

SUPER INGREDIENTS MADE SIMPLE

# Z!NT



Premium Organic

## White Quinoa

DE-SAPONIZED WHOLE GRAIN



100% Pure Quinoa

- Complete vegan protein source
- Packed with fiber
- Supports a healthy metabolism\*

NET WT. 16 OZ. (1 LB.) (454g)



Vegan  
Gluten-free

### THE INCAN SUPERGRAIN

What's left to say about quinoa? An ancient Andean crop revered by the Incas as "the mother of all grains," quinoa has only recently come to the attention of the rest of the world, shooting to superfood superstar status for its amazing nutritional profile. The best-known strength of quinoa is that it's one of the only complete protein sources in the plant world, boasting eight full grams of protein per cup, including amino acids lysine and isoleucine. It also has twice the fiber of most grains, aiding satiety to help you control your appetite. Packed with antioxidants and heart-healthy fatty acids, quinoa supports a healthy metabolism and overall wellbeing.\*

**The Zint Difference:** Our organic white quinoa is grown thousands of meters above sea level in the northern Andes of Peru on family-owned farms. The pure, cold, arid mountain air at these high altitudes provides our quinoa with ideal conditions to thrive. It also allows for lower drying temperatures, helping to preserve all of quinoa's delicate flavors and amazing nutrients. One dried, the bitter outer saponin layer is removed by friction, giving our quinoa a wonderfully fluffy texture and mild, nutty flavor.

**Usage:** Gently rinse the quinoa grains with cold water while bringing a pot of water to a boil with a little salt. Add the quinoa, close the lid and simmer at low heat for 15 minutes. Remove it from the flame and let it sit for another 5 minutes before serving. You can also use a rice cooker. Serve the quinoa as a rice substitute, side dish, or integrate it into all kinds of creative recipes for a super-nutritious, gluten-free meal.

Discover delicious Zint superfood recipes at [ZintNutrition.com/Recipes](http://ZintNutrition.com/Recipes).



#### Satisfaction Guarantee

We're confident that you'll love Zint. If you're not satisfied for any reason, we'll give you a full refund within 90 days of purchase.

**Storage:** Store in cool, dry place. Keep away from direct sunlight.

**Allergy Information:** Our quinoa is free of all common allergens, including wheat, gluten, dairy, peanut, tree nut and soy.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



### Nutrition Facts

about 40 servings per container

Serving size 1/4 Cup Dry (45g)

Amount Per Serving  
**Calories** 160

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 2.5g         | 3%             |
| Saturated Fat 0g              | 0%             |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 0mg        | 0%             |
| <b>Sodium</b> 0mg             | 0%             |
| <b>Total Carbohydrate</b> 30g | 11%            |
| Dietary Fiber 2g              | 9%             |
| Total Sugars 2g               |                |
| Includes 0g Added Sugars      | 0%             |
| <b>Protein</b> 6g             | 12%            |
| Vitamin D 0mcg                | 0%             |
| Calcium 33mg                  | 2%             |
| Iron 2.4mg                    | 15%            |
| Potassium 0mg                 | 0%             |
| Vitamin A 10mcg               | 2%             |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Organic white quinoa seed

**Packaged and distributed by** Zint LLC  
P.O. Box 474, New Hampton, NY 10958

**Certified organic by** CCOF

**Phone:** (877) 290-4346

**Email:** [info@zintnutrition.com](mailto:info@zintnutrition.com)

**f @zintnutrition**

**GROWN AND HARVESTED IN PERU**



**vitamin angels**

**Proud Supporter:** Zint donates a portion of every sale to supply essential vitamins to 40,000 children around the world through Vitamin Angels.

