

## Unprocessed Bran

*One of the most concentrated and effective sources of fibre comes from wheat bran – the outer layer of the whole grain. Unprocessed Bran contains the highest fibre content because it is not processed or refined.*

### *Ingredients*

Unbleached wheat bran.

### *Nutritional Information*

<i>Serving size</i>	<i>40g (1/3 cup)</i>	
	<i>Average quantity per serving</i>	<i>Average quantity per 100g</i>
Energy	130kJ	1120kJ
Protein	1.6g	13.1g
Fat total	0.4g	3.3g
- saturated	0.1g	0.5g
Carbohydrate	2.8g	23.4g
- sugars	0.5g	4.0g
Dietary Fibre	5.6g	46.9g
Sodium	Less than 5mg	20mg

### *Storage instructions*

Store in a cool, dry place

### *Packaging*

Provided in a white multiwall paper bag.

### *Size*

per kg