



FLEX SEEDS 500GM



Boost your daily nutrition with **Swastik Flex Seed**, also known as **flax seeds** – a powerful superfood rich in **omega-3 fatty acids, dietary fiber, protein**, and



antioxidants. Ideal for a **heart-healthy, diabetic-friendly, and weight-conscious diet**, these seeds can be consumed **raw, roasted, or ground** and added to **smoothies, salads, yogurts, rotis, or baked goods.**

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This **500g pack** is perfect for regular consumption at home or for use in wellness-focused cooking and baking.

Key Features:

- ☐ 100% Natural & Raw Flax (Flex) Seeds
- ☐ High in Omega-3, Protein & Dietary Fiber
- ☐ Supports Heart Health, Digestion & Weight Management
- ☐ Ideal for Smoothies, Baking, Cereals & Salads
- ☐ Hygienically Packed – No Preservatives or Additives

Categories: Whole Spices