

Goed voor je gezondheid!

Columbus

Bon pour la santé!



Nutritional value par 100 g

Energy	557 kJ / 133 kcal
Fats (of which)	8,8 g
- Saturates	2,55 g
- Monounsaturates	3,59 g
- Polyunsaturates (of which)	2,64 g
- Omega 6	1,32 g
- Omega 3	1,32 g
- ALA	1,12 g
- EPA + DPA + DHA	0,20 g
Protein	12,5 g
Carbohydrates (of which)	1,0 g
- Sugars	0,3 g
Salt	0,37 g
Vitamin A	179 µg
Vitamin D	1,4 µg
Vitamin E	10 mg
Vitamin K	0,94 µg
Vitamin B1	0,08 mg
Vitamin B2	0,46 mg
Vitamin B3	0,06 mg
Vitamin B6	0,1 mg
Vitamin B12	2,6 µg
Sodium	0,15 g
Folic acid	100 µg
Selenium	32 µg
Potassium	138 mg
Calcium	45,3 mg
Phosphorus	170 mg
Magnesium	12,1 mg
Iron	2,9 mg
Zinc	2,3 mg
Copper	49 µg
Iodine	135µg

- ✓ Chicken feed 100% vegetal
- ✓ Ideal 1:1 ratio between omega-3 and omega-6 fatty acids
- ✓ Vitamin E and selenium (= antioxidants) preserve the omega-3 fatty acids during cooking and baking*
- ✓ Independent clinical studies have proven the many unique health benefits of Columbus (cholesterol, blood pressure, diabetes, ..)*

* More information and clinical studies on <http://columbus-nutrition.com/>



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