



OATMEAL

~ FERMENTED PRODUCT ~
FROM SPROUTED OATS

+ Creamy
+ Drink
+ Protein

A gluten-free, wholegrain fermented product made from sprouted oats, containing live yoghurt cultures.



The nutrient content of oats is extremely favourable:

- ✓ up to 14% high-quality protein
- ✓ 7% fat, mainly in the form of unsaturated fatty acids
- ✓ 12% fibre
- ✓ 3.5% minerals



LACTOSE
FREE

GLUTEN
FREE



VEGAN

Why is Ovsánek different?

- **The oats in Ovsánek are wholegrain with a high fibre content.**
The soluble fibre acts as a prebiotic for the intestinal microbiome, while the insoluble fiber supports intestinal peristalsis and contributes to the prevention of colon cancer.
- **The oats are pre-sprouted and then cooked.**
The sprouting process increases the content and digestibility of certain nutrients and at the same time reduces the content of antinutrients.
- **The oats are cleaned of other gluten-containing grains.**
The gluten-free nature of oats is strictly analysed.
- **Ovsánek does not contain any additional thickeners and its composition is simple.**
- **Ovsánek is produced:**

1. from oat flakes,

which remain partially whole even after cooking

2. from finely ground oat flour

for a creamy consistency

The nutritional value of both versions is the same.



GLUTEN
FREE

NO
ADDITIVES

SPROUTED
OAT

Oats – a superfood

As the name suggests, this product is based on a cereal – oats. Oats are a superfood in their own right.

They contain a whole range of substances with antioxidant activity. They are rich in micronutrients – B vitamins, vitamin E, carotenoids and important minerals. The presence of beta-glucans is particularly beneficial.



How is Ovsánek produced?



SPROUTING

It is not enough to simply steam the oats.

The high fibre and beneficial beta-glucan content may not be utilized by the body if the oats are not cooked sufficiently. Oat flakes purchased in stores are only steamed and rolled, not cooked. This means that they are still raw oats.



COOKING

Benefits of properly cooked oats:

- Oligosaccharides, and especially beta-glucans, cannot be absorbed without being cooked in sufficient water.
- The starch contained in oats softens during the cooking process, becomes absorbable, and after cooling, acquires the properties of resistant starch.
- Oats with these properties do not show a sharp increase in the glycaemic index after consumption and thus better protect against the development of type 2 diabetes.



FERMENTATION

What does fermentation bring?

- Fermentation provides perfectly cooked oats with usable **beta-glucans**. It has been scientifically proven that **beta-glucans** support immunity and are also a nutrient source for the intestinal microbiome.
- Oats are a non-dairy fermented product, lactose-free, with live lactic acid bacteria.
- The bacteria produce lactic acid, which has beneficial dietary effects on the digestive system.



PRODUCT

OVSÁNEK



Natural

PN0820500

Ingredient: 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
Betaglucans	0.91 g

Weight: 160 g | Carton: 9 pcs

❄ CHILLED PRODUCT

Strawberry

PN0820600

Ingredient: 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
Betaglucans	0.92 g

Weight: 160 g | Carton: 9 pcs

❄ CHILLED PRODUCT



Apricot

PN0820700

Ingredient: 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
Betaglucans	0.90 g

Weight: 160 g | Carton: 9 pcs

❄ CHILLED PRODUCT





Blueberry

PN0821000

Ingredient: 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
Betaglucans	0.86 g

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

❄️ CHILLED PRODUCT

Apple Cinnamon

PN0821200

Ingredient: 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
Betaglucans	0.96 g

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

❄️ CHILLED PRODUCT



Sour Cherry

PN0821100

Ingredient: Drinking water, gluten-free sprouted OAT flakes 25% (gluten content max. 20 mg/kg), inulin, dried sour cherry 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
Betaglucans	0.90 g

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

❄️ CHILLED PRODUCT



OVSÁNEK Creamy



VEGAN



Banana

PN0821400

Ingredient: Drinking water, wholegrain gluten-free OAT flour 15% (gluten content max. 20 mg/kg), date syrup, banana flakes 0.5%, aroma, yoghurt culture.

Nutritional information per 100 g of product:

Energy value	461 kJ/110 kcal
Fat	0.8 g
- of which saturates	0.2 g
Carbohydrate	23 g
- of which sugars	5.0 g
Fibre	1.0 g
Protein	2.4 g
Salt	0.08 g
Betaglucans	0.74 g

Weight: 160 g | Carton: 9 pcs

❄ CHILLED PRODUCT

Apricot



PN0821300

Ingredient: Drinking water, wholegrain gluten-free OAT flour 15% (gluten content max. 20 mg/kg), date syrup, apricot concentrate 0.6%, natural aroma, yoghurt culture.

Nutritional information per 100 g of product:

Energy value	289 kJ/69 kcal
Fat	0.7 g
- of which saturates	0.1 g
Carbohydrate	13 g
- of which sugars	3.9 g
Fibre	1.2 g
Protein	2.0 g
Salt	0.05 g
Betaglucans	0.53 g

Weight: 160 g | Carton: 9 pcs

❄ CHILLED PRODUCT



VEGAN

Ovsánek Protein

PN0821800

Ingredient: Drinking water, protein isolate from faba beans, date juice concentrate, gluten-free OAT flour 6%, apple powder 0.5%, natural aroma, cinnamon, yoghurt culture.

Nutritional information per 100 g of product:

Energy value	276 kJ/66 kcal
Fat	0.7 g
- of which saturates	0.2 g
Carbohydrate	5.1 g
- of which sugars	5.0 g
Fibre	4.5 g
Protein	7.4 g
Salt	0.04 g

Weight: 160 g | Carton: 9 pcs

❄ CHILLED PRODUCT



OVSÁNEK *drink*

New



Mango Pineapple

PN0820900

Ingredient: Drinking water, gluten-free sprouted OAT flour 17% (gluten content max. 20 mg/kg), maple syrup, dried pineapple 0.24%, dried mango 0.2%, natural aroma, yoghurt culture.

Nutritional information per 100 g of product:

Energy value	272 kJ/65 kcal
Fat	0.9 g
- of which saturates	0.2 g
Carbohydrate	11 g
- of which sugars	7.8 g
Fibre	1.2 g
Protein	2.3 g
Salt	<0.01 g
Betaglucans	0.53 g

Weight: 230 g | Carton: 12 pcs ❄ CHILLED PRODUCT



Raspberry

PN0821500

Ingredient: Drinking water, gluten-free sprouted OAT flour 16% (gluten content max. 20 mg/kg), maple syrup, raspberry concentrate 0.5%, black carrot concentrate, natural aroma, yoghurt culture.

Nutritional information per 100 g of product:

Energy value	318 kJ/75 kcal
Fat	1.1 g
- of which saturates	0.3 g
Carbohydrate	13 g
- of which sugars	10 g
Fibre	1.7 g
Protein	2.9 g
Salt	<0.01 g
Betaglucans	0.54 g

Weight: 230 g | Carton: 12 pcs ❄ CHILLED PRODUCT



Natural

PN0820800

Ingredient: Drinking water, gluten-free sprouted OAT flour 17% (gluten content max. 20 mg/kg), maple syrup, natural aroma, yoghurt culture.

Nutritional information per 100 g of product:

Energy value	303 kJ/72 kcal
Fat	1.1 g
- of which saturates	0.2 g
Carbohydrate	12 g
- of which sugars	9.3 g
Fibre	1.2 g
Protein	2.9 g
Salt	0.01 g
Betaglucans	0.56 g

Weight: 230 g | Carton: 12 pcs ❄ CHILLED PRODUCT



Ovsánek

A non-dairy fermented whole grain product made from oats with beneficial effects on intestinal microflora.



5 reasons why you will love Ovsánek:



Live fermentation

The natural path to healthy digestion and mental well-being.



Gluten-free and dairy-free

Suitable for people with food intolerances.



Nutrition from sprouted oats

More vitamins, better absorption, and long-lasting energy.



Immunity support

Beta-glucans and lactic acid bacteria for immunity.



Czech product, pure ingredients

No chemicals and respect for nature.



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