

## **ECO SPELLED FLAKES 300 g**

EAN: 8429215120617 FABRICANTE: NATURCID



Extruded whole grain spelled flour cereals. High fiber content. Protein source.

## **DESCRIPTION**

ECO Spelled Flakes cereals:

- They contribute to the increase in muscle mass.
- They contribute to preserving muscle mass and maintaining bones in normal conditions.
- They contribute to the acceleration of intestinal transit.

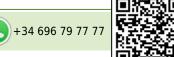
**Ingredients**: Whole **spelled** flour\*, cane sugar\*, malted barley flour\* and sea salt. \*From organic farming.

**Instructions for use:** Pour the desired amount of cereals into a bowl, you can accompany them with milk, yogurt, chopped fruit, smoothies, etc.

<b>Nutritional information</b>	n per 100g*	per 30 g* Recommended daily ration
Energy	1517 kJ ? 361 kca	l 455 Kj- 108.3Kcal
Fats	2.4g	0.72g
Of which saturates	0.2g	0.06g
Carbohydrates	68.1g	0.43g
Of which sugars	11.1g	3.33g
Fiber	7.7g	2.31g
Proteins	13g	3.9g
Salt	1.89g	0.57g

<sup>\*</sup>Reference intakes for an average adult (8400 kJ / 2000 kcal)

- It contains **gluten**
- Does not contain genetically modified organisms (Non-GMO) or irradiated.
- BPA free packaging.





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• Store at room temperature, in a cool, dry place protected from light.

Once opened, close hermetically for better conservation.