



"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



EZEKIEL 4:9

Sprouted • Flourless

To Maximize Nutrition and Digestibility

- Complete Plant Protein
- Diabetic Friendly
- Soluble and Insoluble Dietary Fiber
- Complex Plant Energy

foodforlife.com



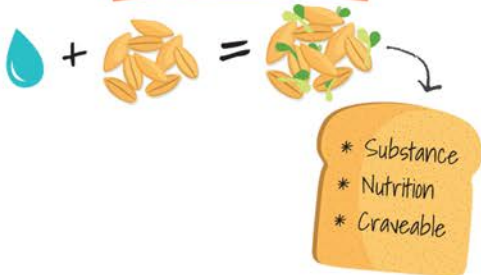


WHOLESUME, MADE-WITH-LOVE PRODUCTS FOR OPTIMUM HEALTH, NUTRITION AND RICH FLAVOR

The secret is our exclusive sprouting technique.

- Sprouted grains add substance, nutrition, and craveable whole grain flavors to our products.
- Today, after more than four generations, countless hours of research, and over 60 different products, our family still maintains the original baking techniques that produce authentic, flavorful sprouted grain breads.

OUR SECRET



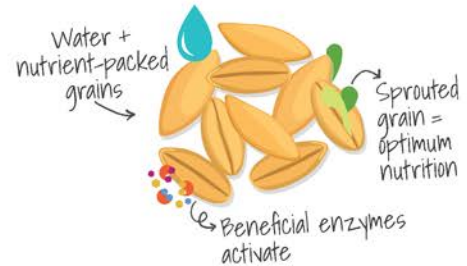
THE BENEFITS OF SPROUTING

- Releases enzymes which breaks down phytic acid (an antinutrient) found in grains
- Maximizes nutrition and digestibility
- Breaks down protein, starches and carbohydrates
- Reduces the glycemic index of grains over dry grains ground into flour
- Promotes bioactive compounds such as antioxidants
- Promotes a more balanced pH
- Preserves important natural dietary fiber

WE SPROUT OUR INGREDIENTS WITH THE LIVE GRAIN DIFFERENCE™

Sprouted grains maximize nutrition and promote digestibility.

- Sprouting is the only way to release all of the vital nutrients stored in whole grains.
- Our exclusive sprouting process optimizes nutrients, while naturally metabolizing gluten protein through enzymatic activity.
- This makes the nutrients easier for the body to absorb.
- Our exclusive baking process preserves these valuable nutrients.



SOURCE OF COMPLETE PLANT PROTEIN

Rated 84.3% as efficient as the highest recognized source of protein casein (comparable to that of milk or eggs).

CONTAINS 18 AMINO ACIDS

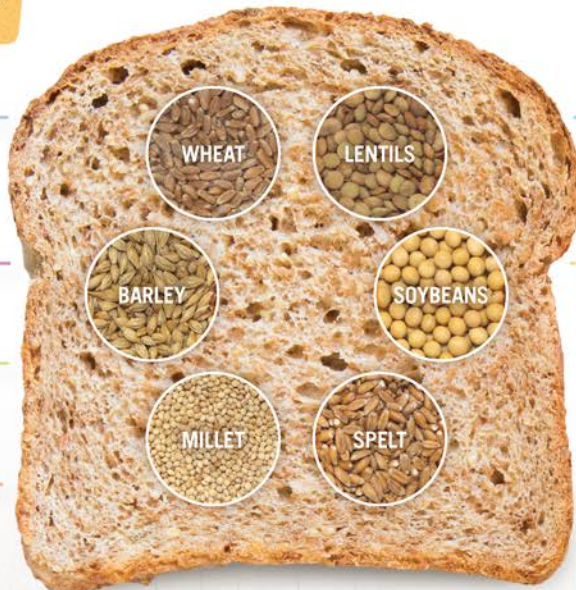
Including all nine essential amino acids.

INCREASED DIGESTIBILITY

Sprouting breaks down starches in grains into simple sugars so your body can digest them easily.

INCREASED VITAMIN C

Sprouting produces vitamin C.



INCREASED ABSORPTION OF MINERALS

Sprouting breaks down enzyme inhibitors, so your body can more easily absorb calcium, magnesium, iron, copper, and zinc.

INCREASED VITAMIN B

Sprouting increases the Vitamin B2, B5, and B6.

GREAT SOURCE OF FIBER

Combining sprouted grains and legumes delivers a good amount of natural fiber in each serving.

SIX CERTIFIED ORGANIC WHOLE GRAINS

All of our Ezekiel 4:9® Sprouted Whole Grain Products contain wheat, barley, millet, spelt, lentils, and soybeans.

To find Food For Life products near you, visit foodforlife.com/connect/store-locator