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MS0060032  
01 July 2019  
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## Munchy Seeds Mega Omega 2.3kg

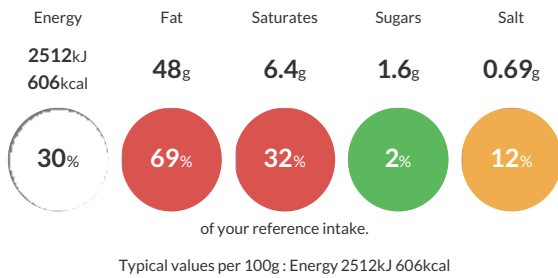
Short Product Name:

Savoury roasted seven seeds mix, high in Omega-3 fatty acids.

Traded Unit GTIN:  Internal GTIN:  5060013268984 Supplier:  Lawncourt Harvest Ltd t/a Munchy Seeds Suppliers Product Code:  MS0060032

### Reference Intake

Each 100g portion contains:



### Nutritional Information

Typical Values	Per 100g
Energy	2512kJ 606kCal
Carbohydrates	18g
of which sugars	1.6g
Fat	48g
of which saturates	6.4g
Fibre	8g
Protein	22g
Salt	0.69g

### Allergy Information

Key:  Contains  May Contain



#### Gluten Claim

Gluten content is less than 20ppm.

### Ingredients

Sunflower Seeds (51%), Pumpkin Seeds (20%), Hulled Hemp Seeds (6%), **SESAME SEEDS** (6%), Rapeseeds (6%), Savoury Sauce (**SOYA BEANS**, Water, Sea Salt, Koji (*Aspergillus Oryzae*)), Golden Linseeds (3%), Brown Linseeds (3%)

### Dietary Information

Key:  Suitable for

