

Sprouts & Seeds

Natural Seed & Fiber Blend

with 600 mg Omega-3

Natural Flax, Hemp, Pumpkin,
Chia and Sunflower

Rich in Fatty Acids
Rich in Trace Minerals

4G
FIBER

NON
GMO

GLUTEN
FREE

100%
VEGAN

NET WT 12 OZ (318 g)

Country Farms® Super Sprouts & Seeds is our new superfood made with Quinoa, Buckwheat, Flax, Pumpkin, Hemp, Chia and more. These sprouts and seeds are full of fiber and omega-3 fatty acids (ALA). Boost your nutrition with only 1 scoop and feel the energy from these functional, powerful and nutritious sprouts and seeds. Super Sprouts & Seeds can help support your body's nutritional needs. Sprinkle on your favorite foods or stir into your favorite beverage.†

DIRECTIONS: Mix one tablespoon with 8 fl. oz. of water or your favorite beverage and stir or sprinkle on food as a dietary supplement or as directed by a healthcare professional.

- Keep out of reach of children.
- Store in a cool, dry place.
- Protect from heat, light and moisture.
- Do not purchase if seal is broken.

NUTRITION FACTS

Serving Size: 1 Tablespoon (5.3 g)

	Amount Per Serving	% DV
Calories	25	
Calories from fat	9	
Total fat	1 g	2%*
Saturated fat	0 g	0%
Polyunsaturated fat (including Linoleic acid, Omega 6)	18.0 mg	†
Mono unsaturated fat (including oleic acid, Omega 9)	21.0 mg	†
Total Carbohydrates	3 g	1%*
Dietary fiber	4 g	16%*
Sugars	0 g	†
Protein	<1 g	†
Proprietary Fiber Whole Foods Blend	5,270 mg	†
Perfect Fiber Blend		
Organic Flaxseed, Chia, Organic Hemp, Pumpkin, Sunflower & Sesame		
Whole Foods Fiber Sprout Blend		
Organic Amaranth sprouts, Organic Quinoa sprouts, Organic Millet sprouts, Organic Buckwheat sprouts, Organic Adzuki sprouts, Organic Mustard sprouts, Wheat sprouts, Alfalfa sprouts		
Omega-3 fatty acid (as alpha linolenic acid)	600 mg	†

*Percent Daily values are based on a 2,000-calorie diet. † Daily value not established.

Other Ingredients: Silica

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†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

