

**NEW!**

*"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

**SPROUTED CRUNCHY CEREAL**  
**LOW SODIUM**

*A Great Way*  
to start your day



**Do something good for your body today.**







# SPROUTED CRUNCHY CEREAL

## MAXIMUM NUTRITION WITHOUT THE SALT

### EZEKIEL 4:9® LOW-SODIUM CRUNCHY CEREAL

**Ezekiel 4:9 Crunchy Cereal is as delicious as it is nutritious!**

Did you know Food For Life Ezekiel 4,9® sprouted grain crunchy cereals are made from sprouted organic live grains, legumes, and seeds, and *contain absolutely no flour?*

Sprouting is the **only way** to release all of the vital nutrients stored in whole grains.

We add just the right amount of water to healthy, whole, organically grown grains to **unlock dormant food energy** and maximize nutrition and flavor.

Beneficial enzymes are activated which cause the grains to sprout and become **a living food**.

The enzymatic action increases valuable nutrients and also causes a natural change that promotes **a more efficient assimilation of protein and carbohydrates**.

Our exclusive **slow baking** technique helps preserve valuable nutrients and retain important natural fiber and bran.

### Your body and taste buds will know the difference!

The natural whole-grain goodness and energy source of crunchy Ezekiel 4:9® cereal is a great way to start the day off right.

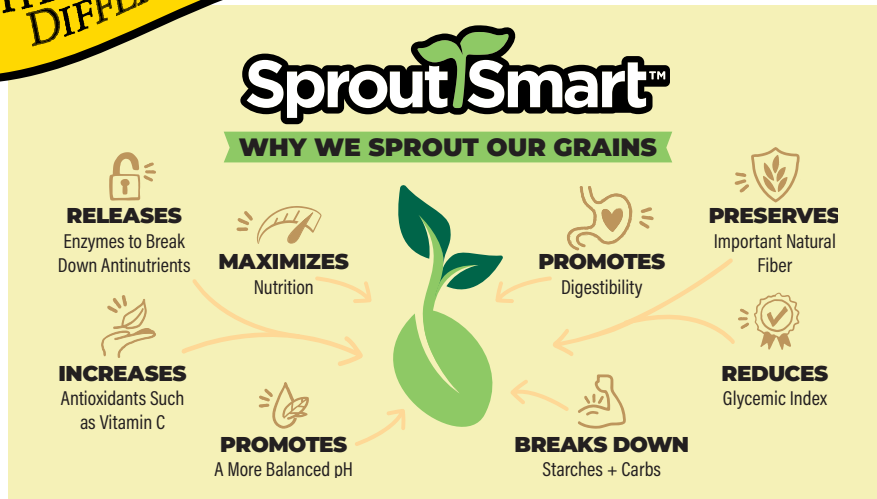


**INGREDIENTS:** Organic Sprouted Wheat, Organic Sprouted Barley, Organic Sprouted Millet, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Malted Barley, Organic Sprouted Spelt, Filtered Water, Organic Rosemary Extract.

**CONTAINS: WHEAT, SOY.**



**NUTRITION FACTS:** Serving Size ½ Cup (57g), Calories 190, Total Fat 1g, Sat. Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carb. 38g, Dietary Fiber 7g, Total Sugars 1g, Protein 8g.



### ABOUT OUR LOW-SODIUM CEREAL:

- No added salt
- No refined sugar
- No preservatives
- No artificial colors or flavors
- No shortening
- No cholesterol
- Yeast-free

### HEALTHY TRADITIONS™

To find creative cereal recipes, visit:  
[foodforlife.com/recipes/cereal](http://foodforlife.com/recipes/cereal)

Product	Item #	UPC	Case Pack	Case Weight	Case Dimensions L x W x H (inches)	Cases Cube	Pallet Tie x High	Cases Per Pallet	Shelf Life
Low-Sodium Crunchy Cereal	259C6	07347200259 9	6/16oz.	7 lbs.	6.25" L x 12.75" W x 9.75" H	0.47 CF	20 x 4	80 cs	12 Months Dry

### FOOD FOR LIFE BAKING COMPANY, INC.

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