Ingredients

RYE flour (48.3%), water, sugar, hemp seeds (5.9%), linseed, sprouted malted RYE grains (3.6%), barley malt extract, yeast, sunflower seeds, hemp flour (1.5%), bread improvers (thickener: guar gum; emulsifiers: E482, E472e; enzymes), salt, sugar syrup, sage seeds, white RYE malt, caraway.

Allergens

Contains: cereals containing gluten (rye, barley).
May contain: milk, eggs, soy, celery, lupin, mustard, sesame seeds.

Nutritional information	Per 100 g
Energy	1236 kJ / 294 kcal
Fat	7,1 g
of which saturates	0,9 g
Carbohydrate	43,5 g
of which sugars	9,1 g
Fibre	11,7 g
Protein	8,1 g
Salt	0,9 g