Mix Omega

Organic oil seeds



Simply enjoy the nutritional benefits of **Mix Omega**: use it in small amounts to enrich salads, bakery products, first courses, main courses and desserts.

Nutritional properties:

Mix Omega is rich in Vitamin E to protect cells from oxidative stress, in Iron for the normal formation of red cells and immune system functions, Zinc for the normal maintenance of bones, skin, hair and nails, Polyunsaturated Fatty Acids to help maintain normal levels of cholesterol in the blood, it is a source of Protein for the growth and maintenance of the muscle mass, and it is low in Sodium to help maintain normal blood pressure.

- rich in vitamin E, Zinc
- Iron
- source of Protein
- low salt content
- concentrated wellness
- great versatility in the kitchen

Senza Uova

Senza Latte

Senza Amido di Frumento

Ingredient
semi di girasole* 50%, semi di zucca* 25%, semi di lino* 25%. *=ingrediente Biologico.

Characteristics	Value per 100 g
Energy kj	2795
Energy kcal	674
Fat	51,4
- of which — Saturated Fat	6,7
Carbohydrate	21,6
- of which — Sugars	3,5
Fibre	14,1
Protein	24,3
Salt	0,25