REMEDIAL

FAQ



Over50WomensWellness

REMEDIAL FAQ

1. What makes REMEDIAL™ Breakfast Blend different from other breakfast cereals?

REMEDIAL™ High-Protein Oat & Seed Breakfast Blend combines gluten-free oats, quinoa, pumpkin, hemp, flax and chia seeds to provide plant protein, fibre, healthy fats and essential minerals. Unlike many breakfast cereals, it contains only recognisable whole-food ingredients with no added protein powders or artificial ingredients.

2. Is this a high-protein breakfast blend?

Yes. REMEDIAL™ Breakfast Blend provides 18.9g of protein per 100g, making it a naturally high source of plant protein from oats, quinoa, pumpkin and hemp seeds.

3. Why does the blend contain 21.6g of fat per 100g?

The fats in this blend come naturally from nutrient-dense seeds including flax, hemp, pumpkin and chia seeds. These ingredients provide predominantly unsaturated fats, including naturally occurring omega-3 fatty acids.
The blend contains: 21.6g total fat per 100g, only 2.9 g saturated fat per 100g, and 3.7 g omega-3 fatty acids per 100g. These healthy fats are an important part of the blend's nutritional profile and contribute to its satisfying texture and flavour.

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4. Is the blend suitable for people who are gluten intolerant?

The blend is made using gluten-free oats and naturally gluten-free ingredients. However, anyone with coeliac disease should always check product labelling and consult a healthcare professional if unsure.

5. How can I enjoy the breakfast blend?

You can enjoy it:
Simply add hot water to the oat & seed blend, with frozen blueberries and a banana and top with berries, nuts and fruits of your choice. * With milk or a plant-based alternative. *As an overnight oat breakfast. *Mixed into yoghurt. *Added to smoothies. *Use in baking cakes and muffins, and making pancakes

6. Does this blend help support collagen production?

The blend contains protein, amino acids, zinc and other nutrients that contribute to overall nutritional wellbeing. Protein provides amino acids that the body uses for many functions, including the maintenance and repair of tissues as part of a healthy diet. While this breakfast blend is not a collagen supplement, it can contribute valuable nutrients as part of a balanced lifestyle.

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7. Will this blend boost my collagen levels?

REMEDIAL™ Breakfast Blend does not contain added collagen. However, it contains protein-rich ingredients and naturally occurring nutrients such as zinc that play important roles in normal body functions and overall wellbeing.

8. Can this breakfast blend help with weight loss?

No single food can guarantee weight loss. However, REMEDIAL™ Breakfast Blend is rich in protein and fibre, two nutrients that can help you feel fuller for longer when consumed as part of a balanced diet and healthy lifestyle. Many people choose higher-protein, higher-fibre breakfasts because they can be more satisfying than highly processed cereals.

9. Is this blend suitable for women experiencing hormonal changes?

This blend was developed with women's wellbeing in mind and combines plant protein, fibre, healthy fats and minerals such as zinc, magnesium and iron. It is designed to be a nourishing breakfast option that supports a balanced diet during all stages of adult life.

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10. Is the blend vegan?

Yes. All ingredients are plant-based and suitable for vegans and vegetarians.

11. Can this breakfast blend help with weight loss?

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12. Does the blend contain added sugar?

No. The blend contains no added sugar. The naturally occurring sugar content is 1.4g per 100g.

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13. How much should I eat as a serving?

A typical serving is approximately 40-50g, depending on your appetite and nutritional needs. Many customers enjoy it with milk, yoghurt or fruit as part of a balanced breakfast.

14. Where is the protein in the blend sourced from?

The protein comes naturally from: Gluten-free oats, Quinoa flakes, Pumpkin seeds, Hemp seeds, Flax seeds, and Chia seeds.
No protein concentrates, isolates or powders have been added.

15. Why did you create this breakfast blend?

REMEDIAL™ High-Protein Oat & Seed Breakfast Blend was created to provide a nourishing breakfast option for women seeking more protein, fibre and nutrient-dense whole foods in their diet. The blend combines gluten-free oats, quinoa, pumpkin, hemp, flax and chia seeds to deliver plant protein, healthy fats and essential minerals in a simple, versatile breakfast.

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