



Gluten-Free

BLACK RICE

Tortillas



FULL OF
ANTIOXIDANT RICH BRAN

Available at natural food stores and better supermarkets everywhere. In the cooler.

GLUTEN-FREE

www.foodforlife.com

Food For Life's Exotic Gluten Free Black Rice Tortillas

are made with your health in mind. In ancient times, Black Rice was reserved exclusively for Chinese Emperors. No others were allowed to consume it. Today, Black Rice is harvested by select growers. And, it is perfect for the Gluten Intolerant consumer looking for a nutrient rich product. Black rice is often overlooked, yet it's a true "super grain" loaded with vitamins, minerals and natural anthocyanins (antioxidants). Black rice rivals and often exceeds some of the most notable antioxidant rich foods. Plus it's loaded with natural fiber - A great healthy alternative to traditional flour tortillas.

Did you know?

Black Rice contains natural anthocyanin antioxidants – just like those found in blueberries, blackberries, dark cherries and acai. At first glance you'll notice the dark purplish color. The dark purplish color found in the bran is actually formed by the minerals in the soil.

Storing and keeping tips:

This is an all natural product. For best results, refrigerate after purchase or freeze for longer periods of keeping.

Handling tips:

This product is free of gluten. For best results, use care in handling to prevent tearing. To optimize pliability, warm tortilla and serve.



6 COUNT
NET WT 12 OZ (340g)

Product	Item #	UPC	Case Pack	Case Weight	Case Dimensions (inches):	Cases cubed	Pallet Ti:	Cases Per Pallet:	Shelf life:
GF Black Rice Tortillas	371C12	07347200371 8	12/12 oz.	11 lbs.	21 x 10.5 x 4	.51 CF	7 x 17 high	119 cs	12 months frozen (0F), 3 wks (45F), 5 days (75F)

Nutrition Facts		Vitamin E 20%		• Thiamin 10%	
Serving Size 1 Tortilla (57g) Servings Per Container 6		Niacin 2%		• Vitamin B6 10%	
Amount Per Serving		Phosphorus 10%		• Magnesium 10%	
Calories 170 Calories from fat 35		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories	2,000	2,500	
		Total Fat	Less than 65g	80g	
		Sat Fat	Less than 20g	25g	
		Cholesterol	Less than 300mg	300mg	
		Sodium	Less than 2,400mg	2,400mg	
		Total Carbohydrate	300g	375g	
		Dietary Fiber	25g	30g	
		INGREDIENTS: Black Rice Flour, Organic Brown Rice Flour, Filtered Water, Organic Tapioca Flour, Safflower Oil, Organic Chia Seeds, Rice Bran, Vegetable Gum (Xanthan, Cellulose), Sea Salt.			
		Allergy Notice: This product was manufactured and processed in a facility that also processes tree nuts.			
		Vitamin A 0%		• Vitamin C 0%	
		Calcium 0%		• Iron 4%	



Food For Life Baking Co., Inc.
P.O. Box 1434 • Corona, Ca 92878-1434
1-(800) 797-5090, M-TH 8-5, FR 8-2 (PST)
www.foodforlife.com
email: info@foodforlife.com

For more information on our other wheat and gluten-free products,

please visit our website at: www.foodforlife.com, or contact us at: (800) 797-5090.

For information on gluten intolerance, please contact: Celiac Disease Foundation, Studio City, CA • (818) 716-1513 • www.celiac.org