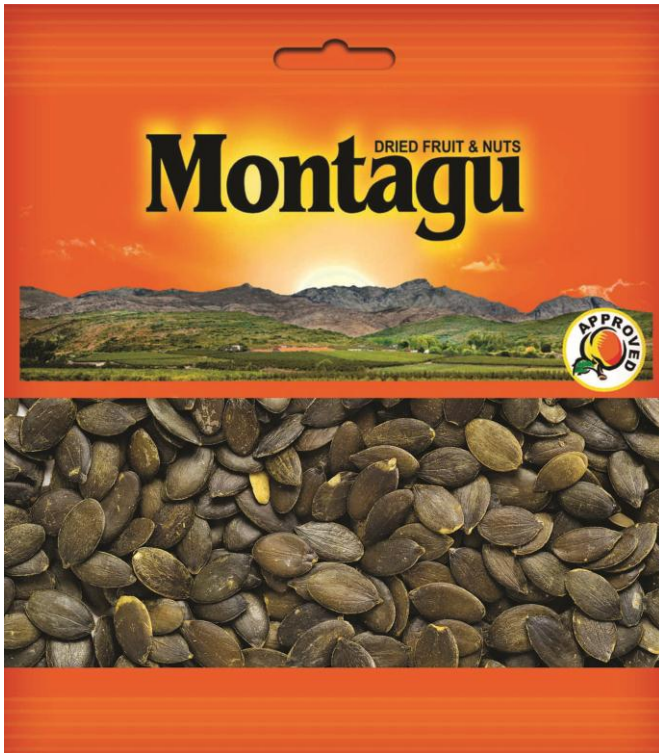


PUMPKIN SEED



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

Ingredients: Pumpkin Seed

Pumpkin pips contain minerals such as potassium, magnesium and phosphorus; as well as lesser amounts of calcium, sodium; zinc and iron. They can improve the function of the immune system; assist prostate health and help to lower cholesterol levels.

Pumpkin can also:

- Assist in fighting prostate cancer; insomnia and worms.
- Help with weight loss

Pumpkin pips are ideal for inclusion in bread or salads because of the warm nutty flavour they have.

NUTRITIONAL INFORMATION	
NUTRIENT	Per 100 g
Energy	1864 kJ
Protein	18.6 g
Carbohydrates	17.9 g
Total sugar	1 g
Total fat	19.4 g
Saturated fat	3.7 g
Monounsaturated fat	6 g
Polyunsaturated fat	8.8 g
Fibre	35.9 g
Sodium	18 mg

