

SUPERIOR NUTRITION IS NOW...

GLUTEN FREE!



GLUTEN FREE

INTRODUCING Food for Life's **Sprouted For Life Breads**

- Vegan No Eggs
- Plant-Based Protein
- Sprouted to Maximize Nutrition & Digestion
- Naturally Low Glycemic Seeds
- Source of EFA's

TRIO OF HEALTH















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Created with Your Health in Mind.



Sprouted for Life™ Original 3 Seed Bread

Nutrition Facts

Serving Size 1 Slice (43g) Servings Per Container About 16

Amount Per Serving	
Calories 110 Calori	es from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 120mg	5%
Total Carb. 20g	7%
Dietary Fiber 3g	11%
Sugars 0g	
Protein 2g	
Vitamin A 0% • Vit	tamin C 0%
Calcium 4% • Iro	n 4%
* Percent Daily Values are bas calorie diet. Your daily values or lower depending on your	s may be higher

Calories: 2,000 Less than 65g

Less than Less than

Carbohydrate 4

Total Fat Saturated Fat Cholesterol

Total Carb. Dietary Fiber Calories per gram 65g 80g 20g 25g 300mg 300mg 2,400mg 2,400mg

Protein 4

INGREDIENTS: Organic Sprouted Quinoa (Red and/or White), Filtered Water, Organic Arrowroot, Organic Potato Starch, Organic Sprouted Millet, Organic Tapioca, Organic Applesauce, Fresh Yeast, Organic Safflower Oil, Organic Cactus, Organic Sprouted Chia Seeds, Organic Agave, Organic Vanilla, Sea Salt, Vegetable Gum (Xanthan, Cellulose), Organic Psyllium.



Sprouted for Life™ Flax Bread

Nutrition Facts

Serving Size			
Servings Pe	r Contair	ner Abol	ıt 16
Amount Per Se	rvina		
Calories 11		ries fron	n Fat 20
	0 00.01		ily Value*
Total Fat 2	.5q	70 Bu	4%
Saturated			0%
Trans Fat			
Cholestero	I Omg		0%
Sodium 11			5%
Total Carb.	21g		7%
Dietary Fi	ber 4g		14%
Sugars 0g			
Protein 2g			
Vitamin A C		itamin (5 0%
Calcium 49	1l	on 6%	
* Percent Daily V calorie diet. You or lower depen	ır daily valu	es may be ir calorie ne	higher eeds:
Total Fat	Less than	2,000 65q	2,500 80a
Saturated Fat Cholesterol Sodium Total Carb. Dietary Fiber Calories per gran	Less than Less than Less than	20g	25g 300mg 2,400mg 375g 30g

INGREDIENTS: Organic Sprouted Quinoa (Red and/or White), Filtered Water, Organic Arrowroot, Organic Potato Starch, Organic Sprouted Millet, Organic Tapioca, Organic Sprouted Flax, Organic Applesauce, Fresh Yeast, Organic Safflower Oil, Organic Cactus, Organic Sprouted Chia Seeds, Organic Agave, Organic Vanilla, Sea Salt, Vegetable Gum (Xanthan, Cellulose), Organic Psyllium.

Fat 9 • Carbohydrate 4 • Protein 4



Good manufacturing practices are used to segregate ingredients and products in a facility that also processes wheat, soy, and tree nuts.



Sprouted for Life™ Cinnamon Raisin Bread

Nutrition Facts

Serving Size 1 Slice (43g) Servings Per Container About 16

Amount Per Serving	
Calories 110 Calorie	es from Fat 1
	% Daily Value
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 95mg	4%
Total Carb. 22g	7%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 1g	
Vitamin A 0% • Vit	amin C 0%

Vitamin A 0%	•	Vitamin C 0%	
00.0.0	•		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher			

	Galories.	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb.		300g	375g
Dietary Fiber		25g	30g
Calories per grar	n:		
Fat 9 ● Ca	arbohydrate	4 •	Protein 4

INGREDIENTS: Organic Sprouted Quinoa (Red and/or White), Filtered Water, Organic Arrowroot, Organic Potato Starch, Organic Raisins, Organic Sprouted Millet, Organic Tapioca, Organic Applesauce, Fresh Yeast, Organic Safflower Oil, Organic Cactus, Organic Sprouted Chia Seeds, Organic Agave, Organic Vanilla, Organic Cinnamon, Sea Salt, Vegetable Gum (Xanthan, Cellulose), Organic Psyllium.



Sprouted for Life™ Almond Bread

Nutrition Facts

Serving Size 1 Slice (43g) Servings Per Container About 16

Amount Per Serving	
Calories 110 Calorie	es from Fat 30
	% Daily Value
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 110mg	5%
Total Carb. 19mg	6%
Dietary Fiber 3g	12%
Sugars 1g	

Vitamin A 0%	•	Vitamin C	0%
Calcium 4%	•	Iron 4%	

Protein 2g

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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb.		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 ● C	arbohydrate	4	Protein 4

INGREDIENTS: Organic Sprouted Quinoa (Red and/or White), Filtered Water, Organic Arrowroot, Organic Potato Starch, Organic Sprouted Millet, Organic Tapioca, Organic Applesauce, Fresh Yeast, Organic Almond Meal, Organic Safflower Oil, Organic Cactus, Organic Sprouted Chia Seeds, Organic Agave, Organic Vanilla, Sea Salt, Vegetable Gum (Xanthan, Cellulose), Organic Psyllium.

CONTAINS: Almond.





Certified Organic by Quality Assurance International

