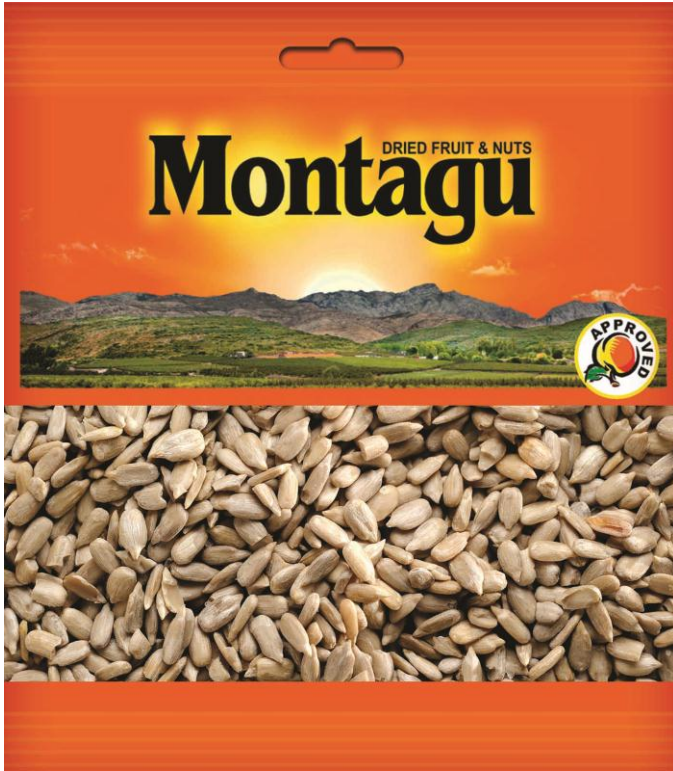


SUNFLOWER



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

Ingredients: Sunflower Seed

Sunflower seeds are considered to be anti-carcinogenic due to their high content of selenium and vitamin E. They also contain pectin, which removes heavy metals along with other toxins from the body and furthermore protects our eyes against cataracts.

These seeds also contain minerals such as zinc, which keeps the immune system strong – fighting infections and healing wounds effectively. Sunflower seeds can be added to salads, cereals or enjoyed as a simple, nutritious snack.

NUTRITIONAL INFORMATION	
NUTRIENT	Per 100 g
Energy	2386 kJ
Protein	22.8 g
Carbohydrates	20 g
Total sugar	3 g
Total fat	49.6 g
Saturated fat	5.2 g
Monounsaturated fat	9.5 g
Polyunsaturated fat	32.7 g
Fibre	6.6 g
Sodium	3 mg

