



EZEKIEL 4:9

BREAD

Do something
good for your
body today.



Sprouted
NON GMO
FLOURLESS
COMPLETE PLANT PROTEIN
PLANT-BASED
FIBER ORGANIC



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EZEKIEL 4:9

BREAD

Inspired by the Holy Scriptures

"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..."

Ezekiel 4:9



The original sprouted grain & seed bread.

Ezekiel 4:9® Breads are made from freshly sprouted organically grown grains and seeds that are naturally flavorful and bursting with nutrients. The combination of these sprouted grains and seeds yields a complete protein that parallels the protein found in milk and eggs as well as containing all 9 essential amino acids. Ezekiel 4:9® Breads are also loaded with plant fiber and bran.

Ezekiel 4:9® Original Bread

ITEM #120

Nutrition Facts

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 0.5g	1%	Sodium 75mg	3%
Saturated Fat 0g	0%	Total Carbohydrate 15g	5%
Trans Fat 0g		Dietary Fiber 3g	11%
Polyunsaturated Fat 0g		Total Sugars 0g	
Monounsaturated Fat 0g		Includes 0g of Added Sugars	0%
Cholesterol 0mg	0%	Protein 5g	
Vitamin D 0mcg 0% • Calcium 9mg 0% • Iron 1mg 6% • Potassium 81mg 2% • Thiamin 0.1mg 8% • Niacin 2mg 15% • Vitamin B6 0.1mg 6% • Folate 16mcg DFE 4% • Phosphorus 73mg 6% • Magnesium 26mg 6% • Zinc 1mg 10% • Selenium 13mcg 25% • Manganese 0.8mg 35%			

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



Nutrition Facts

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1g	1%	Sodium 80mg	3%
Saturated Fat 0g	0%	Total Carbohydrate 15g	5%
Trans Fat 0g		Dietary Fiber 3g	11%
Polyunsaturated Fat 0g		Total Sugars 0g	
Monounsaturated Fat 0g		Includes 0g of Added Sugars	0%
Cholesterol 0mg	0%	Protein 5g	
Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 2mg 10% • Potassium 83mg 2% • Thiamin 0.1mg 8% • Niacin 2mg 15% • Vitamin B6 0.1mg 6% • Folate 18mcg DFE 4% • Phosphorus 72mg 6% • Magnesium 26mg 6% • Zinc 2mg 20% • Selenium 13mcg 25% • Manganese 0.8mg 35%			

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



Nutrition Facts

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 0g	1%	Total Carbohydrate 18g	7%
Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 5g	
Cholesterol 0mg	0%	Includes 0g of Added Sugars	0%
Sodium 65mg	3%	Protein 4g	
Vitamin D 0mcg 0% • Calcium 13mg 2% • Iron 1mg 6% • Potassium 120mg 2% • Thiamin 0.1mg 8% • Niacin 2mg 15% • Vitamin B6 0.1mg 6% • Folate 14mcg DFE 4% • Phosphorus 65mg 6% • Magnesium 23mg 6% • Zinc 2mg 20% • Selenium 10mcg 20% • Manganese 0.7mg 30%			

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



Ezekiel 4:9® Flax Bread

ITEM #124

Nutrition Facts

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1g	1%	Total Carbohydrate 14g	5%
Saturated Fat 0g	0%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 0g	
Cholesterol 0mg	0%	Includes 0g of Added Sugars	0%
Sodium 70mg	3%	Protein 5g	
Vitamin D 0mcg 0% • Calcium 16mg 2% • Iron 2mg 10% • Potassium 77mg 2% • Thiamin 0.1mg 8% • Niacin 2mg 15% • Vitamin B6 0.1mg 6% • Folate 17mcg DFE 4% • Phosphorus 69mg 6% • Magnesium 25mg 6% • Zinc 2mg 20% • Selenium 13mcg 25% • Manganese 0.8mg 35%			

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



Ezekiel 4:9® Low Sodium Bread

ITEM #153

Nutrition Facts

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 0.5g	1%	Sodium 0mg	0%
Saturated Fat 0g	0%	Total Carbohydrate 15g	5%
Trans Fat 0g		Dietary Fiber 3g	10%
Polyunsaturated Fat 0g		Total Sugars 0g	
Monounsaturated Fat 0g		Includes 0g of Added Sugars	0%
Cholesterol 0mg	0%	Protein 5g	
Vitamin D 0mcg 0% • Calcium 9mg 0% • Iron 1mg 6% • Potassium 82mg 2% • Thiamin 0.1mg 8% • Niacin 2mg 15% • Vitamin B6 0.1mg 6% • Folate 18mcg DFE 4% • Phosphorus 74mg 6% • Magnesium 26mg 6% • Zinc 1mg 10% • Selenium 14mcg 25% • Manganese 0.8mg 35%			

INGREDIENTS: Organic Sprouted Wheat, Filtered Water, Organic Sprouted Barley, Organic Sprouted Millet, Organic Malted Barley, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Fresh Yeast, Organic Wheat Gluten.



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