



Golden Flax Seed 500 g Natursana

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Description

Golden flax seeds, also known as flaxseed, is a food with high nutritional value and with many benefits for the body. Thanks to its richness in **soluble fibre and mucilage**, a fibre in the form of a gel that covers the intestine, **NATURSANA's flax seeds** help us eliminate waste from our body, improving the absorption of nutrients. Make your breakfasts healthy, and add them to your favorite yogurt or vegetable milk and thus enjoy all its properties in a delicious way.

Ingredients

Golden flax seeds.

Directions

You can consume them ground or whole, added to your pastry recipes, in breads, cakes, cookies...

You can also include them in salads, bars or smoothies or combine them with milk, juice or the vegetable drink that you prefer in your breakfasts.

Presentation

Contains 500 g

Warnings

Store in a cool, dry place.

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

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	2234 kJ / 534 kcal
Fat <i>of which saturated</i>	42,16 g <i>3,66 g</i>
Carbohydrates <i>of which sugars</i>	28,88 g <i>1,55 g</i>
Fibe	27,30 g
Proteins	18,29 g
Salt	0,075 g

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications

