



Oat Bran Breakfast Snack

Crunchy-crisp mix of cereals
for a healthy start of the day

Healthy fibers and complex carbohydrates

- For a healthy start to the day
- For a normal cholesterol level

Good to know: A crunchy-crisp breakfast for a healthy, carbohydrate and fiber-rich start in your day.

Work, school, everyday stress and a sedentary occupation places high demands on our body. A healthy, delicious breakfast with complex carbohydrates and fiber can contribute a lot to our well-being as well as our physical and mental capability.

Oat Bran Breakfast Snack contains a balanced combination of soluble and insoluble fibers. The insoluble fibers can bind liquids due to its swelling capacity and thus enlarge the intestinal contents. In addition, oat bran contains beta-glucan, a soluble fiber characteristic for oat, that has been shown to contribute to the maintenance of a normal cholesterol level in the blood when taking at least 3 g daily.

Ingredients: Oat bran (70 %), Corn Flour, Dextrose, **Barley Malt Extract**, Table Salt.

Average nutritional values	per serving of 45 g	of the recommended daily dose according to NRV*	per 100 g
Calorific value	725 kJ/172 kcal	—	1611 kJ/383 kcal
Fat	3.0 g	—	6.6 g
of which are			
- saturated fatty acids	0.6 g	—	1.4 g
- monounsaturated fatty acids	1.4 g	—	3.2 g
- polyunsaturated fatty acids	0.9 g	—	2.0 g
Carbohydrates	26.6 g	—	59.0 g
of which is			
- Sugar	5.0 g	—	11.0 g
Fiber	6.0 g	—	13.4 g
Protein	6.8 g	—	15.0 g
Salt	0.2 g	—	0.5 g
Vitamin B1	0.21 mg	19 %	0.46 mg
Phosphor	282.2 mg	40 %	627 mg
Iron	2.9 mg	21 %	6.4 mg
Magnesium	104.9 mg	28 %	233 mg
Zinc	1.9 mg	19 %	4.2 mg

* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

¹ of which is 6,0 g/100 g beta-glucan.

Recommended use: For a nutritious breakfast use about 5 heaped tablespoons (about 45 g) of Oat Bran Breakfast Snack.

Tastes good with milk, yogurt, cottage cheese, for cereal or also simply by itself as a snack or for nibbling. Because high-fiber foods absorb water from the food and swell, an adequate fluid intake of at least 2 liters a day is very important.

The consumption of Oat Bran Breakfast Snack does not replace a varied and balanced diet and do not replace a healthy lifestyle.

Kräuterhaus Sanct Bernhard

Der Spezialist für Naturheilmittel und Kosmetik.
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Store cool and dry.

Contents 500 g
(= at least 11 portions of 45 g each)

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