

Super Bread 

All Natural
Whole Grain

100% Whole Wheat 

GOOD SOURCE OF FIBER
EXCELLENT SOURCE OF CALCIUM
21g OF WHOLE GRAINS PER SERVING

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

2 SLICES = 90%
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, rye and flax seeds.

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 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%

Vitamin A 0% • Vitamin C 4% • Calcium 20% • Iron 8% • Thiamin 15% • Riboflavin 6% • Niacin 6% • Folic Acid 2%

Amount Per Serving	%Daily Value*
Sodium 180mg	8%
Potassium 55mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	10%
Sugars 4g	
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

INGREDIENTS: Coarse Whole Wheat Flour, Water, Sugar, Yeast, Vital Wheat Gluten, Whole Grain Wheat Flakes, Contains 2% or less of the following: Whole Grain Rye Flakes, Wheat Germ, Soybean Oil, Dry Honey (Honey, Wheat Starch), Salt, Calcium Sulfate, Molasses, Natural Mold Inhibitor (Vinegar, Silica, Acetic Acid (produced by fermentation)), Wheat Bran, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Defatted Flaxseed, Ascorbic Acid added as a dough conditioner (Vitamin C). **Contains: Wheat and Soy**

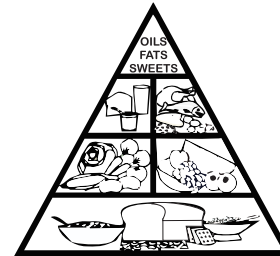
Super Bread 

Fiber
Important for
digestive healthy

Calcium
Essential 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.

