Inspired Nutrition
THAT'S *Irresistibly Delicious!*

Food for Life®

New!

THE ORIGINAL · ANCIENT RECIPE

EZEKIEL 4:9®

Sprouted

Bagels



ORIGINAL
&
EVERYTHING

SCAN FOR Delicious & Healthy Recipes

foodforlife.com

Find us in the freezer or refrigerator section at a retailer near you!

USDA ORGANIC · INSPIRED ANCIENT RECIPE · V · BKS PAREVE · NON GMO Project VERIFIED nongmoproject.org · WHOLE GRAIN 35g or more per serving WholeGrainsCouncil.org EAT 48g OR MORE OF WHOLE GRAIN DAILY

Inspired Nutrition
IN *Irresistibly Delicious Bagels!*

Food for Life®

THE ORIGINAL · ANCIENT RECIPE

EZEKIEL 4:9®

THE MIRACLE OF THE SPROUTS!™

SPROUTED ORIGINAL BAGELS





Nutrition Facts

8 servings per container
Serving size 1/2 Bagel (57g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 2.8mg	15%
Potassium 120mg	2%
Vitamin E 0.3mg	2%
Thiamin 0.16mg	15%
Riboflavin 0.04mg	4%
Niacin 2.9mg	20%
Vitamin B6 0.11mg	6%
Folate 15mcg DFE	4%
Phosphorus 120mg	10%
Magnesium 45mg	10%
Zinc 4.1mg	35%
Selenium 23mcg	40%
Manganese 1.33mg	60%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Organic Sprouted Wheat, Water, Organic Wheat Gluten, Organic Sprouted Barley, Organic Sprouted Millet, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Organic Malted Barley, Sea Salt, Yeast, Organic Enzymes.

CONTAINS: WHEAT, SOY, SESAME.

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

Food for Life Baking Co., Inc.
2991 Doherty Street
Corona, CA, 92879
(951) 279-5090
M-TH 8-5, FR 8-1 (PST)
www.foodforlife.com
Email: info@foodforlife.com

Certified Organic by QAI

BioChecked NON Glyphosate CERTIFIED

PLEASE RECYCLE THIS PACKAGE

STORING AND KEEPING TIPS: This is a natural product with no added preservatives. For best results, refrigerate after purchase, or freeze for longer periods of keeping.

0 73472 00280 3

SPROUTED EVERYTHING BAGELS





Nutrition Facts

8 servings per container
Serving size 1/2 Bagel (57g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 3.6mg	20%
Potassium 130mg	2%
Vitamin E 0.3mg	2%
Thiamin 0.17mg	15%
Riboflavin 0.04mg	4%
Niacin 2.9mg	20%
Vitamin B6 0.11mg	6%
Folate 15mcg DFE	4%
Phosphorus 120mg	10%
Magnesium 45mg	10%
Zinc 5.5mg	50%
Selenium 22mcg	40%
Manganese 1.37mg	60%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Organic Sprouted Wheat, Water, Organic Wheat Gluten, Organic Sprouted Barley, Organic Sprouted Millet, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Organic Malted Barley, Sea Salt, Yeast, Organic Garlic, Organic Onions, Organic Sesame Seeds, Organic Poppy Seeds, Organic Enzymes.

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THE LIVE GRAIN DIFFERENCE!™

THE ORIGINAL ANCIENT RECIPE

Different from most bagels today, **Ezekiel 4:9® Bagels** are made from freshly sprouted Live grains. Our exclusive sprouting process releases important enzymes which **maximize nutritional content** and **promote better digestion.** Beneficial enzymes are released to help breakdown starches, carbs and proteins like phytic acid to promote better nutrient assimilation. We believe this is an important aspect in promoting overall health, vitality and longevity—to get the most out of whole grains! And even better still, our exclusive process **preserves these valuable nutrients** and **retains the important natural fiber + bran.** See the difference fresh sprouts really make. **Your body and tastebuds will know the difference!**



INSPIRED ANCIENT RECIPE

2500 YEAR OLD PRODIGY

Ezekiel 4:9 Bagels are a 2,500 year old prodigy of the original bread found in the bible. We discovered when these six grains are sprouted and combined, the result is an abundant harvest of exceptional nutrients including 9 essential amino acids, with 18 in all. These delicious and nutritious bagels are natural and don't contain preservatives. **Truly an Inspired Ancient Recipe available today!**

Product	Item #	UPC	Case Pack	Case Weight	Case Dimensions (inches)	Cases Cubed	Pallet Tie	Cases Per Pallet	Shelf Life
Ezekiel 4:9 Original Bagels	280C6	0 7347200280 3	6/16 oz.	8 lbs.	13.5" L x 9.13" W x 8.88" H	0.49 CF	14 x 11 high	154 cs	12 Months Frozen
Ezekiel 4:9 Everything Bagels	281C6	0 7347200281 0	6/16 oz.	8 lbs.	13.5" L x 9.13" W x 8.88" H	0.49 CF	14 x 11 high	154 cs	12 Months Frozen

FOOD FOR LIFE BAKING COMPANY, INC.

2991 Doherty Street | Corona, CA 92879-5811 | 800.797-5090 | 951-279-5090 | info@foodforlife.com | foodforlife.com