

Natunola[®] health's delight Instant Oatmeal with Shelled Flax



Product Description

Natunola[®] health's delight Instant Oatmeal with Shelled Flax contains oats as well as Natunola's patented shelled flaxseed. Shelled flax allows the body to digest the Omega-3 from the inner kernel of the flax and the fiber benefits of the hull. This is a unique patented Canadian process that was the winner of the Canadian Agri-Food Award of Excellence. For daily nutrition for a healthy heart!

Natunola[®] health's delight Instant Oatmeal with Shelled Flax is: low in saturated fat, free of trans fats, free of cholesterol and has no sugar added.

Flaxseed Benefits

Flaxseed is a rich source of the essential fatty acid alpha-linolenic acid (ALA) which is found within the seed's inner meat, also known as the kernel. Flaxseed is also a rich source of fiber and lignans which are found within the seed's outer shell, also known as the hull. Overall, flaxseed use is well known for its positive health benefits and has been linked to: decreased risk of cardiovascular disease, decreased risk of developing hormone associated cancers, improved immune function, protection against type II diabetes and normal development of the brain, eyes and nerves.

Breakfast for a Healthy Heart

Natunola[®] health's delight Instant Oatmeal with Shelled Flax is ready to use. Each single serving provides 100% of your daily recommended requirement of Omega-3 (EPA, DHA and ALA*). This product has no sugar added, a high source of fiber, source of calcium and contributes to lower cholesterol, lower blood pressure and healthy arteries.

*ALA is the precursor of EPA and DHA

Product Information

Unit Weight	304 grams (8 x 38 g)
Case Pack Quantity:	12
Cases per Pallet:	50
Layer (Tie):	10
High:	5
Case Dimensions:	20 ¼" l x 9 ¾" w x 8 ¾" h
Case Weight:	4.75 kg
U.P.C.:	8-77096-00600-7
Case Code:	1-08-77096-00600-4
Shelf Life:	15 Months
Storage:	Recommended storage temperature below 20°C No refrigeration required

Typical Nutritional Profile

Nutritional Analysis (per 38 g serving)	
Calories	160
Fat	5.0
- Omega-3	2.0
- Omega-6	0.4
- Saturated	0.5
- Trans	0.0
Cholesterol (mg)	0.0
Sodium (mg)	120.0
Carbohydrate	22.0
- Fiber	4.0
- Sugars	0.0
Protein	6.0

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