



semix

OATMEAL

~ FERMENTED PRODUCT ~

FROM SPROUTED OATS

New
flavors

- ✓ PRODUCT CONTAINS 25% OF SPROUTED OATS
- ✓ WHOLEGRAIN PRODUCT
- ✓ MATURING YOGHURT CULTURE
- ✓ NATURALLY OCCURRING LACTIC ACID
- ✓ OAT BETA-GLUCANS CONTENT, i.e. soluble fiber, which contributes to the maintenance of normal blood cholesterol levels. The beneficial effect is achieved on the basis of a daily intake of 3g of oat beta-glucan.

LACTOSE
FREE

GLUTEN
FREE



VEGAN



Blueberry

Ingredients: drinking water, gluten-free sprouted **OAT** flakes 25% (gluten content max. 20 mg/kg), inulin, blueberry concentrate 0,5%, natural aroma, yoghurt culture.

Nutritional information per 100 g of product:

Energy value	459 kJ/110 kcal
Fat	1.5 g
- of which saturates	0.3 g
Carbohydrate	18 g
- of which sugars	9.8 g
Fibre	3.3 g
Protein	4.0 g
Salt	0.03 g
Beta-glucans	0.86 g

Weight: **160 g** | Carton: **9 pcs**

 CHILLED PRODUCT

Apple cinnamon

Ingredients: drinking water, gluten-free sprouted **OAT** flakes 25% (gluten content max. 20 mg/kg), inulin, dried apple 0,5%, natural aroma, cinnamon 0,14%, yoghurt culture.

Nutritional information per 100 g of product:

Energy value	446 kJ/106 kcal
Fat	1.4 g
- of which saturates	0.3 g
Carbohydrate	17 g
- of which sugars	9.8 g
Fibre	3.2 g
Protein	4.2 g
Salt	0.03 g
Beta-glucans	0.96 g

Weight: **160 g** | Carton: **9 pcs**

 CHILLED PRODUCT

Cherry

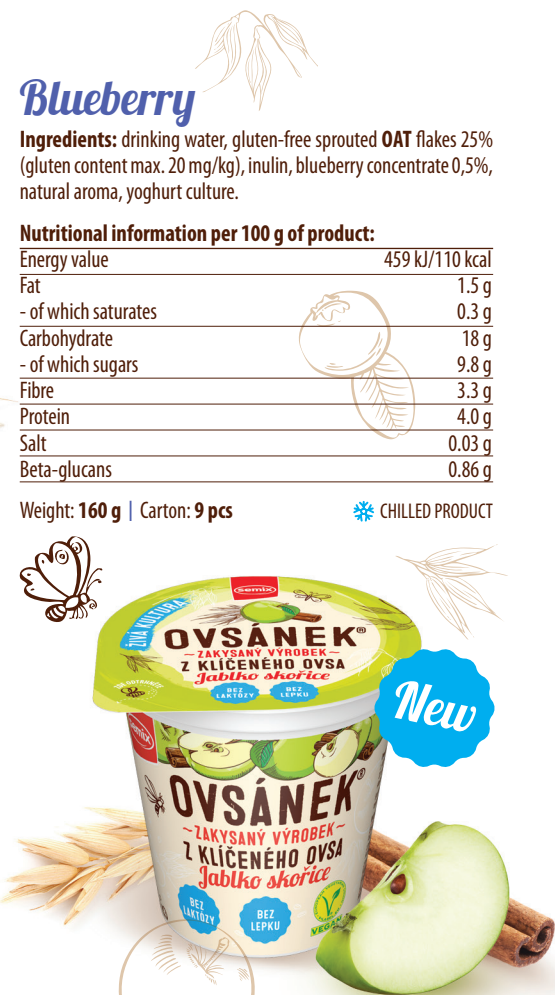
Ingredients: drinking water, gluten-free sprouted **OAT** flakes 25% (gluten content max. 20 mg/kg), inulin, dried cherries 0,5%, natural aroma, yoghurt culture.

Nutritional information per 100 g of product:

Energy value	446 kJ/107 kcal
Fat	1.5 g
- of which saturates	0.3 g
Carbohydrate	18 g
- of which sugars	10 g
Fibre	3.0 g
Protein	3.9 g
Salt	0.03 g
Beta-glucans	0.90 g

Weight: **160 g** | Carton: **9 pcs**

 CHILLED PRODUCT



~ OATMEAL FLAVORS ~



Natural

Ingredients: drinking water, gluten-free sprouted **OAT** flakes 25% (gluten content max. 20 mg/kg), inulin, yoghurt culture.

Nutritional information per 100 g of product:

Energy value	439 kJ/105 kcal
Fat	1.5 g
- of which saturates	0.3 g
Carbohydrate	17 g
- of which sugars	10 g
Fibre	3.8 g
Protein	4.0 g
Salt	0.04 g
Beta-glucans	0.91 g

Weight: 160 g | Carton: 9 pcs

CHILLED PRODUCT

Strawberry

Ingredients: drinking water, gluten-free sprouted **OAT** flakes 25% (gluten content max. 20 mg/kg), inulin, strawberry concentrate 0,5%, natural aroma, black carrot concentrate, yoghurt culture.

Nutritional information per 100 g of product:

Energy value	449 kJ/107 kcal
Fat	1.4 g
- of which saturates	0.3 g
Carbohydrate	18 g
- of which sugars	10 g
Fibre	3.9 g
Protein	4.0 g
Salt	0.08 g
Beta-glucans	0.92 g

Weight: 160 g | Carton: 9 pcs

CHILLED PRODUCT



Apricot

Ingredients: drinking water, gluten-free sprouted **OAT** flakes 25% (gluten content max. 20 mg/kg), inulin, apricot concentrate 0,5%, natural aroma, coloring: paprika extract, yoghurt culture.

Nutritional information per 100 g of product:

Energy value	453 kJ/108 kcal
Fat	1.5 g
- of which saturates	0.3 g
Carbohydrate	18 g
- of which sugars	10 g
Fibre	3.5 g
Protein	4.0 g
Salt	0.07 g
Beta-glucans	0.90 g

Weight: 160 g | Carton: 9 pcs

CHILLED PRODUCT





OATMEAL
CONTAINS 4 TYPES
OF LIVE LACTIC
ACID BACTERIA

ON A CONSULTATION BASIS
WITH A NUTRITIONIST
OATMEAL IS:

- ✓ **SUITABLE FOR CHILDREN** - great combination with fruits makes this a healthy alternative to snack
- ✓ **SUITABLE FOR ELDERLY PEOPLE** as a traditional fiber-containing snack.
- ✓ **SUITABLE FOR ATHLETES** as a quick snack before or after sports performance, it supplies carbohydrates and proteins.
- ✓ **SUITABLE FOR WEIGHT REDUCTION**
- ✓ **SUITABLE FOR PREGNANT AND BREAST FEEDING**

Shelf life 6 weeks ❄️ ❄️
KEEP REFRIGERATED
AT A TEMPERATURE 4 – 8 °C.



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