

# ORGANIC RYE STICKS WHOLE GRAIN



- no palm oil
- rich in fibre
- rich in minerals
- highly satiating
- supports digestion
- with himalaya salt



# Rich in minerals

NATUR whole grain organic rye sticks are rich in minerals:

| MINERALS       | mg per 100g<br>(% NRV*) | mg per 45g<br>(% NRV*) |
|----------------|-------------------------|------------------------|
| Potassium (K)  | 497mg (24.8%)           | 223.6mg (11.2%)        |
| Calcium (Ca)   | 142mg (17.7%)           | 63.9mg (8%)            |
| Magnesium (Mg) | 92mg (24.7%)            | 41.6mg (11.1%)         |
| Iron (Fe)      | 2.4mg (17.5%)           | 1.1mg (7.9%)           |
| Zinc (Zn)      | 29.4mg (294%)           | 13.2mg (132%)          |
| Manganese (Mn) | 2.7mg (135%)            | 1.2mg (60.7%)          |

\* Nutrient Reference Value according to the EU regulation on food information.

# Rich in fibre

NATUR whole grain rye sticks have high levels of plant-based dietary fibre, and have fewer calories than traditional salt sticks based on wheat flour.

# Highly satiating

The high content of water-soluble fibre in the rye flour increases the viscosity of the dough, thereby making the rye sticks especially filling. NATUR whole grain rye sticks therefore provide an ideal supplement to a balanced diet.

# Supports digestion

Thanks to the fibre properties of the whole grain rye flour, NATUR whole grain rye sticks support the digestion process.

# No palm oil

We use non-hydrogenated organic coconut oil - not palm oil.