

# FIBRACOL TOAST



**Fibracol** toast contains naturally added plant sterols. 7 toasts (daily ration) contain about 1.5g of plant sterols.

Consuming a daily serving for 2 or 3 weeks of bread-toasted fibracol reduces the level of LDL ("bad") cholesterol in the blood.



**7 toasts /day**

\*Take 7 slices of toast a day to reduce blood cholesterol.



Regulates intestinal transit



Source of fiber



Source of protein

## Benefits of fibracol toast



### **Reduces cholesterol.**

Plant sterols, together with the Beta-glucans in oats, help to reduce cholesterol.



**Product with high fiber content.** Vegetable fibers help our body regularly functioning.



### **Source of vegetable proteins.**

Proteins help the body's muscular recovery.



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This product is intended to reduce cholesterol and medication. This food may not be nutritionally suitable for people with special needs (pregnant women, breastfeeding, and children under 5 years).

It's recommended with an active lifestyle and a balanced and varied diet, which include fruits and vegetables, to maintain proper levels of carotenoids.

## Ingredients:

WHOLE WHEAT flour, WHOLE RENEW flour, OATS bran fiber, OATS flakes, flaxseed, GLUTEN, plant sterols (SOY), salt, yeast, emulsifier (E-472e), antioxidant (E-300), thickener (E466), dextrose, maltodextrin, SOYA lecithin, acidity regulators (E450) and (E341), starch and MALT (malted BARLEY extract).

May contain traces of SESAME.

## Nutritional information:

Energy value	1197 kJ / 286 kcal
Fats of which saturated fatty acids	3,3g 0,39g
Carbohydrates of which sugars	49,1g 1,1g
Dietary fiber	6,5g
Proteins	13,5g
Salt	1,9g