



# EZEKIEL 4:9

SPROUTED GRAINS • 100% FLOURLESS • COMPLETE PROTEIN  
4 GREAT-TASTING, ALL-NATURAL VARIETIES



**THE LIVE GRAIN  
DIFFERENCE!**

AS DESCRIBED IN 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

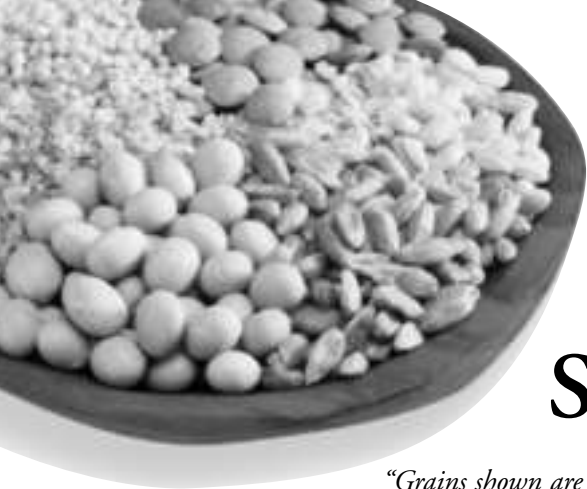
Available at Natural & Specialty Food Stores

800-797-5090

[www.foodforlife.com](http://www.foodforlife.com)

Food For Life Baking Company, Inc. • 2991 E. Doherty • Corona, CA 92879





# TAKE A CLOSER LOOK AT THE WHOLESOME GOODNESS OF EZEKIEL 4:9® SPROUTED-GRAIN CEREALS

*"Grains shown are in dry form, but don't worry! We sprout them all before we use them in Ezekiel 4:9® cereal."*

## ORIGINAL Item #255 C12

SERVING SIZE 1/2 Cup (57g)

CALORIES 190	Calories from Fat 10		
TOTAL FAT 1g	2%	TOTAL CARBOHYDRATE 41g	14%
Saturated Fat 0g	1%	Dietary Fiber 5g	21%
CHOLESTEROL 0mg	0%	Sugars 0g	
SODIUM 200mg	8%	PROTEIN 8g	16%
POTASSIUM 200mg	7%		

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

## GOLDEN FLAX Item #256 C12

SERVING SIZE 1/2 Cup (57g)

CALORIES 180	Calories from Fat 20		
TOTAL FAT 2.5g	4%	TOTAL CARBOHYDRATE 37g	12%
Saturated Fat 0g	1%	Dietary Fiber 6g	23%
CHOLESTEROL 0mg	0%	Sugars 0g	
SODIUM 190mg	8%	PROTEIN 8g	17%
POTASSIUM 190mg	5%		

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

## CINNAMON RAISIN Item #257 C12

SERVING SIZE 1/2 Cup (57g)

CALORIES 190	Calories from Fat 10		
TOTAL FAT 1g	1%	TOTAL CARBOHYDRATE 41g	14%
Saturated Fat 0g	1%	Dietary Fiber 5g	21%
CHOLESTEROL 0mg	0%	Sugars 8g	
SODIUM 160mg	7%	PROTEIN 7g	13%
POTASSIUM 250mg	7%		

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

## ALMOND Item #258 C12

SERVING SIZE 1/2 Cup (57g)

CALORIES 200	Calories from Fat 25		
TOTAL FAT 3g	4%	TOTAL CARBOHYDRATE 38g	13%
Saturated Fat 0g	2%	Dietary Fiber 6g	24%
CHOLESTEROL 0mg	0%	Sugars <1g	
SODIUM 190mg	8%	PROTEIN 8g	16%
POTASSIUM 220mg	6%		

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



Certified Organic by Quality Assurance International

UPC	Description	Pk/Sz	Cs Wt	Cs Dim (HxLxW)	Cs Cube	Unit Dim (HxLxW)
0-73472-00255-1	Ezekiel 4:9® Original	12/16 oz	14 lbs.	8½ x 12½ x 12½	.76	8¼ x 6 x 2
0-73472-00256-8	Ezekiel 4:9® Golden Flax	12/16 oz	14 lbs.	8½ x 12½ x 12½	.76	8¼ x 6 x 2
0-73472-00257-5	Ezekiel 4:9® Cinnamon Raisin	12/16 oz	14 lbs.	8½ x 12½ x 12½	.76	8¼ x 6 x 2
0-73472-00258-2	Ezekiel 4:9® Almond	12/16 oz	14 lbs.	8½ x 12½ x 12½	.76	8¼ x 6 x 2