in your juices or vegetable drinks. You can also integrate it to make tasty healthy recipes! You decide how to enjoy them.

## Ingredients

---

Oat bran.

## Directions

---

Consume directly or add to vegetable drinks, juices, yogurts. You can also include it in your recipes.

## Presentation

---

Contains 500 g

## Warnings

---

Store in a cool, dry place.

It contains **gluten**.

May contain traces of **Sesame, Soya, Nuts, Mustard and Lupins**.

## Nutrition Facts

---

Per 100 g

	Quantity
<b>Energetic Value</b>	<b>1525 kJ / 362 kcal</b>
<b>Fat</b> <i>of which saturated</i>	<b>6 g</b> <i>1,10 g</i>
<b>Carbohydrates</b> <i>of which sugars</i>	<b>60,30 g</b> <i>&lt;1 g</i>
<b>Fibre</b>	<b>16 g</b>
<b>Proteins</b>	<b>12,50 g</b>
<b>Salt</b>	<b>0,05 g</b>

# Allergen Information

---

Lupins, Shelled Nuts, Gluten, Mustard, Sesame, Soya,

# Certifications

---

