

# Puravita

FIBER +

**FULL OF TASTE. FULL OF LIFE.**





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## **FIBERS: A BASIS FOR OUR WELL-BEING**

*Fibers are our body's allies. This is why they should be included in our daily diet. Puravita Fiber+ is rich in fibers to supply vitality throughout the day.*

### **A PLEASANT NUTTY TASTE WITH SLIGHT ROASTED NOTES**

Thanks to the sunflower and sesame seeds it contains, Puravita Fiber+ bread has a nice and sweet nutty taste. You will also enjoy its toasted and slightly salty flavour. A delightful and healthy bread to eat without feeling guilty.

### **WHAT GRAINS CAN I DISCOVER IN THE BREAD ?**

*sesame*

*sunflower*

*oat*



*linseeds*

*wheat*

### **WHY IS IT GOOD FOR ME?**

With its balanced mix in soluble and insoluble fibers, Puravita Fiber+ products can provide you with more than a third of your daily need in fibres with just 100 grams (or three slices) of product.



### **DIVE INTO RIO'S CARNIVAL FOR YOUR LUNCH**



### **PURAVITA FIBER+ PAO FRANCES**

Try Puravita Fiber + Brazilian Pao Frances! Spread the bread with guacamole or with a mix of avocados, Granny Smith apples, pomegranate, red pepper and cilantro. Add some smoked tempeh and pour a spicy homemade salsa sauce made with tomatoes and young shoots.

*Try Puravita  
Fiber+ toasted  
sandwich*

