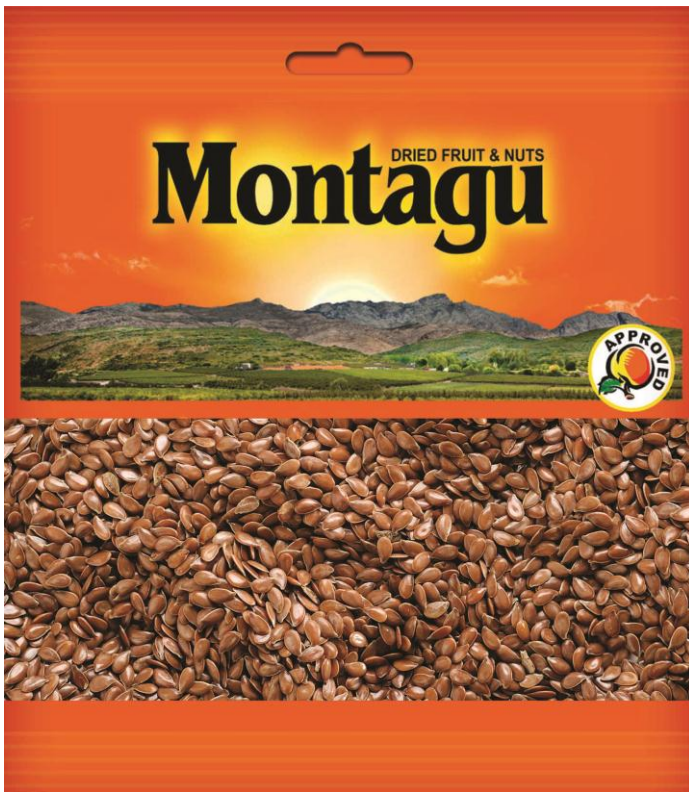


LINSEED



High in Energy	✓
High in Fibre	✓
Low in Sodium	✓
Suitable for vegetarians	✓
Cholesterol free	✓
Country of origin	Australia
Preservative	Free
Kosher	✓
Halaal	✓

Ingredients: Linseed

These seeds are comprised mainly of fibre, omega-3 and magnesium. Linseeds can protect against cancer, heart diseases and retard the growth of prostate and breast tumours. Cholesterol and blood pressure levels can be significantly reduced. Prevention of arthritis; the alleviation of dry skin, eczema and psoriasis is also possible.

The consumption of these seeds also reportedly carries benefits for our digestive system and urinary tract. Linseeds are also a rich source of proteins; providing us with essential amino acids. Consuming linseeds can boost the immune system; increase energy, vitality and stamina. They can also have the following to effect:

- Lessen the severity of diabetes
- Can have a slimming affect
- Act as an anti-stress agent

Linseed is ideal for use in cereal or mixed in muesli.

NUTRITIONAL INFORMATION	
NUTRIENT	Per 100 g
Energy	1748 kJ
Protein	17.5 g
Carbohydrates	3.5 g
Total sugar	0 g
Total far	36.9 g
Saturated fat	2.9 g
Monounsaturated fat	5.9 g
Polyunsaturated fat	26.5 g
Fibre	29.5 g
Sodium	51 mg

