



# Golden Flax Seed Bio 250 g Ecosana

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## Description

From 100% **organic farming**, **ECOSANA's Bio golden flax seeds** retain all their properties intact, thus contributing to caring for the environment. These seeds are characterized by their **high nutritional value**, providing us with a multitude of benefits for our body. This excellent food stands out in its composition, for being one of the richest vegetable sources in **omega 3** and for its **fibre content far superior to a cereal** that makes it ideal for people who suffer from constipation and to cleanse our body of toxins. . It also contains **vitamins of group B and E and are rich in phosphorus and calcium**. Combined within a balanced diet, flax seeds are perfect to accompany all kinds of dishes and recipes. Take them whole, soaked in drinks or ground to take advantage of all their properties.

# Ingredients

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Golden flax seeds\*

\*From Organic Agriculture.

## Directions

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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

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Contains 250 g

## Warnings

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

Store in a cool, dry place.

## Nutrition Facts

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Per 100 g

	Quantity
<b>Energetic Value</b>	<b>2145 kJ / 520 kcal</b>
<b>Fat</b> <i>of which saturated</i>	<b>42 g</b> <i>3,70 g</i>
<b>Carbohydrates</b> <i>of which sugars</i>	<b>1,60 g</b> <i>1,50 g</i>
<b>Fibre</b>	<b>28 g</b>
<b>Proteins</b>	<b>20 g</b>
<b>Salt</b>	<b>0,07 g</b>

# Allergen Information

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Shelled Nuts, Sesame, Soya,

# Certifications

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