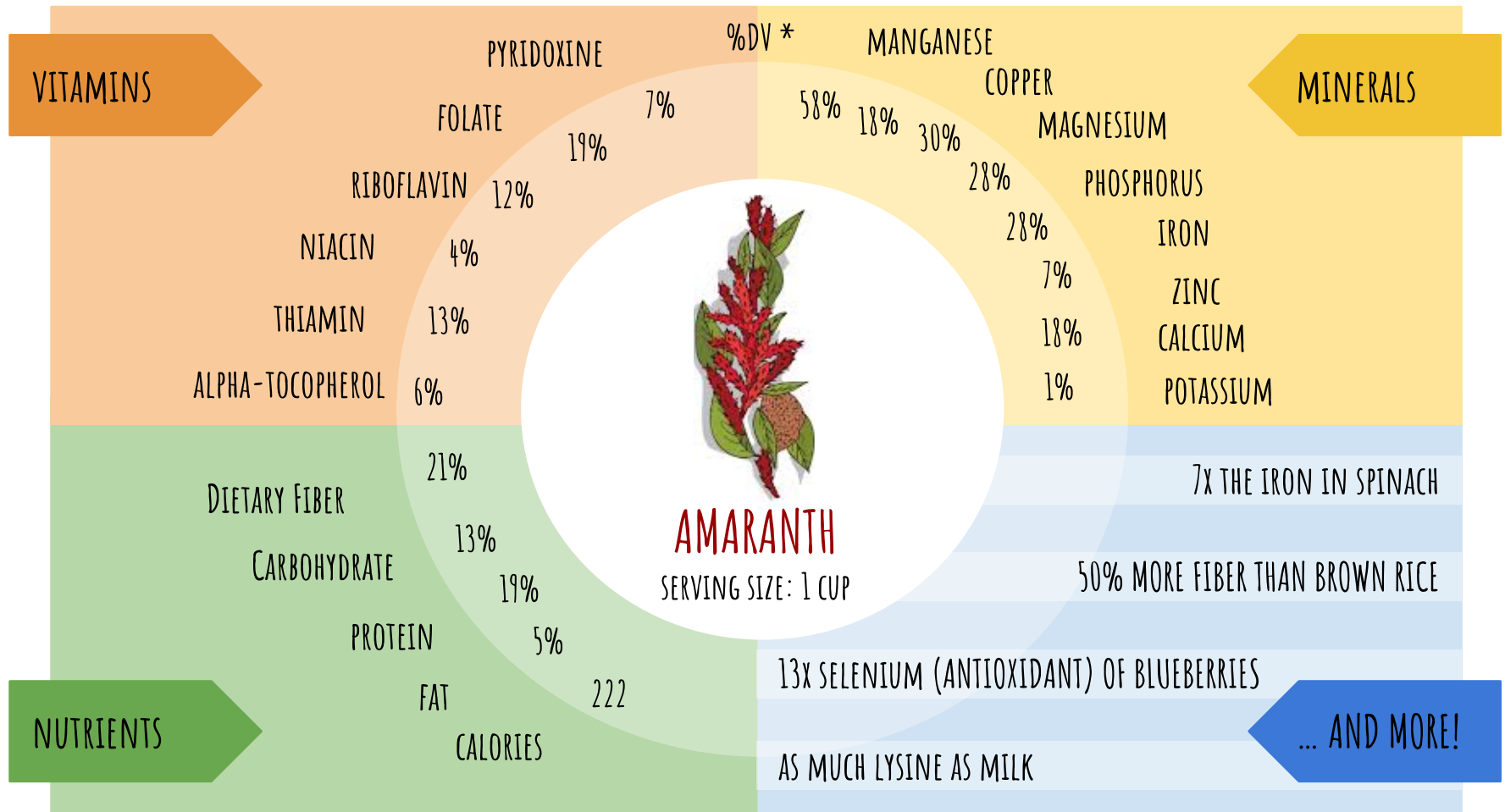


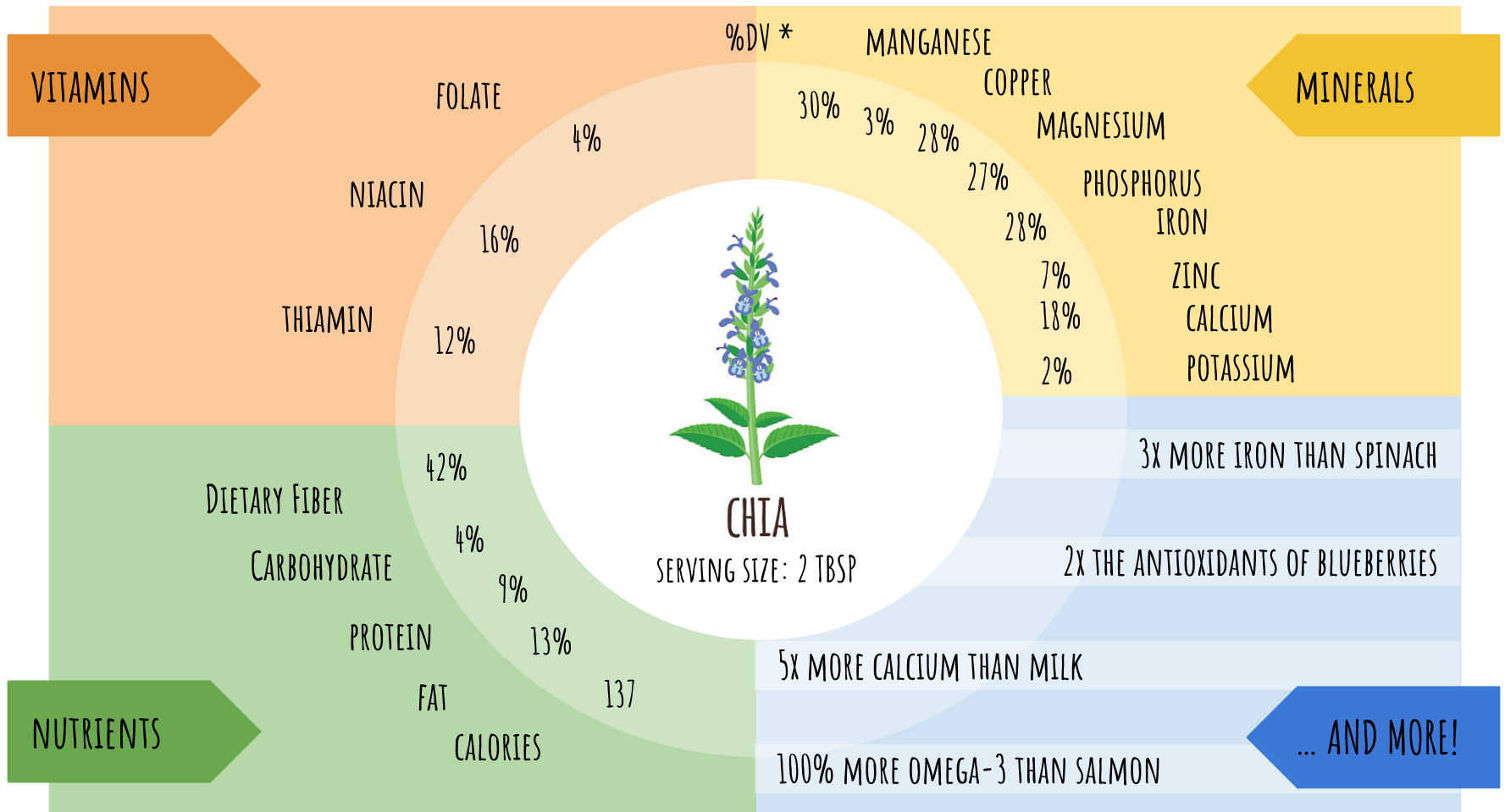
Nutrition



* Percent Daily Values are based on a 2,000 calorie diet.

Amaranth seeds make a complete protein when combined with corn, wheat or brown rice. In addition to being a good source of a variety of vitamins and minerals, they are high in dietary fiber, a good source of heart healthy polyunsaturated fats, and are gluten free.

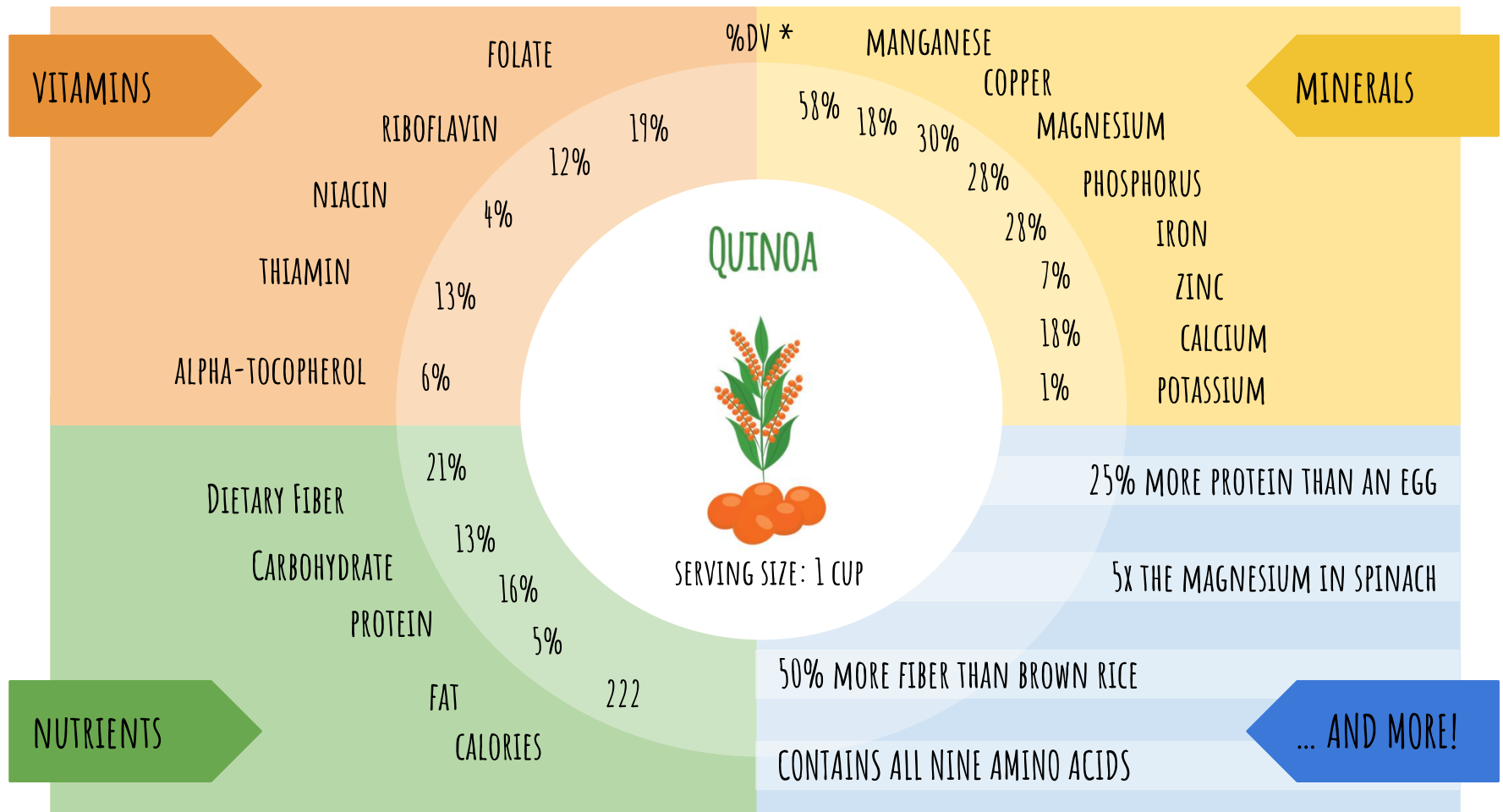
Nutrition



* Percent Daily Values are based on a 2,000 calorie diet.

Chia seeds contain all nine essential amino acids, making them a complete protein, which can be fully utilized by the body. Seeds are also the richest known plant source of polyunsaturated omega-3 fatty acids, which have a beneficial effect on cardiovascular health.

Nutrition



* Percent Daily Values are based on a 2,000 calorie diet.

Quinoa seeds are a complete protein. They contain all 9 essential amino acids including lysine, which is lacking in most plants. They are also rich in a variety of vitamins and minerals, high in dietary fiber, a good source of heart healthy polyunsaturated fats, and are gluten free.