



SPROUTED • FLOURLESS

*"Take also unto thee Wheat
Lentils and Millet and
in one vessel and*



*and Barley and Beans and
Spelt and put them
make bread of it..."
- Ezekiel 4:9*

EZEKIEL 4:9

CRUNCHY CEREAL



**A
GREAT
WAY TO START
YOUR DAY**



- 9 ESSENTIAL AMINO ACIDS
- NO TRANS FAT
- NO PRESERVATIVES
- INSPIRED ANCIENT RECIPE



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EZEKIEL 4:9® CRUNCHY CEREAL IS AS DELICIOUS AS IT IS NUTRITIOUS!

We believe in sprouting the grains we use in our cereal because sprouting is the best way to release all of the vital nutrients stored in whole grains.

Our exclusive sprouting process not only significantly increases nutrients but also causes a natural change that promotes digestibility by breaking down the natural phytic acid found in whole grains. And even better still, our exclusive baking process preserves these valuable nutrients and retains the important natural fiber and bran.

Your body and taste buds will know the difference!

EZEKIEL 4:9® CINNAMON RAISIN SPROUTED WHOLE GRAIN CRUNCHY CEREAL

ITEM #257

- ✓ FLOURLESS
- ✓ 9 ESSENTIAL AMINO ACIDS
- ✓ NO PRESERVATIVES

NUTRITION FACTS: Serving Size 1/2 cup (57g), **Calories** 180, **Total Fat** 1g, **Sat. Fat** 0g, **Trans Fat** 0g, **Cholesterol** 0mg, **Sodium** 135mg, **Total Carb.** 38g, **Dietary Fiber** 6g, **Total Sugar** 8g, **Added Sugar** 0g, **Protein** 7g.

INGREDIENTS: Organic Sprouted Wheat, Organic Raisins, Organic Sprouted Barley, Organic Sprouted Millet, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Malted Barley, Organic Sprouted Spelt, Filtered Water, Organic Cinnamon, Sea Salt, Organic Rosemary Extract.



EZEKIEL 4:9® SPROUTED WHOLE GRAIN CRUNCHY CEREAL

ITEM #255

- ✓ FLOURLESS
- ✓ 9 ESSENTIAL AMINO ACIDS
- ✓ LOW GLYCEMIC
- ✓ NO PRESERVATIVES

NUTRITION FACTS: Serving Size 1/2 cup (57g), **Calories** 180, **Total Fat** 1g, **Sat. Fat** 0g, **Trans Fat** 0g, **Cholesterol** 0mg, **Sodium** 170mg, **Total Carb.** 36g, **Dietary Fiber** 6g, **Total Sugar** 1g, **Added Sugar** 1g, **Protein** 8g.

INGREDIENTS: Organic Sprouted Wheat, Organic Sprouted Barley, Organic Sprouted Millet, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Malted Barley, Organic Sprouted Spelt, Filtered Water, Sea Salt, Organic Rosemary Extract.



EZEKIEL 4:9® ALMOND SPROUTED WHOLE GRAIN CRUNCHY CEREAL

ITEM #258

- ✓ FLOURLESS
- ✓ 9 ESSENTIAL AMINO ACIDS
- ✓ NO PRESERVATIVES

NUTRITION FACTS: Serving Size 1/2 cup (57g), **Calories** 190, **Total Fat** 3g, **Sat. Fat** 0g, **Trans Fat** 0g, **Cholesterol** 0mg, **Sodium** 160mg, **Total Carb.** 35g, **Dietary Fiber** 6g, **Total Sugar** 0g, **Added Sugar** 0g, **Protein** 8g.

INGREDIENTS: Organic Sprouted Wheat, Organic Sliced Almonds, Organic Sprouted Barley, Organic Sprouted Millet, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Malted Barley, Organic Sprouted Spelt, Filtered Water, Sea Salt, Organic Rosemary Extract.



EZEKIEL 4:9® GOLDEN FLAX SPROUTED WHOLE GRAIN CRUNCHY CEREAL

ITEM #256

- ✓ FLOURLESS
- ✓ 9 ESSENTIAL AMINO ACIDS
- ✓ NO PRESERVATIVES

NUTRITION FACTS: Serving Size 1/2 cup (57g), **Calories** 190, **Total Fat** 3g, **Sat. Fat** 0g, **Trans Fat** 0g, **Cholesterol** 0mg, **Sodium** 160mg, **Total Carb.** 35g, **Dietary Fiber** 7g, **Total Sugar** 1g, **Added Sugar** 1g, **Protein** 8g.

INGREDIENTS: Organic Sprouted Wheat, Organic Golden Flax Seeds, Organic Sprouted Barley, Organic Sprouted Millet, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Malted Barley, Organic Sprouted Spelt, Filtered Water, Sea Salt, Organic Rosemary Extract.



EZEKIEL 4:9® LOW SODIUM SPROUTED WHOLE GRAIN CRUNCHY CEREAL

ITEM #259

- ✓ FLOURLESS
- ✓ LOW GLYCEMIC
- ✓ 9 ESSENTIAL AMINO ACIDS
- ✓ NO PRESERVATIVES
- ✓ 0 GRAMS ADDED SALT

NUTRITION FACTS: Serving Size 1/2 cup (57g), **Calories** 180, **Total Fat** 1g, **Sat. Fat** 0g, **Trans Fat** 0g, **Cholesterol** 0mg, **Sodium** 0mg, **Total Carb.** 36g, **Dietary Fiber** 6g, **Total Sugar** 1g, **Added Sugar** 1g, **Protein** 8g.

INGREDIENTS: Organic Sprouted Wheat, Organic Sprouted Barley, Organic Sprouted Millet, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Malted Barley, Organic Sprouted Spelt, Filtered Water, Organic Rosemary Extract.



EZEKIEL 4:9® CRUNCHY CEREAL

Item #	UPC	Description	Case Pack	Case Weight	Case Dimensions L x W x H (inches)	Case Cube	Pallet TI/HI	Cases Per Pallet	Date Code	Shelf Life
255C6	0 7347200255 1	Original	6 / 16oz	7 lbs	6.25 x 12.75 x 9.75	.47 CF	20 x 4	80	Julian – Best Used By	12 mos dry
256C6	0 7347200256 8	Golden Flax	6 / 16oz	7 lbs	6.25 x 12.75 x 9.75	.47 CF	20 x 4	80	Julian – Best Used By	12 mos dry
257C6	0 7347200257 5	Cinnamon Raisin	6 / 16oz	7 lbs	6.25 x 12.75 x 9.75	.47 CF	20 x 4	80	Julian – Best Used By	14 mos dry
258C6	0 7347200258 2	Almond	6 / 16oz	7 lbs	6.25 x 12.75 x 9.75	.47 CF	20 x 4	80	Julian – Best Used By	12 mos dry
259C6	0 7347200259 9	Low-Sodium	6 / 16oz	7 lbs	6.25 x 12.75 x 9.75	.47 CF	20 x 4	80	Julian – Best Used By	12 mos dry

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