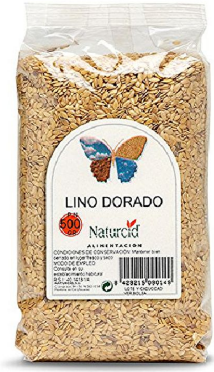


## Golden Linen 500 gr

EAN: 8429215090149    FABRICANTE: NATURCID



Golden flax seeds. High in fiber, protein, thiamine (vitamin B1), folic acid, vitamin B6, calcium, iron, phosphorus, magnesium, potassium and zinc. Source of niacin (vitamin B3). Low sugar content. Very low salt content.

### 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:** Whole golden flax seeds.

**Instructions for use:** take 1-2 tablespoons a day, alone or mixed with other foods: breakfast cereals, salads, yogurts, etc.

Maceration: let it macerate in water for 5-6 hours and take alone or as a complement to other foods. It is recommended not to exceed the indicated daily ration (1-2 tablespoons).

#### Nutritional information per 100 g

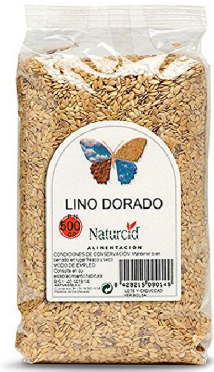
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Energy		2077 kJ ? 497 kcal
Fats		36.8g
Of which saturates		4.1g
Carbohydrates		7.5g
Of which sugars		2.1g
Fiber		29.9g
Proteins		19.9g
Salt		0.09g
<b>Vitamins</b>		<b>***VRN per 100gr</b>
Thiamine (B1)	1.64mg	149%
Niacin (B3)	3.08mg	19%
Folic acid	87 µg	43%
Vitamin B6	0.47mg	3.4%
<b>Minerals</b>		
Calcium	255mg	32%
Iron	5.73mg	41%
Magnesium	392mg	120%
Match	642mg	92%
Potassium	813mg	41%
Zinc	4.34mg	43%

\*Reference Values of Nutrients.

### Additional Information

- 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.

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