

*"Take also unto thee Wheat
Lentils and Millet and
in one vessel and*

*and Barley and Beans and
Spelt and put them
make bread of it..."*



— Ezekiel 4:9

EZEKIEL 4:9



Sprouted Grain FLAX English Muffins

With .11g OMEGA 3 and .38g OMEGA 6

NEW!



ORGANIC
SPROUTED
GRAINS

•
HIGH IN
FIBER

•
COMPLETE
PROTEIN



foodforlife.com



Flax of Life



Our Ezekiel 4:9® Sprouted Grain English Muffins are inspired by the Holy Scripture verse:

“Take also unto thee Wheat, and Barley, and Beans, and Lentils, and Millet and Spelt, and put them in one vessel and make bread of it”. Ez 4:9



We discovered when these six grains and legumes are sprouted and combined, an amazing thing happens. A complete protein is created that closely parallels the protein found in milk and eggs. In fact, the protein quality is so high, that it is 84.3% as efficient as the highest recognized source of protein, containing all 9 essential amino acids. There are 18 amino acids present in these unique english muffins - from all plant based sources.



Ezekiel 4:9® Flax Sprouted Grain English Muffins, made from freshly sprouted certified organically grown grains, are naturally flavorful and bursting with nutrients. The addition of Sprouted Flax Seeds with Omega 3 and 6 essential fatty acids combined in our signature Ezekiel 4:9® English muffins forms a powerhouse of nutrition -rich in protein, complex carbs, vitamins, minerals and natural fiber. Try it served warm to release its exceptionally rich nutty flavor.



**YOUR BODY AND TASTE BUDS
WILL KNOW THE DIFFERENCE!**

Nutrition Facts

Serving Size 1 slice (38g)
Servings Per Container 12

Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Cholesterol 0mg	0%
Sodium 85mg	4%
Potassium 90mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	13%
Sugars 1g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

*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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Organic Sprouted Wheat, Filtered Water, Organic Sprouted Flax Seeds, Organic Sprouted Barley, Organic Sprouted Millet, Organic Malted Barley, Organic Vital Wheat Gluten, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Fresh Yeast, Sea Salt.

Item #	UPC	Case Pack	Case Weight	Case Dimensions LxWxH (inches)	Case Cube	Pallet Tie/Hi	Cases Per Pallet	Storage Temp (F)	Lot Code	Shelf Life
118C6	0 7347200118 9	6 / 16 oz	8 lbs	11 x 8 x 7	0.36	15 x 9	135	0°F	Julian Manufacture Date	12 mon



FOOD FOR LIFE BAKING COMPANY INC.

2991 Doherty Street, Corona, CA 92879-5811

(800) 797-5090

Ph (951) 279-5090 | info@foodforlife.com