

## Spinach

Spinach is loaded with tons of nutrients in a low-calorie package. It contains high levels of chlorophyll and carotenoids that are important for good vision. Spinach is also an excellent source of vitamin K and magnesium - these nutrients help maintain bone health.

## Slow Carbs

Slow digesting carbohydrates keep your blood sugar levels even, while still supplying energy. Eating more of these 'good' carbs can help manage hunger and cravings.

## 3x Fiber

High-fiber foods can lower cholesterol, maintain bowel health, and control blood sugar levels. Dietary fiber plays an important role in weight maintenance and disease prevention.

## Vitamins and Minerals

This pasta is high in vitamin A, C, and K1 - important for a healthy skin, blood, and immune system. In terms of minerals, high iron and calcium nourishes your nervous system, heart, and muscles.



## High Protein

This pasta contains 1.5x protein than the average pasta. Protein is crucial for the health of your muscles, bones, skin and hair.

## No Artificial Ingredients

- No artificial flavors
- No artificial sweeteners
- No preservatives
- No emulsifiers

Vitamin K1: 50% daily requirement per 100g

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## Pumpkin

Pumpkins are highly nutritious and have a high antioxidant content that may reduce your risk of chronic diseases. This vegetable also contain plenty of nutrients that have been linked to strong eyesight - pumpkin is one of the best sources of lutein and zeaxanthin.

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## Vitamins and Minerals

This pasta is high in vitamin A, C, and E - important for a healthy skin, blood, and heart. In terms of minerals, high iron and folate strengthen your immune system.



## High Protein

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## Vitamins and Minerals

This pasta is high in vitamin A, B6, and K1 - important for a healthy skin, blood, and immune system. In terms of minerals, high potassium content is important for blood pressure control.



## Carrot

Carrots are rich in carotenoids and antioxidants that play an important role in eyesight and immune system. Carrots are also beneficial for cholesterol balance and heart health.

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## Beetroot

Beetroots are one of the richest sources of glutamine - an essential compound for our gut health. They have been ranked as one of the 10 most potent antioxidant vegetables, meaning that they help protect cells from damage and fight against age-related conditions like heart disease and cancer.

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## Vitamins and Minerals

Beetroots contain a bit of almost all of the vitamins and minerals your body needs. They are particularly rich in folate - essential for growth, development, and heart health.



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