

Beta heart®



Ingredients:

Oat bran powder (89 %), creamer (sunflower oil, maltodextrin, sodium caseinate (**milk**)), flavouring. Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.

Nutritional information

Serving size: 1 scoop (7.625 g) Servings per container: 30			
	Per 100 g	Per 250 ml of made up product*	Per 250 ml of made up product**
Energy	1382 kJ (333 kcal)	105 kJ (25 Kcal)	211 kJ (51 kcal)
Fat	9.5 g	0.7 g	1.5 g
of which: saturates	1.2 g	0.1 g	0.2 g
Carbohydrate	24 g	2 g	4 g
of which: sugars	0 g	0 g	0 g
Fibre	39 g	3 g	6 g
Protein	18 g	1 g	3 g
Salt	0.02 g	0 g	0 g
OTHER SUBSTANCES			
Beta-glucans ¹	20 g	1.5 g	3 g

¹ Contribute to the total fibre amount.

* Per made up product = 1 scoop (7.625 g) of the product with 250 ml water.

** Per made up product = 2 scoops (15.25 g) of the product with 250 ml water.

Targeted Nutrition

Beta heart® contains the key ingredient OatWell™ oat beta-glucan.

Oat beta-glucan has been shown to lower or maintain blood cholesterol.*

KEY BENEFITS

- 3 g of oat beta-glucans help to lower cholesterol* (2 scoops)
- 1.5 g oat beta-glucans help to maintain cholesterol** (1 scoop)
- Sugar free
- With no artificial sweeteners
- High in fibre (3 g per scoop)
- Source of protein
- 25 kcal per scoop

USAGE

Mix 2 scoops of Beta heart® with water for a sugar free drink.

You can also mix with fruit juice or add it to your favourite Formula 1 shake once per day.

Alternatively mix 1 scoop twice per day.

To find out more, contact me today:

* Oat beta-glucan has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. Beta-glucans contribute to the maintenance of normal blood cholesterol levels. The beneficial effect is obtained with a daily intake of 3 g of oat beta-glucan. Coronary heart disease has multiple risk factors and altering one of these risk factors may or may not have a beneficial effect.

** Oat beta-glucans contribute to the maintenance of normal blood cholesterol levels. The claim may be used only for food which contains at least 1 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these sources per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans.