

Super Bread 

All Natural
Whole Grain

Multi-Grain

GOOD SOURCE OF FIBER
EXCELLENT SOURCE OF CALCIUM
20g OF WHOLE GRAINS PER SERVING

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

2 SLICES = 83%
RECOMMENDED
DAILY INTAKE OF
WHOLE GRAINS



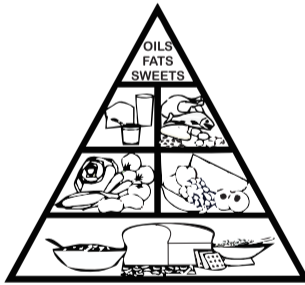
With no high fructose corn syrup, artificial flavors, additives or preservatives, this whole grains bread promotes wellness by using All natural ingredients including wheat, barley, oats and rye.

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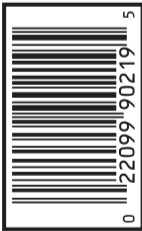
Fiber
Important for
digestive healthy

Calcium
Essencial for
healthy teeth
and bones

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 10

Amount Per Serving	%Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%

Amount Per Serving	%Daily Value*
Sodium 170mg	7%
Potassium 95mg	2%
Total Carbohydrate 20g	6%
Dietary Fiber 3g	10%
Sugars 3g	
Protein 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 8% • Calcium 20% • Iron 6% • Thiamin 8% • Riboflavin 4% • Niacin 6% • Folic Acid 2%

INGREDIENTS: Whole Wheat Flour, Water, Brown Sugar, Yeast, Vital Wheat Gluten, Millet, Rice, Contains 2% or less of the following: Whole Grain Oats, Whole Grain Rye, Whole Grain Barley, Whole Grain Wheat, Whole Grain Triticale, Whole Grain Buckwheat Flour, Soybean Oil, Dry Honey (Honey, Wheat Starch), Salt, Calcium Sulfate, Natural Mold Inhibitor (Vinegar, Silica, Acetic Acid (produced by fermentation)), Ascorbic Acid added as a dough conditioner (Vitamin C), Sesame Seeds, Black Sesame Seeds, Poppy Seeds. **Contains: Wheat and Soy**