



SUPERIOR NUTRITION IS NOW...

GLUTEN FREE!

Sprouted FOR Life™ BREAD



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



Food for Life Baking Co., Inc. 2991 E. Doherty St. Corona, CA 92879
(800) 797-5090 • M-Th 8-5pm, Fri 8-2pm • foodforlife.com

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	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carb. 20g	7%
Dietary Fiber 3g	11%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 4%
* 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	Carbohydrate 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 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 1 Slice (43g)	
Servings Per Container About 16	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carb. 21g	7%
Dietary Fiber 4g	14%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	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
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	Carbohydrate 4 Protein 4

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.



Sprouted for Life™
Cinnamon Raisin Bread

Nutrition Facts	
Serving Size 1 Slice (43g)	
Servings Per Container About 16	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carb. 22g	7%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 4%
* 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	Carbohydrate 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	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carb. 19mg	6%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 4%
* 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	Carbohydrate 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.



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



Certified Organic by
Quality Assurance
International

sproutedforlifebread.com