

Nettle Powder 150 grs.

EAN: 016550000001

FABRICANTE: SALUD VIVA



To maintain normal bones and preserve and increase muscle mass.

DESCRIPTION

The nettle *Urtiga Dioica* is a plant that has been used for centuries. The Greeks were well aware of its beneficial properties. The nettle is an excellent travel companion as it provides us with many nutrients. Nettle herbal teas and its use in soups and creams made it a widely used and highly appreciated food in ancient times. It was widely used in the kitchen of convents.

HIGH FIBER AND PROTEIN CONTENT.

NUTRITIONAL INFORMATION (per 100 g)

Energy.....	1292 kj / 309 kcal.
Fats.....	3.9 g.
Saturated fats.....	0.7 g.
Carbohydrates.....	25.6 g.
of which sugars.....	19.2 g.
Fiber.....	23.8 g.
Proteins.....	30.9 g.
Salt.....	0.95 g.

Proteins contribute:

- To maintain bones in normal conditions.
- To preserve muscle mass.
- To increase muscle mass.

Instructions for use

5 or 8 grams a day diluted in smoothies, soups, creams, sauces, infusions, shakes, poultices...

Ingredients

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241118
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100% pure nettle powder from sustainable agriculture.

May contain traces of nuts and sesame.

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