

FIBRAVERDE TOAST



Fiberverde toasted bread has an exclusive combination of natural fibers such as wheat bran, oat bran and dehydrated spinach, this with wholemeal flour and flaxseeds, helps to regulate intestinal transit naturally.

Combine it with a healthy lifestyle.



5 toasts /day

*Take 5 toasts a day to regulate your intestinal transit.



Regulates intestinal transit



Source of fiber



Source of protein

Benefits of fibergreen toast



Regulates intestinal transit.

Contains bran and fibers that regulate intestinal transit in a natural way, increasing the volume of excrement.



Product with high fiber content. Vegetable fibers help the normal functioning of our body.



Source of vegetable proteins.

Proteins help the body's muscular recovery.

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A diet rich in fiber helps to:

- Normalize bowel movements.
- Maintain intestinal health.
- Control blood sugar levels.



Ingredients:

Conditioned WHEAT flour, fiber preparation (whole WHEAT flour, WHEAT bran fiber, flaxseed, vegetables (dehydrated spinach), WHEAT GLUTEN, OATS bran fiber), yeast, salt, SPELT baking improver and enzymes.

May contain traces of SOY, Rye, Sesame and Milk.

Nutritional information

Energy value	1637 kJ / 388 kcal
Fats of which saturated fatty acids	5,4g 0,79g
Carbohydrates of which sugars	64g 1,4g
Dietary fiber	9,4g
Proteins	16,1g
Salt	2,24g