

Real & Honest



PROTEIN HAZELNUT SPREAD WITH COCOA, NO SUGAR ADDED WITH SWEETENERS FROM STEVIA PLANT



NUTRITION AND HEALTH CLAIMS *



Body Growth, Muscles, Bones & Joints

- Protein contributes to the growth and maintenance of muscle mass
- Calcium has a role in the process of cell division and specialisation
- Protein, Calcium, Manganese, Magnesium and Phosphorus contribute to the maintenance of normal bones
- Calcium, Potassium and Manganese contribute to normal muscle function
- Manganese contributes to the normal formation of connective tissue
- Phosphorus contributes to normal function of cell membranes
- Copper contributes to maintenance of normal connective tissues



Beauty, Skin, Hair, Teeth, Nails

- Consumption of foods/drinks containing Maltitol instead of sugar contributes to the maintenance of tooth mineralisation.
- Calcium is needed for the maintenance of normal teeth
- Magnesium and Phosphorus contribute to the maintenance of normal teeth
- Copper contributes to normal skin and hair pigmentation



Energy, Stimulation, Metabolism, Digestion

- Calcium contributes to the normal function of digestive enzymes
- Magnesium contributes to normal Protein synthesis, contribute to electrolyte balance, to a reduction of tiredness and fatigue
- Calcium, Manganese, Magnesium, Phosphorus and Copper contribute to normal energy-yielding metabolism



Brain & Nervous System, Cognitive & Psychological Functions

- Calcium contributes to normal neurotransmission
- Magnesium contributes to normal psychological function
- Potassium, Magnesium and Copper contribute to normal functioning of the nervous system



Immune System & Body's Defense

- Vitamin E, Manganese and Copper contribute to the protection of cells from oxidative stress
- Copper contributes to the normal function of the immune system



Blood, Heart, Circulatory System

- Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol levels. MUFA and PUFA, Oleic Acid and Linolenic acid are unsaturated fats. The beneficial effect is obtained with a daily intake of 10 g of Linolenic acid.
- Consumption of foods/drinks containing Chicory roots instead of sugar induces a lower blood glucose rise after their consumption compared to sugar-containing foods/drinks.
- Calcium contributes to normal blood clotting
- Potassium contributes to the maintenance of normal blood pressure
- Copper contributes to normal Iron transport in the body

* Nutrition and Health Claims mentioned, comply with the requirements of the EC Regulations 1924/2006 and 432/2012, in relation to a balanced diet and a healthy lifestyle.