



# Brown Flax Seed Bio 250 g Ecosana

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## Description

From 100% **organic farming**, **ECOSANA's Bio brown 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 many benefits for our body. This excellent food stands out in its composition, for being one of the richest vegetable sources in **omega 3, with a higher content than golden flax seeds** and for its **fibre content far superior to a cereal** that makes it ideal. for people suffering from constipation and to cleanse our body of toxins. It also contains **vitamins of group B and E** **and they are rich in phosphorus and calcium**. Combined within a balanced diet, flax seeds are perfect to accompany all kinds of dishes and recipes; added to legumes, in salads or in your homemade breads. Drink them whole, soaked in drinks or ground to take advantage of all their properties.

## Ingredients

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Brown 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 with your breakfast cereals.

## Presentation

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Contains 250 g

## Warnings

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

Store in a cool, dry place.

## Nutrition Facts

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Per 100 g

|                                      | Quantity                  |
|--------------------------------------|---------------------------|
| <b>Energetic Value</b>               | <b>2225 kJ / 471 kcal</b> |
| <b>Fat of which saturated</b>        | <b>42,16 g 3,66 g</b>     |
| <b>Carbohydrates of which sugars</b> | <b>1,58 g 1,55 g</b>      |
| <b>Fibre</b>                         | <b>27,30 g</b>            |
| <b>Proteins</b>                      | <b>18,29 g</b>            |
| <b>Salt</b>                          | <b>0,075 g</b>            |

## Allergen Information

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Shelled Nuts, Sesame, Soya,

## Certifications

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