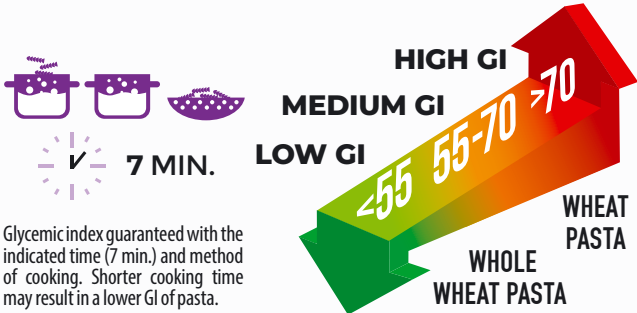


COOKING INSTRUCTIONS:
Put pasta in boiling salted water
(1 litre of water for 100 g of pasta).
Cook for 7 minutes, stirring occasionally.
Drain the cooked pasta.



Ingredients: durum wheat flour (67,5%), lupine flour (20%), oat fiber (7,5%), vital wheat gluten (5%).
The plant processes eggs.

Polmak
MAKARONIENIA

Manufactured by:
Wytwórnia Makaronu
Domowego Pol-Mak S.A.
Ludwin Kolonia 58,
21-075 Ludwin, Poland
www.pol-mak.pl
jakosc@pol-mak.pl

Made in the EU.

net weight:
250g

TRY ME!

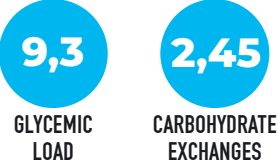


GI Pasta



GI Pasta

GI PASTA is the only pasta on the market with specified GI 38, thanks to the carbohydrates with a low glycemic index and high protein content. It helps you feel saturated for longer and maintains a stable blood sugar level. Our pasta is suitable for diabetics and people who care about a healthy body weight.



Value calculated for 50 g of dry pasta – equivalent to 120 g of cooked pasta (suggested portion size)

After 7 minutes of cooking, our pasta has a GI of only 38!

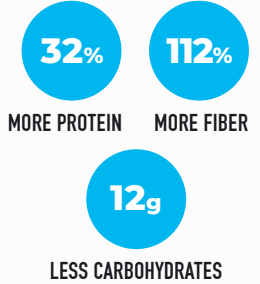
- LUPINE FLOUR**
✓ helps to lower GI
- DURUM FLOUR**
✓ makes pasta light - coloured
✓ gives it a traditional flavour
✓ keeps perfect form after cooking
- OAT FIBER**
✓ supports intestinal peristalsis
✓ helps control the level of insulin in the blood

Find out more at:
www.GI Pasta.com

A daily 100 g portion cooked pasta is sufficient to obtain the effect in accordance with the claims. A balanced diet and an active lifestyle have a positive effect on health.

GI Pasta

Compared to 100% durum pasta, 100g of cooked GI Pasta contains:



The product was developed in collaboration with the University of Life Sciences in Lublin



Nutritional value per 100g of the	DRY product:	COOKED product:
Energy value	1434 kJ/ 341 kcal	626 kJ/ 149 kcal
Fat	3,4 g	2,8 g
of with saturated fatty acids	0,9 g	1,3 g
Carbohydrate	49 g	20 g
of which sugars	4,9 g	0,9 g
Fiber	18 g	5,7 g
Protein	20 g	7,8 g
Salt	0,05 g	0,02 g

Store in a dry and cool place.
The date of minimum durability is the indication of the production batch (printed on the back of the package).



A VARIETY OF PASTA TYPES



fusilli



penne



filini



spaghetti



ribbon pasta nests tagliatelle

GI Pasta



HIGH PROTEIN



LOW GLYCEMIC INDEX



HIGH FIBER

FAVOURITE PASTA GUILT FREE!

OUR PASTA, which:

- ✓ is **YELLOW** (but not brown),
- ✓ tastes like regular **YELLOW PASTA** (but not like whole-grain pasta),
- ✓ **DOES NOT OVERCOOK**,
- ✓ HAS A **GLYCEMIC INDEX OF 38** (regular durum wheat pasta has a GI of 55).
- ✓ HAS MORE **PROTEIN** and **MORE FIBER** (compared to regular durum wheat pasta).

The studies and product testing clearly show that after consuming our pasta:

- ✓ blood glucose levels are stable,
- ✓ patient well-being is not affected,
- ✓ patients do not require large doses of insulin.



SCIENTIFICALLY TESTED

OUR PASTA IS TRULY ONE OF A KIND:

light-coloured, thoroughly tested and with a specific, low glycemic index.

The formulas and first samples were created in cooperation with the University of Life Sciences in Lublin. GI PASTA products are the result of many years of work by the team at the Sub-department of Engineering and Cereals Technology under the supervision of Aldona Sobota, Ph.D., D.Sc. (Eng.), University Professor.



MADE FOR

DIABETIC PATIENTS

– low-GI carbohydrates help keep blood glucose levels stable.

PATIENTS WITH INSULIN RESISTANCE

these products allow you to predict your body's reaction

38

GLYCEMIC INDEX

9

GLYCEMIC LOAD

2.2

CARBOHYDRATE EXCHANGES



DID YOU KNOW THAT...

DIABETES is a lifestyle disease?

EUROPE

2045	68 million
2030	66 million
2019	59 million

15%
increase

WORLD

2045	700 million
2030	578 million
2019	463 million

51%
increase

Data based on a report by the International Diabetes Federation.
Number of adults (aged 20–79) suffering from diabetes.

! Untreated or inadequately treated diabetes leads to serious complications and premature death.



ATHLETES

GI PASTA products contain large amounts of protein, which helps maintain muscle mass.

8g

PROTEIN

5.7g

FIBER

20g

CARBS

WEIGHT-CONSCIOUS INDIVIDUALS

– due to their high protein, high fiber and reduced carbohydrate levels, GI PASTA products helps control body weight.

12g

LESS CARB

32%

MORE PROTEIN

112%

MORE FIBER



- ✓ Polmak is one of the major pasta manufacturers in Poland.
- ✓ In **TOP 3** largest seller of pasta under its own brand name in Poland.
- ✓ Nearly **30 years of experience**, highly qualified staff.
- ✓ Daily **production capacity of over 60 tonnes** of pasta.

COOPERATION OPPORTUNITIES!



Brand product, private label



Pillow pouch or Stabilo bag foil packaging



Various packet sizes



Optional press-to-close zipped closure

Find out more at:
www.GIpasta.com

SCAN ME!



CONTACT DETAILS

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