

## 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





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Energy 2,225 kJ ? 534 kcal

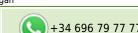
Fats 42.60g
Of which saturates 3.66g
Carbohydrates 1.58g
Of which sugars 1.55g
Fiber 27.30g
Proteins 18.29g
Salt 0.075g

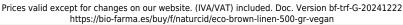
Minerals %\*VRN per 100gr

 Calcium
 296mg
 37%

 Iron
 6.67mg
 48%

- 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.







<sup>\*</sup>Reference Values of Nutrients.