



Weider Oat Flour 1.9kg tin



Oats are a complete and natural food that contains energy, protein, fiber, vitamins and minerals.

CHF 16.40

Oats are a complete and natural food containing energy, protein, fiber, vitamins and minerals. Gourmet Oat Flour is a superior quality instant oatmeal made from whole, non-GMO oat grains with no added sugar. Gourmet Oat Flour can be used to prepare carbohydrate shakes at any time of the day when extra energy is needed. It can also be used to prepare other healthy, very tasty and nutritious dishes.

Weider Gourmet Oat Flour provides naturally complex carbohydrates and a very low sugar content. In addition to its high fiber content, it slows down the digestion of starch and the absorption of glucose into the blood. This makes it one of the healthiest forms of carbohydrate in your diet.

Weider Gourmet Oat Flour is a plant-based source of protein and 100g of the product contains only 7.1g of fatty acids and a very small amount of these are saturated. The fatty acids contained are monounsaturated or polyunsaturated and help you to keep your line, protect your heart and stay in good health.

METHOD OF USE

Mix 30g of the product with milk or water and consume as a shake. We suggest you prepare a more saturated mixture and microwave it for 30 seconds to 1 minute to prepare a delicious dessert.

- Dosage form and taste
- Weider Gourmet Oat Flour - 1,9kg

INGREDIENTS

Whole grain oat flour, cocoa powder, cocoa flavor, cocoa extract, cream flavor, hazelnut flavor, vanilla flavor, sweetener (sucralose, acesulfame K).

**The Shark
Fitness Company**



Shark Fitness AG
Stores in Wettingen (ZH)
and Wil (SG)

056 427 02 25
info@sharkfitness.ch
www.sharkfitness.ch

Flavors: White Chocolate, Strawberry Cake, Choco Brownie, Mariapätzchen
Packaging unit: 1.9kg tin