



FLEX SEEDS 1KG



**Swastik Flex Seeds**, also known as **flax seeds**, are a **nutrient-dense superfood** packed with **plant-based omega-3 fatty acids, dietary fiber, protein,** and



**antioxidants.** Regular consumption supports **heart health, digestion, weight management,** and **overall wellness.** These versatile seeds can be used **raw, roasted, ground, or soaked**—perfect for smoothies, cereals, rotis, baked items, or detox drinks.

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This **1Kg value pack** is ideal for families, fitness enthusiasts, and health-focused meal prep.

### **Key Features:**

- ☐ 100% Pure & Natural Flax (Flex) Seeds
- ☐ High in Omega-3, Fiber & Plant-Based Protein
- ☐ Great for Heart, Gut, and Weight Support
- ☐ Perfect for Smoothies, Rotis, Salads, Yogurt & Baking
- ☐ Hygienically Packed – No Additives or Preservatives

**Categories:** Whole Spices