

## ECO Brown Linen 500 gr Vegan

EAN: 8429215120365

FABRICANTE: NATURCID



*Brown flax seeds. High in fiber, thiamine (vitamin B1), folic acid, vitamin B6, calcium, iron, phosphorus, magnesium, potassium and zinc. Source of protein and niacin (vitamin B3).*

### DESCRIPTION

#### Applications

- Contributes to normal energy metabolism.
- It contributes to the growth of maternal tissues during pregnancy.
- Contributes to the normal synthesis of amino acids.
- Contributes to the normal formation of blood cells and red blood cells.
- Contributes to the normal metabolism of homocysteine, proteins, glycogen, macronutrients, fatty acids and vitamin A.
- Contributes to normal psychological function.
- Contributes to the normal functioning of the immune and nervous system.
- They help reduce tiredness and fatigue.
- Contributes to the cell division process.
- Helps regulate hormonal activity.
- It contributes to the maintenance of bones, hair, nails, skin, vision, blood pressure and normal testosterone levels.
- Contributes to electrolyte balance.
- Contributes to the reduction of cholesterol and triglycerides.
- Strengthens the increase in beneficial cholesterol.
- Reduces harmful cholesterol levels.

**Ingredients:** 100% brown flax seeds. \*From organic farming.

**Instructions for use :** take 1-2 tablespoons a day, alone or mixed with other foods: salads, yogurts, baking and pastry recipes. Maceration: let it macerate in water for 5-6 hours and take the water and seeds alone or as a complement to other meals. It is recommended not to exceed the indicated daily dose (1-2 tablespoons).

#### Nutritional information per 100 g

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241222  
<https://bio-farma.es/buyff/naturcid/eco-brown-linen-500-gr-vegan>



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|                    |        |                        |
|--------------------|--------|------------------------|
| Energy             |        | 2,225 kJ ? 534 kcal    |
| Fats               |        | 42.60g                 |
| Of which saturates |        | 3.66g                  |
| Carbohydrates      |        | 1.58g                  |
| Of which sugars    |        | 1.55g                  |
| Fiber              |        | 27.30g                 |
| Proteins           |        | 18.29g                 |
| Salt               |        | 0.075g                 |
| <b>Minerals</b>    |        | <b>%*VRN per 100gr</b> |
| Calcium            | 296mg  | 37%                    |
| Iron               | 6.67mg | 48%                    |

\*Reference Values of Nutrients.

- No allergens.
- Does not contain genetically modified organisms (Non-GMO) or irradiated.
- BPA free packaging.
- Store at room temperature, in a cool, dry place protected from light.

