

ALFALFA SPROUTS 100g

PRODUCE

COLOUR	White roots and green leaves.
VISUAL APPEARANCE	Alfalfa (Luzerne) has a white root and stem, yellow to dark green leaves, and small brown seed hulls.
SENSORY	Crisp, fleshy texture for slight crunch. Mildly sweet taste with a fresh greens flavor.
SHAPE	Slender shoots that produce one set of green trifoliate leaves with round leaflets.
SIZE	3 to 6 centimeters in length.
INGREDIENTS	Organically sourced alfalfa seed.
COUNTRY OF ORIGIN	All products are grown in the Comox Valley on Vancouver Island, British Columbia, Canada.
PACKAGING & LABELLING	All labelling will meet current legislative requirements. All packaging is made from food grade material.
DELIVERY AGREEMENT	Product is to be transported and delivered in clean trucks, inspected upon arrival, within temp of 0.5-4°C.
VISUAL DEVIANCES	Yellow or whitish leaves from minimal light (winter) or a shortened grow period (early harvest).

FOOD SAFETY

FOOD SAFETY CERTIFICATIONS	Licensed under the Safe Food for Canadians Regulations and certified to PRIMUS GFS and HACCP standards. The food safety program is audited annually by a third party.
ORGANIC CERTIFICATIONS	Pacific Agriculture Certification Society (PACS 16-084), and Canadian Organic Regime (COR) standards met.

STORAGE AND ROTATION REQUIREMENTS

TEMPERATURE	Product is to be refrigerated and stored between 0.5-4°C
STORAGE	Keep in original packaging until consuming. Use quickly and Eatmore.
PRODUCT ROTATION	Products are to be rotated based on lot code and use, or by information displayed according to first-in, first out principles.
DATE CODING	Marked with a best before date and the harvest lot code, a three-digit Julian calendar date.
SHELF LIFE	Best Before Date is 14 days from date of harvest.

SPECIFIC USAGE INSTRUCTIONS

USAGE INSTRUCTIONS	Keep refrigerated, wash before using
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Enjoy!



2604 Grieve Road, Courtenay, BC V9J 1S7

www.eatmoresprouts.com

Email: shipping@eatmoresprouts.com

Phone: (250) 338-4860 ~ Fax: (250) 334-0216



NUTRITIONAL INFORMATION

Provided for buyer reference

Per 1 cup (approx. 85g)		%DV
Calories	25	
Fat	0.5g	1%
Saturated	0g	0%
Trans	0g	0%
Cholesterol	0mg	
Sodium	5mg	0%
Carbohydrates	3g	1%
Fiber	2g	8%
Sugars	0g	
Protein	3g	
Vitamin A		2%
Vitamin C		10%
Calcium		2%
Iron		4%

BROCCOLI SPROUTS 60g

PRODUCE

COLOUR	White roots and green leaves.
VISUAL APPEARANCE	Broccoli (Brocoli) has a white root and stem, yellow to dark green leaves, and small brown seed hulls.
SENSORY	Crisp, fleshy texture for slight crunch. Mildly spicy and fresh taste that is similar to that of radishes.
SHAPE	Slender shoots that produce one set of green trifoliate leaves with round leaflets.
SIZE	3 to 6 centimeters in length.
INGREDIENTS	Organically sourced broccoli seed.
COUNTRY OF ORIGIN	All products are grown in the Comox Valley on Vancouver Island, British Columbia, Canada.
PACKAGING & LABELLING	All labelling will meet current legislative requirements. All packaging is made from food grade material.
DELIVERY AGREEMENT	Product is to be transported and delivered in clean trucks, inspected upon arrival, within temp of 0.5-4°C.
VISUAL DEVIANCES	Yellow or whitish leaves from minimal light (winter) or a shortened grow period (early harvest).

FOOD SAFETY

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ORGANIC CERTIFICATIONS	Pacific Agriculture Certification Society (PACS 16-084), and Canadian Organic Regime (COR) standards met.

STORAGE AND ROTATION REQUIREMENTS

TEMPERATURE	Product is to be refrigerated and stored between 0.5-4°C
STORAGE	Keep in original packaging until consuming. Use quickly and Eatmore.
PRODUCT ROTATION	Products are to be rotated based on lot code and use, or by information displayed according to first-in, first out principles.
DATE CODING	Marked with a best before date and the harvest lot code, a three-digit Julian calendar date.
SHELF LIFE	Best Before Date is 14 days from date of harvest.

SPECIFIC USAGE INSTRUCTIONS

USAGE INSTRUCTIONS	Keep refrigerated, wash before using
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NUTRITIONAL INFORMATION

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Per 3 oz (approx. 84g)		%DV
Calories	35	
Fat	0.5g	1%
Saturated	0g	0%
Trans	0g	0%
Cholesterol	0mg	
Sodium	25mg	0%
Carbohydrates	5g	2%
Fiber	4g	16%
Sugars	0g	
Protein	2g	
Vitamin A		10%
Vitamin C		60%
Calcium		6%
Iron		4%

CLOVER SPROUTS 100g

PRODUCE

COLOUR	White roots and green leaves.
VISUAL APPEARANCE	Clover (Tréfle) has a white root and stem, light green leaves, and small brown seed hulls.
SENSORY	Crisp, fleshy texture for slight crunch. Mildly sweet taste with a fresh greens flavor.
SHAPE	Slender shoots that produce one set of green trifoliate leaves with round leaflets.
SIZE	3 to 6 centimeters in length.
INGREDIENTS	Organically sourced clover seed.
COUNTRY OF ORIGIN	All products are grown in the Comox Valley on Vancouver Island, British Columbia, Canada.
PACKAGING & LABELLING	All labelling will meet current legislative requirements. All packaging is made from food grade material.
DELIVERY AGREEMENT	Product is to be transported and delivered in clean trucks, inspected upon arrival, within temp of 0.5-4°C.
VISUAL DEVIANCES	Yellow or whitish leaves from minimal light (winter) or a shortened grow period (early harvest).

FOOD SAFETY

FOOD SAFETY CERTIFICATIONS	Licensed under the Safe Food for Canadians Regulations and certified to PRIMUS GFS and HACCP standards. The food safety program is audited annually by a third party.
ORGANIC CERTIFICATIONS	Pacific Agriculture Certification Society (PACS 16-084), and Canadian Organic Regime (COR) standards met.

STORAGE AND ROTATION REQUIREMENTS

TEMPERATURE	Product is to be refrigerated and stored between 0.5-4°C
STORAGE	Keep refrigerated in original packaging until consuming. Use quickly and Eatmore.
PRODUCT ROTATION	Products are to be rotated based on lot code and use, or by information displayed according to first-in, first out principles.
DATE CODING	Marked with a best before date and the harvest lot code, a three-digit Julian calendar date.
SHELF LIFE	Best Before Date is 14 days from date of harvest.

SPECIFIC USAGE INSTRUCTIONS

USAGE INSTRUCTIONS	Keep refrigerated, wash before using
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NUTRITIONAL INFORMATION

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Per 1 cup (approx. 85g)		%DV
Calories	25	
Fat	0.5g	1%
Saturated	0g	0%
Trans	0g	0%
Cholesterol	0mg	
Sodium	5mg	0%
Carbohydrates	3g	1%
Fiber	2g	8%
Sugars	0g	
Protein	3g	
Vitamin A		2%
Vitamin C		10%
Calcium		2%
Iron		4%

Combo Pack 100g

PRODUCE

COLOUR	Green roots and green leaves.
VISUAL APPEARANCE	Please see spec sheets for individual products.
SENSORY	Crisp, fleshy texture for slight crunch.
SHAPE	Please see spec sheets for individual products.
SIZE	Please see spec sheets for individual products.
INGREDIENTS	Organically sourced alfalfa seed, red and green lentils, green peas, garbanzos and adzuki.
COUNTRY OF ORIGIN	All products are grown in the Comox Valley on Vancouver Island, British Columbia, Canada.
PACKAGING & LABELLING	All labelling will meet current legislative requirements. All packaging is made from food grade material.
DELIVERY AGREEMENT	Product is to be transported and delivered in clean trucks, inspected upon arrival, within temp of 0.5-4°C.
VISUAL DEVIANCES	Please see spec sheets for individual products.

FOOD SAFETY

FOOD SAFETY CERTIFICATIONS	Licensed under the Safe Food for Canadians Regulations and certified to PRIMUS GFS and HACCP standards. The food safety program is audited annually by a third party.
ORGANIC CERTIFICATIONS	Pacific Agriculture Certification Society (PACS 16-084), and Canadian Organic Regime (COR) standards met.

STORAGE AND ROTATION REQUIREMENTS

TEMPERATURE	Product is to be refrigerated and stored between 0.5-4°C
STORAGE	Keep refrigerated in original packaging until consuming. Use quickly and Eatmore.
PRODUCT ROTATION	Products are to be rotated based on lot code and use, or by information displayed according to first-in, first out principles.
DATE CODING	Marked with a best before date and the harvest lot code, a three-digit Julian calendar date.
SHELF LIFE	Best Before Date is 14 days from date of harvest.

SPECIFIC USAGE INSTRUCTIONS

USAGE INSTRUCTIONS	Keep refrigerated, wash before using
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NUTRITIONAL INFORMATION

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Per 1 cup (approx. 99g)		%DV
Calories	40	
Fat	0g	1%
Saturated	0g	0%
Trans	0g	0%
Cholesterol	0mg	
Sodium	0mg	0%
Carbohydrates	8g	3%
Fiber	3g	12%
Sugars	4g	
Protein	3g	
Vitamin A		2%
Vitamin C		50%
Calcium		4%
Iron		10%

DELI SPROUTS 100g

PRODUCE

COLOUR	White roots, pink/green stem and light green leaves.
VISUAL APPEARANCE	Deli Blend (Deli mélange) has white roots, pink/green shoots, and small brown seed pods.
SENSORY	Slightly spicy with a crunchy texture.
SHAPE	Slender shoots produce one set of green trifoliate leaves with round leaflets. Some flat beans with white shoots.
SIZE	3 to 6 centimeters in length.
INGREDIENTS	Blend of Alfalfa, Lentil, Radish Sprouts. May contain wheat.
COUNTRY OF ORIGIN	All products are grown in the Comox Valley on Vancouver Island, British Columbia, Canada.
PACKAGING & LABELLING	All labelling will meet current legislative requirements. All packaging is made from food grade material.
DELIVERY AGREEMENT	Product is to be transported and delivered in clean trucks, inspected upon arrival, within temp of 0.5-4°C.
VISUAL DEVIANCES	Yellow or whitish leaves from minimal light or a shortened grow period. Some pink pigment with safe, fuzzy looking root hairs along the length.

FOOD SAFETY

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ORGANIC CERTIFICATIONS	Pacific Agriculture Certification Society (PACS 16-084), and Canadian Organic Regime (COR) standards met.

STORAGE AND ROTATION REQUIREMENTS

TEMPERATURE	Product is to be refrigerated and stored between 0.5-4°C
STORAGE	Keep refrigerated in original packaging until consuming. Use quickly and Eatmore.
PRODUCT ROTATION	Products are to be rotated based on lot code and use, or by information displayed according to first-in, first out principles.
DATE CODING	Marked with a best before date and the harvest lot code, a three-digit Julian calendar date.
SHELF LIFE	Best Before Date is 14 days from date of harvest.

SPECIFIC USAGE INSTRUCTIONS

USAGE INSTRUCTIONS	Keep refrigerated, wash before using
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NUTRITIONAL INFORMATION

Provided for buyer reference

Per 1 cup (approx. 25g)		%DV
Calories	5	
Fat	0.2g	0%
Saturated	0g	0%
Trans	0g	0%
Cholesterol	0mg	
Sodium	2mg	0%
Carbohydrates	1g	0%
Fiber	1g	4%
Sugars	0g	
Protein	1g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		2%

KAIWARE DAIKON 55g

PRODUCE

COLOUR	Bright green leaves with pale green stems.
VISUAL APPEARANCE	Tender daikon radish microgreens with delicate green leaves and slender pale green stems.
SENSORY	Crisp texture with a fresh, mildly peppery radish flavour.
SHAPE	Slender microgreen shoots with narrow stems and small rounded leaves shaped like clamshells.
SIZE	6 – 10 centimeters in length. Depending on season.
INGREDIENTS	Organically sourced kaiware daikon radish microgreens.
COUNTRY OF ORIGIN	All products are grown in the Comox Valley on Vancouver Island, British Columbia, Canada.
PACKAGING & LABELLING	All labelling will meet current legislative requirements. All packaging is made from food grade material.
DELIVERY AGREEMENT	Product is to be transported and delivered in clean trucks, inspected upon arrival, within temp of 0.5-4°C.
VISUAL DEVIANCES	Minor variation in stem length or leaf size depending on seasonal growing conditions and harvest stage.

FOOD SAFETY

FOOD SAFETY CERTIFICATIONS	Licensed under the Safe Food for Canadians Regulations and certified to PRIMUS GFS and HACCP standards. The food safety program is audited annually by a third party.
ORGANIC CERTIFICATIONS	Pacific Agriculture Certification Society (PACS 16-084), and Canadian Organic Regime (COR) standards met.

STORAGE AND ROTATION REQUIREMENTS

TEMPERATURE	Product is to be refrigerated and stored between 0.5-4°C
STORAGE	Keep in original packaging until consuming. Use quickly and Eatmore.
PRODUCT ROTATION	Products are to be rotated based on lot code and use, or by information displayed according to first-in, first out principles.
DATE CODING	Marked with a best before date and the harvest lot code, a three-digit Julian calendar date.
SHELF LIFE	Best Before Date is 14 days from date of harvest.

SPECIFIC USAGE INSTRUCTIONS

USAGE INSTRUCTIONS	Keep refrigerated, wash before using
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NUTRITIONAL INFORMATION

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Per 1 cup (approx. 99g)		%DV
Calories	27	
Fat	.4g	1%
Saturated	0g	0%
Trans	0g	0%
Cholesterol	0mg	
Sodium	16mg	1%
Carbohydrates	3.5g	1%
Fiber	1.9g	6%
Sugars	1.3g	
Protein	2.6g	
Vitamin A		33%
Vitamin C	30mg	33%
Calcium	38mg	3%
Iron	.9mg	5%

MICRO GREENS 28g

PRODUCE

COLOUR	Vibrant mix of red, purple, and green across leaves and stems with tender, delicate foliage.
VISUAL APPEARANCE	Vibrant mix of red, purple, and green colouring across stems and leaves, with tender, delicate leaf structure.
SENSORY	Crisp texture with a sharp, peppery radish flavour and mild spice finish.
SHAPE	Slender microgreen shoots with small rounded to slightly serrated leaves and colourful stems.
SIZE	6 – 10 centimeters in length. Depending on season.
INGREDIENTS	Organically sourced radish microgreens (mixed varieties).
COUNTRY OF ORIGIN	All products are grown in the Comox Valley on Vancouver Island, British Columbia, Canada.
PACKAGING & LABELLING	All labelling will meet current legislative requirements. All packaging is made from food grade material.
DELIVERY AGREEMENT	Product is to be transported and delivered in clean trucks, inspected upon arrival, within temp of 0.5-4°C.
VISUAL DEVIANCES	Variation in intensity of red/purple pigmentation on leaves and stems depending on growing conditions.

FOOD SAFETY

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ORGANIC CERTIFICATIONS	Pacific Agriculture Certification Society (PACS 16-084), and Canadian Organic Regime (COR) standards met.

STORAGE AND ROTATION REQUIREMENTS

TEMPERATURE	Product is to be refrigerated and stored between 0.5-4°C
STORAGE	Keep in original packaging until consuming. Use quickly and Eatmore.
PRODUCT ROTATION	Products are to be rotated based on lot code and use, or by information displayed according to first-in, first out principles.
DATE CODING	Marked with a best before date and the harvest lot code, a three-digit Julian calendar date.
SHELF LIFE	Best Before Date is 14 days from date of harvest.

SPECIFIC USAGE INSTRUCTIONS

USAGE INSTRUCTIONS	Keep refrigerated, wash before using
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NUTRITIONAL INFORMATION

Provided for buyer reference

Per 1 cup (approx. 99g)		%DV
Calories	28	
Fat	.5g	1%
Saturated	0g	0%
Trans	0g	0%
Cholesterol	0mg	
Sodium	18mg	1%
Carbohydrates	3.8g	1%
Fiber	2g	7%
Sugars	1.4g	
Protein	2.5g	
Vitamin A		39%
Vitamin C	32mg	36%
Calcium	40mg	3%
Iron	1mg	6%

MIXED BEAN 225g

PRODUCE

COLOUR	Pale yellow to light green and reddish brown beans with white shoots.
VISUAL APPEARANCE	Mixed Bean (Fèves Germées Mélangées) is a colorful mix of small to medium beans with white shoots.
SENSORY	Slightly crunchy fresh bean flavor.
SHAPE	Oval, round and flat beans with white shoots.
SIZE	Small
INGREDIENTS	Red and green lentils, green peas, garbanzos and adzuki.
COUNTRY OF ORIGIN	All products are grown in the Comox Valley on Vancouver Island, British Columbia, Canada.
PACKAGING & LABELLING	All labelling will meet current legislative requirements. All packaging is made from food grade material.
DELIVERY AGREEMENT	Product is to be transported and delivered in clean trucks, inspected upon arrival, within temp of 0.5-4°C.
VISUAL DEVIANCES	Yellow or whitish leaves from minimal light (winter) or a shortened grow period (early harvest).

FOOD SAFETY

FOOD SAFETY CERTIFICATIONS	Licensed under the Safe Food for Canadians Regulations and certified to PRIMUS GFS and HACCP standards. The food safety program is audited annually by a third party.
ORGANIC CERTIFICATIONS	Pacific Agriculture Certification Society (PACS 16-084), and Canadian Organic Regime (COR) standards met.

STORAGE AND ROTATION REQUIREMENTS

TEMPERATURE	Product is to be refrigerated and stored between 0.5-4°C
STORAGE	Keep in original packaging until consuming. Use quickly and Eatmore.
PRODUCT ROTATION	Products are to be rotated based on lot code and use, or by information displayed according to first-in, first out principles.
DATE CODING	Marked with a best before date and the harvest lot code, a three-digit Julian calendar date.
SHELF LIFE	Best Before Date is 14 days from date of harvest.

SPECIFIC USAGE INSTRUCTIONS

USAGE INSTRUCTIONS	Keep refrigerated, wash before using
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NUTRITIONAL INFORMATION

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Per 1/3 cup (approx. 50g)		%DV
Calories	70	
Fat	0.4g	1%
Saturated	0.1g	1%
Trans	0g	0%
Cholesterol	0mg	
Sodium	4mg	0%
Carbohydrates	13g	4%
Fiber	4g	16%
Sugars	1g	
Protein	5g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		8%

PEA SHOOTS 50g

PRODUCE

COLOUR	Green roots and green leaves.
VISUAL APPEARANCE	Pea Shoots (Pousses de Pois) have solid light green roots with an attractive, frilly, slightly darker leaf.
SENSORY	Crisp, fleshy texture for slight crunch. Fresh pea taste.
SHAPE	Slender shoots that produce one set of green trifoliate leaves with round leaflets.
SIZE	6 – 12 centimeters in length. Depending on season.
INGREDIENTS	Organically sourced pea shoots.
COUNTRY OF ORIGIN	All products are grown in the Comox Valley on Vancouver Island, British Columbia, Canada.
PACKAGING & LABELLING	All labelling will meet current legislative requirements. All packaging is made from food grade material.
DELIVERY AGREEMENT	Product is to be transported and delivered in clean trucks, inspected upon arrival, within temp of 0.5-4°C.
VISUAL DEVIANCES	Yellow or whitish leaves from minimal light (winter) or a shortened grow period (early harvest).

FOOD SAFETY

FOOD SAFETY CERTIFICATIONS	Licensed under the Safe Food for Canadians Regulations and certified to PRIMUS GFS and HACCP standards. The food safety program is audited annually by a third party.
ORGANIC CERTIFICATIONS	Pacific Agriculture Certification Society (PACS 16-084), and Canadian Organic Regime (COR) standards met.

STORAGE AND ROTATION REQUIREMENTS

TEMPERATURE	Product is to be refrigerated and stored between 0.5-4°C
STORAGE	Keep in original packaging until consuming. Use quickly and Eatmore.
PRODUCT ROTATION	Products are to be rotated based on lot code and use, or by information displayed according to first-in, first out principles.
DATE CODING	Marked with a best before date and the harvest lot code, a three-digit Julian calendar date.
SHELF LIFE	Best Before Date is 18 days from date of harvest.

SPECIFIC USAGE INSTRUCTIONS

USAGE INSTRUCTIONS	Keep refrigerated, wash before using
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Enjoy!

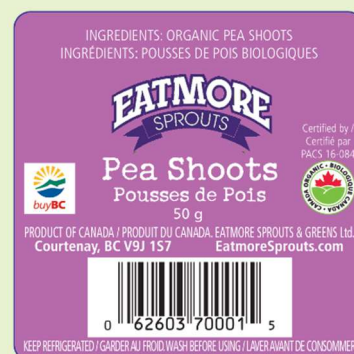


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NUTRITIONAL INFORMATION

Provided for buyer reference

Per 1 cup (approx. 99g)		%DV
Calories	40	
Fat	0g	1%
Saturated	0g	0%
Trans	0g	0%
Cholesterol	0mg	
Sodium	0mg	0%
Carbohydrates	8g	3%
Fiber	3g	12%
Sugars	4g	
Protein	3g	
Vitamin A		2%
Vitamin C		50%
Calcium		4%
Iron		10%

SUNFLOWER GREENS 75g or Bulk PRODUCE

COLOUR	White roots and green leaves.
VISUAL APPEARANCE	Sunflower (Tournesol) has a white root and stem, and green leaves.
SENSORY	Crunchy and crisp with a nutty flavor.
SHAPE	Two green, oval leaves splay outward like the open pages of a book, rising from a single long, cylindrical stem.
SIZE	8 to 12 centimeters in length, depending on season.
INGREDIENTS	Organically sourced sunflower seed.
COUNTRY OF ORIGIN	All products are grown in the Comox Valley on Vancouver Island, British Columbia, Canada.
PACKAGING & LABELLING	All labelling will meet current legislative requirements. All packaging is made from food grade material.
DELIVERY AGREEMENT	Product is to be transported and delivered in clean trucks, inspected upon arrival, within temp of 0.5-4°C.
VISUAL DEVIANCES	Yellow or whitish leaves from minimal light (winter) or a shortened grow period (early harvest).

FOOD SAFETY

FOOD SAFETY CERTIFICATIONS	Licensed under the Safe Food for Canadians Regulations and certified to PRIMUS GFS and HACCP standards. The food safety program is audited annually by a third party.
ORGANIC CERTIFICATIONS	Pacific Agriculture Certification Society (PACS 16-084), and Canadian Organic Regime (COR) standards met.

STORAGE AND ROTATION REQUIREMENTS

TEMPERATURE	Product is to be refrigerated and stored between 0.5-4°C
STORAGE	Keep in original packaging until consuming. Use quickly and Eatmore.
PRODUCT ROTATION	Products are to be rotated based on lot code and use, or by information displayed according to first-in, first out principles.
DATE CODING	Marked with a best before date and the harvest lot code, a three-digit Julian calendar date.
SHELF LIFE	Best Before Date is 8 days from date of harvest.

SPECIFIC USAGE INSTRUCTIONS

USAGE INSTRUCTIONS	Keep refrigerated, wash before using
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Enjoy!



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NUTRITIONAL INFORMATION

Provided for buyer reference

Per 1/3 cup (approx. 25g)	%DV	
Calories	5	
Fat	0.2g	0%
Saturated	0g	0%
Trans	0g	0%
Cholesterol	0mg	
Sodium	1mg	0%
Carbohydrates	1g	0%
Fiber	0g	0%
Sugars	0g	
Protein	1g	
Vitamin A		2%
Vitamin C		0%
Calcium		2%
Iron		2%