



**Sprouted Almonds**



Distinctively unique & crunchy,  
naturally healthy & satisfying!™



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Almond Butter with Added Value!



## Original Gourmet Sprouted Almond Butter®

Key Longhurst Founder



2005 Label



2010 Label



2015 Label

Label History

16 oz Jar

### Nutrition Facts

Serving size - 1oz (29g)  
Servings per container 16  
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*
<b>Total Fat 11g</b>	<b>12</b>
<b>Sat. Fat 0g</b>	<b>0</b>
<b>Trans. Fat 0g</b>	<b>0</b>
<b>Sodium .01g</b>	<b>1</b>
<b>Total Carb. 6g</b>	<b>2</b>
<b>Protein 6g</b>	<b>10</b>
<b>Fiber 3.5g</b>	<b>14</b>
<b>Potassium 200mg</b>	
<b>Magnesium 76mg</b>	
<b>Calcium 75mg</b>	
<b>Iron 1mg</b>	
<b>Vitamin E 7mg</b>	
<b>Niacin 1mg</b>	

**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.

Naturally Gluten Free!

**Ingredients: Sprouted Almonds and Kosher Salt**  
**Shelf Life: 2 Years. Longer if kept in a cool dry dark place.**  
**Refrigerate after opening.**

Visit our Web Site @ [SproutedAlmonds.com](http://SproutedAlmonds.com)