



Original Gourmet Sprouted Almonds[®]



3 LB Bulk



Ray Longhurst
Founder

Nutrition Facts

Serving size - 1oz (29g) Nuts per serving – about 24
Calories from fat – 99
Total calories – 163
*Percent Daily Values (DVs are based on a 2000 calorie diet)

High Fiber - High Protein

| Amount/Serving | %DV* |
|------------------------|-----------|
| Total Fat 11g | 12 |
| Sat. Fat 0g | 0 |
| Trans. Fat 0g | 0 |
| Sodium .01g | 1 |
| Total Carb. 6g | 2 |
| Protein 6g | 10 |
| Fiber 3.5g | 14 |
| Potassium 200mg | |
| Magnesium 76mg | |
| Calcium 75mg | |
| Iron 1mg | |
| Vitamin E 7mg | |
| Niacin 1mg | |

RAW, WHOLE FOOD

Sprouting is one of the most fascinating natural phenomena. From this tiny appendage, a tree is born. It's not surprising that there is exceptional nutritional value locked inside the kernel. Sprouting enlivens the enzymes that are dormant within. These enzymes activate when they come in contact with water, and the nuts are "awakened". The potential growth for each nut is to become a tree, and when we eat Sprouted Almonds[®] our bodies receive this concentrated vital energy and nutrition. Even more important, sprouting neutralizes enzyme inhibitors present in the nut, allowing quicker and more complete digestion and assimilation of nutrients.

Compare Raw Almonds to Sprouted Almonds

| 1oz Serving (24 nuts) | Raw | Sprouted | Change |
|-----------------------|--------|----------|--------|
| Calories from fat | 113 | 99 | - 13% |
| Total fat | 12.8g | 11.25g | - 12% |
| Saturated Fat | 0.88g | 0.74g | - 16% |
| Riboflavin B2 | 0.31g | 0.35g | + 13% |
| Niacin B3 | 0.95g | 0.99g | + 4% |
| Soluble Fiber | 7.4% | 10.3% | + 39% |
| Campesterol * | 1.2mg | 1.4mg | + 17% |
| Beta Sitosterol * | 28.6mg | 36.0mg | + 26% |
| Stanols * | 9.5mg | 10.5mg | + 11% |
| Stigmasterol ** | 1.3mg | 1.7mg | + 31% |

Sprouted Almonds[®] contain Resveratrol – Anti Aging Factor. 1.4mg Resveratrol per 24 nuts. 1.4mg is equivalent to 3 glasses of Red Wine.

Sprouted Almonds[®] contain Beta Sitosterol, Campesterol and Stanols - Cholesterol Lowering Factors.

Sprouted Almonds[®] contain Stigma Stero – Anti Muscle Stiffness Factor.

Gluten Free!

Ingredients: Sprouted Almonds[®] (raw, whole almonds, salt)

**Shelf Life: Three Years at Room Temperature
Longer, if kept dry and cool.**