

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 Abou | ıt 16 |
| Amount Per Se | rving | | |
| Calories 11 | | ries fron | n Fat 20 |
| | | | ily Value* |
| Total Fat 2 | .5g | | 4% |
| Saturated | Fat 0g | | 0% |
| Trans Fat | 0g | | |
| Cholestero | I Omg | | 0% |
| Sodium 11 | 5mg | | 5% |
| Total Carb | . 21g | | 7% |
| Dietary Fi | ber 4g | | 14% |
| Sugars 0g | J | | |
| Protein 2g | | | |
| | | | |
| Vitamin A C | | itamin (| C 0% |
| Calcium 49 | 6 • II | on 6% | |
| * Percent Daily V calorie diet. You or lower depen | ur daily valu iding on you | es may be ir calorie ne | higher eeds: |
| Total Fat | Calories: 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% | | |
|---|---|--------------|--|--|
| 04.0.4 | • | | | |
| * 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 gram: | | | |
| 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

