

Super Bread <sup>v</sup>

All Natural  
Whole Grain

Double Fiber

EXCELLENT SOURCE OF FIBER  
GOOD SOURCE OF VITAMIN C  
12g OF WHOLE GRAINS PER SERVING

NET WT 24 OZ  
(1LB 8 OZ) 680g

2 SLICES = 50%  
RECOMMENDED  
DAILY INTAKE OF  
WHOLE GRAINS



With no high fructose corn syrup, artificial flavors, additives or preservatives, this whole grains bread promotes wellness by using All natural ingredients including wheat, corn, oats and flax seeds.

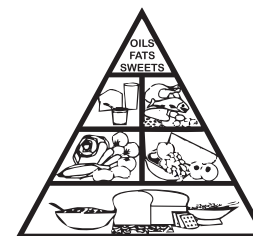
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**Vitamin C**  
An excellent  
antioxidant

**Fiber**  
Important for  
digestive healthy

**Wellness**

- Low fat
- 0mg Cholesterol
- 0g Trans Fat
- Weight Management (as part of a dietary and physical regimen)



Whole grains contain antioxidants, protein, complex carbohydrates and natural fiber which contribute to a healthy lifestyle and may reduce the risk of heart disease, diabetes and other diseases, when added to a health diet.



## Nutrition Facts

Serving Size 1 Slice (43g)  
Servings Per Container 16

Calories 100  
Calories from Fat 15

Amount Per Serving	%Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>

Amount Per Serving	%Daily Value*
<b>Sodium</b> 180mg	<b>7%</b>
<b>Potassium</b> 120mg	<b>3%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 4g	
<b>Protein</b> 5g	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Vitamin A 0% • Vitamin C 10% • Calcium 2% • Iron 6% • Thiamin 8% • Riboflavin 4% • Niacin 8% • Folic Acid 4%

**INGREDIENTS:** Water, Whole Wheat Flour, Vital Wheat Gluten, Yeast, Sugar, Raisin Paste, Wheat Starch, Wheat Bran, Corn Bran, Contains 2% or less of the following: Oat Bran, Molasses, Soybean Oil, Rice Bran, Sesame Seeds, Wheat Germ, Whole Ground Flax, Salt, Natural Mold Inhibitor (Vinegar, Silica, Acetic Acid (produced by fermentation)), Yeast Nutrient (Ammonium Sulfate), Ascorbic Acid added as a dough conditioner (Vitamin C). **Contains: Wheat and Soy**