

DID YOU KNOW...

Research has shown mushrooms are closer relatives of animals than plants are!

Some say that the mushroom has a magical gift, to clear up a fog, make energy lift, to heal up your system, make everything right, some mixed like a potion, make the world out of sight. Our magical funghi is the right kind of snack, to give you the vitals you vitally lack, so we lovingly give from the roots of our tree, it's the tastiest shroom that ever can be.

A natural source of VITAMIN D

Contain BETA GLUCANS which lower cholesterol

Eating regularly may help BOOST the immune system

SHIITAKE MUSHROOMS WITH SEA SALT

(GB) Ingredients: Shiitake Mushrooms, Rice Bran Oil, Salt. Store in a cool dry place. Best before: (see right). Consume immediately after opening.

(FR) Ingrédients: Champignons Shiitake, Huile De Son De Riz, Sel. À consommer de préférence avant le: (regardez droit). À consommer rapidement après ouverture.

(D) Zutaten: Shiitake-pilze, Reiskleieöl, Salz. Kühl und trocken lagern. Mindestens haltbar bis: (schauen Sie recht). Unmittelbar nach dem Öffnen verbrauchen.

(E) Ingredientes: Hongos Shiitake, Aceite De Salvado De Arroz, Sal. Conservar en un lugar fresco y seco. Consumir preferentemente antes del: (parezca derecho). Una vez abierto consumir inmediatamente.

(NL) Ingrediënten: Shiitake-paddenstoelen, Rijstzemelenolie, Zout. Bewaar op een koele en droge plaats. Tenminste houdbaar tot: (kijk net). Consumeer direct na openen.

(DK/NO/SE) Ingredienser: Shiitakesvampe, Risklidolie, Salt. Opbevaret køligt og tørt / Förvaras torrt och svalt. Bedst før / Bäst före: (se til højre / ser rätt). Konsumeres bedst øjeblikkeligt efter åbning / Bör konsumeras direkt efter öppning.

(FI) Ainesosat: Shiitake-sienet, Riisileseöljy, Suola. Säilytys kuivassa ja viileässä. Parasta ennen: (näytä oikealta). Parhaimmillaan heti avaamisen jälkeen.

(GR) Συστατικά: Μανιτάρια Shiitake, Λάδι Από Πίτουρο Ρυζιού, Αλάτι. Αποθηκεύστε σε όρσοερό, ξηρό μέρος. Καλύτερο πριν: (βλ. δεξιά). Καταναλώστε αμέσως μετά το άνοιγμα.

(IT) Ingredienti: Funghi Shiitake, Olio Di Crusca Di Riso, Sale. Conservare in luogo fresco e asciutto. Da consumarsi preferibilmente entro: (vedi a destra). Consumare subito dopo l'apertura.

(PT) Ingredientes: Cogumelos Shiitake, Óleo De Farelo De Arroz, Sal. Armazenar em local fresco e seco. Consumir de preferência antes: (veja à direita). Consumir imediatamente após a abertura.

NUTRITIONAL INFORMATION

Typical Values	per 100g	per pack (42g)	% RI*
Energy	1690kJ 404kcal	711kJ 170kcal	9%
Fat	11.6g	4.9g	25%
of which saturates	5.1g	2.1g	11%
Carbohydrate	56.6g	23.7g	18%
of which sugars	26.0g	10.9g	
Fibre	19.8g	8.3g	28%
Protein	8.2g	3.4g	
Salt	420.0mg	176.0mg	3%

* Reference intake of an average adult (8400kJ/2000kcal)

www.givingtreesnacks.com

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