

## Ecomix Chia 6 Organic Seeds 250 g

EAN: 8429215121959    FABRICANTE: NATURCID



Combination of 6 natural seeds (pumpkin seeds, sunflower, raw sesame, brown flax, chia and golden flax).

### DESCRIPTION

High in fiber, thiamine (vitamin B1), niacin (vitamin B3), vitamin B6, folic acid, iron, magnesium, phosphorus, potassium, zinc, selenium.

Source of protein and calcium.

### Indications:

- Contributes to normal energy metabolism.
- Contributes to the normal functioning of the nervous and immune system.
- Contributes to normal protein and glycogen metabolism.
- They contribute to the normal synthesis of amino acids.
- Reduces tiredness and fatigue.
- Contributes to the normal functioning of cell membranes.
- Contributes to the maintenance of normal blood pressure.
- Contributes to the normal metabolism of fatty acids.
- Contributes to the protection of cells against oxidative damage.

**Instructions for use** : take 1-2 tablespoons a day, alone or mixed with other foods: salads, yogurts, bakery and pastry recipes, etc.

### Nutritional information per 100 g

Energy	2,363 kJ ? 567 kcal
Fats	34.40g
Of which saturates	6.07g
Carbohydrates	20.05g
Of which sugars	0.90g



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Fiber		13.65g
Proteins		23.40g
Salt		0.01g
<b>Vitamins</b>		<b>% *NRV per 100 g</b>
AND	10.19mg	85%
Thiamine (B1)	0.98 mg	89%
Niacin (B3)	7.64mg	48%
B6	0.85mg	61%
Folic acid	91.82 mcg	46%
<b>Minerals</b>		
Iron	191.24mg	54%
Magnesium	428.74mg	114%
Match	819.84mg	117%
Potassium	670.28mg	33%
Zinc	5.63mg	56%
Calcium	191.24 mcg	24%
Selenium	28.33mg	51%

\*Reference Values of Nutrients.

- Contains **sesame** .
- 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.
- Once opened, close hermetically for better conservation.

