



*Ray Longhurst
Founder*

Himalayan Pink Salted Original Gourmet Sprouted Almonds®



Bulk
3 LBS

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 .11g	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 Sterol – Anti Muscle Stiffness Factor.

Gluten Free!

Ingredients: Sprouted Almonds® (raw, whole almonds, Himalayan Pink Salt)
Shelf Life: Three Years at Room Temperature
Longer, if kept dry and cool.



Distinctively unique & crunchy,
naturally healthy & satisfying!™

Himalayan Sea Salted Original Gourmet Sprouted Almonds®

Ancient, beautiful, and mysterious, Himalayan salt is one of the most valued elements on Earth and hails from the valleys and rivers which lie deep within the Himalaya Mountain Range. It has been coveted for centuries due to its beauty, rich mineral content and versatility.

Himalayan salt is incredibly unique - in appearance, texture, history and usage. This amazing salt carries a vast array of benefits both when used in the bath and when used in food. It softens the skin, soothes aches and pains and contains up to 84 minerals that balance and detoxify the body. Himalayan salt is the one of the purest, most natural salts in the world. This pinkish salt is mined from ancient sea beds inside the Himalayan mountains. It is completely unrefined and comes to you in its raw, natural form. This salt was formed over 200 million years ago in the primeval sea where the first signs of life formed in the mineral rich water. Because of its location and how it was formed it is extremely pure and free of contaminants or pollutants. It gains its pink color from the high content of Iron. It also contains trace amounts of 84 minerals and elements including Potassium, Magnesium, Calcium, Iodine, Zinc and Sodium.

Himalayan salt, when left raw and in its natural state, is rich in nutrients and minerals. Since many of these elements found within each grain of salt naturally occur within us and in the environment, they are easily absorbed and utilized on a cellular level. This is why Himalayan salt is popular both as a food and as a bath salt - as salt goes, it is incredibly healthy and carries a variety of benefits.

Recent research suggests that natural unrefined salt, like our Himalayan salt, could be better than anything else, including calcium, for strengthening and building bone mass. Bones are made of at least a dozen minerals and we need all of them in perfect proportions in order to have healthy bones and healthy bodies.

Some of the possible health benefits of Himalayan Salt:

- May be effective at fighting osteoporosis
- Natural mood-elevating substance & antidepressant
- Regulating the water content throughout your body
- Helping carry nutrients to your cells
- Supporting your libido
- Promoting a healthy pH balance in your cells, particularly your brain cells
- Promoting vascular health
- Promoting blood sugar health & helping to reduce the signs of aging
- Regulating your sleep -- it naturally promotes sleep
- Allowing fluids to pass in & out of your cells
- Assisting in the generation of hydroelectric energy in cells in your body
- Promoting bone strength
- Absorption of food particles through your intestinal tract
- Supporting respiratory health
- Various metabolic reactions in your body
- May be the best thing to build stronger & denser bones
- Prevention of muscle cramps
- Promoting sinus health
- Helping nerve cells in your brain and body to transfer information
- In conjunction with water it is actually essential for the regulation of your blood pressure



These statements have not been evaluated by the Food and Drug Administration