



Oat Bran 500 g Natursana

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

Allergen Information

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

Certifications

