

Product

Name	Organic Omega 3 Seed Mix
Description	Just Natural Organic Omega 3 Seed Mix is carefully selected from the best organic growers in Europe to provide a rich source of omega fatty acids. Great as a snack, salad sprinkler or to top your muesli bowl.
Code	JN348
Barcode	5055177532927
Country of Origin*	Various Europe
*Country of origin may vary from time to time and the origin stated in this document is not guaranteed.	

Packaging

Net Content	5kg
Packaging Type*	Clear plastic (PE) film (100% recyclable), paper label
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Shelf Life

Maximum Shelf Life	12 months
Storage Conditions	Ambient (15°C - 20°C)

Ingredients	Brown Linseed* (25%), Golden Linseed* (25%), Sunflower Seeds* (25%), Pumpkin Seeds* (25%) *Organic
Allergens	For allergens, see ingredients in BOLD .

Nutritional Values per 100g

Energy	2,298KJ (555kcal)
Fat	42.6g
Omega 3	7.2g
Omega 6	15.0g
Of Which Saturates	5.3g
Carbohydrates	21.6g
Of Which Sugars	2.2g
Fibre	11.8g
Protein	27.1g
Salt	0.0g

Certifications	Organic, Vegan
Serving Requirements	Great for snacking on the go, sprinkling over your salads and baking.