

Excellent Antioxidant High source of Fiber Supports Gut health High in Vitamin C Excellent immune booster Suitable for Vegans







Suggested Use:

Use 5g daily or 1tsp daily - Add to your smoothies, cereals, soups, desserts and bread mixture



Nutritional Information Typical Values

| Typical Values | Per 100g | %RI |
|---|----------|------|
| Energy | 911kj | |
| | 221kcal | |
| Fat | 0.3g | |
| of which saturates | 0.1g | |
| Carbohydrates | 25g | |
| of which sugars | 20g | |
| Fibre | 55g | |
| Protein | 2.4g | |
| Vitamin C | 130mg | 163% |
| Potassium | 2290mg | 115% |
| Calcium | 288mg | 36% |
| Magnesium | 166mg | 44% |
| *RI (Reference Intake of an average adult | 2000kcal | |

Visit us online for further information: https://www.deepdenelah.com/

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Product Source: Tanzania