



# EZEKIEL 4:9

## BREAD

Do something good for your body today.



Sprouted  
NON GMO  
FLOURLESS  
INSPIRED *Ancient Recipe*  
ORGANIC ESSENTIAL AMINO ACIDS



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# EZEKIEL 4:9 BREAD

*Inspired by the Holy Scriptures*

“Take also unto thee  
**WHEAT**, and **BARLEY**, and **BEANS**, and  
**LENTILS**, and **MILLET**, and **SPELT**,  
 and put them in one vessel, and make bread of it...”

Ezekiel 4:9



**The original sprouted  
 grain & seed bread.**

Ezekiel 4:9® Breads are made from freshly sprouted organically grown grains and seeds that are naturally flavorful and bursting with nutrients.

We discovered when these six grains are sprouted and combined, the result is an abundant harvest of nutrients including 9 essential amino acids.

There are 18 amino acids present in this unique bread - from all vegetable sources - naturally balanced in nature.

## Ezekiel 4:9® Original Bread

ITEM #120

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 0.5g			1%	<b>Sodium</b> 75mg	3%
Saturated Fat 0g			0%	<b>Total Carbohydrate</b> 15g	5%
Trans Fat 0g				Dietary Fiber 3g	11%
20 servings per container				Total Sugars 0g	
<b>Serving size</b> 1 slice (34g)				Includes 0g of Added Sugars	0%
				<b>Protein</b> 4g	
<b>Calories</b> 80		Vitamin D 0mcg 0% • Calcium 9mg 0% • Iron 1mg 6% • Potassium 79mg 2% • Thiamin 0.1mg 8% • Niacin 2mg 15% • Vitamin B6 0.1mg 6% • Folate 10mcg DFE 2% • Phosphorus 71mg 6% • Magnesium 26mg 6% • Zinc 1mg 10% • Selenium 13mcg 25% • Manganese 0.8mg 35%			

**INGREDIENTS:** Organic Sprouted Wheat, Filtered Water, Organic Sprouted Barley, Organic Sprouted Millet, Organic Malted Barley, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Organic Wheat Gluten, Yeast, Sea Salt.



## Ezekiel 4:9® Sesame Bread

ITEM #123

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 0.5g			1%	<b>Sodium</b> 70mg	3%
Saturated Fat 0g			0%	<b>Total Carbohydrate</b> 15g	5%
Trans Fat 0g				Dietary Fiber 3g	11%
20 servings per container				Total Sugars 0g	
<b>Serving size</b> 1 slice (34g)				Includes 0g of Added Sugars	0%
				<b>Protein</b> 5g	
<b>Calories</b> 80		Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 2mg 10% • Potassium 84mg 2% • Thiamin 0.1mg 8% • Niacin 2mg 15% • Vitamin B6 0.1mg 6% • Folate 18mcg DFE 4% • Phosphorus 72mg 6% • Magnesium 26mg 6% • Zinc 2mg 20% • Selenium 13mcg 25% • Manganese 0.8mg 35%			

**INGREDIENTS:** Organic Sprouted Wheat, Filtered Water, Organic Sprouted Barley, Organic Sprouted Millet, Organic Malted Barley, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Organic Wheat Gluten, Yeast, Organic Sesame Seeds, Sea Salt.



## Ezekiel 4:9® Cinnamon Raisin Bread

ITEM #131

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 0g			0%	<b>Total Carbohydrate</b> 18g	7%
Saturated Fat 0g			0%	Dietary Fiber 2g	7%
Trans Fat 0g				Total Sugars 5g	
20 servings per container				Includes 0g of Added Sugars	0%
<b>Serving size</b> 1 slice (34g)				<b>Protein</b> 4g	
<b>Calories</b> 80		Vitamin D 0mcg 0% • Calcium 13mg 2% • Iron 1mg 6% • Potassium 122mg 2% • Thiamin 0.1mg 8% • Niacin 2mg 15% • Vitamin B6 0.1mg 6% • Folate 15mcg DFE 4% • Phosphorus 65mg 6% • Magnesium 23mg 6% • Zinc 2mg 20% • Selenium 11mcg 20% • Manganese 0.7mg 30%			

**INGREDIENTS:** Organic Sprouted Wheat, Organic Raisins, Filtered Water, Organic Sprouted Barley, Organic Sprouted Millet, Organic Malted Barley, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Organic Wheat Gluten, Yeast, Sea Salt, Organic Cinnamon.



## Ezekiel 4:9® Flax Bread

ITEM #124

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 1g			1%	<b>Total Carbohydrate</b> 15g	5%
Saturated Fat 0g			0%	Dietary Fiber 3g	11%
Trans Fat 0g				Total Sugars 0g	
20 servings per container				Includes 0g of Added Sugars	0%
<b>Serving size</b> 1 slice (34g)				<b>Protein</b> 5g	
<b>Calories</b> 80		Vitamin D 0mcg 0% • Calcium 16mg 2% • Iron 2mg 10% • Potassium 79mg 2% • Thiamin 0.1mg 8% • Niacin 2mg 15% • Vitamin B6 0.1mg 6% • Folate 17mcg DFE 4% • Phosphorus 69mg 6% • Magnesium 25mg 6% • Zinc 2mg 20% • Selenium 13mcg 25% • Manganese 0.8mg 35%			

**INGREDIENTS:** Organic Sprouted Wheat, Filtered Water, Organic Sprouted Flax, Organic Sprouted Barley, Organic Sprouted Millet, Organic Malted Barley, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Organic Wheat Gluten, Yeast, Sea Salt, Rolled in Organic Flax Seeds.



## Ezekiel 4:9® Low Sodium Bread

ITEM #153

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 0.5g			1%	<b>Sodium</b> 0mg	0%
Saturated Fat 0g			0%	<b>Total Carbohydrate</b> 15g	5%
Trans Fat 0g				Dietary Fiber 3g	11%
20 servings per container				Total Sugars 0g	
<b>Serving size</b> 1 slice (34g)				Includes 0g of Added Sugars	0%
				<b>Protein</b> 5g	
<b>Calories</b> 80		Vitamin D 0mcg 0% • Calcium 9mg 0% • Iron 1mg 6% • Potassium 84mg 2% • Thiamin 0.1mg 8% • Niacin 2mg 15% • Vitamin B6 0.1mg 6% • Folate 18mcg DFE 4% • Phosphorus 74mg 6% • Magnesium 26mg 6% • Zinc 1mg 10% • Selenium 14mcg 25% • Manganese 0.8mg 35%			

**INGREDIENTS:** Organic Sprouted Wheat, Filtered Water, Organic Sprouted Barley, Organic Sprouted Millet, Organic Malted Barley, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Organic Wheat Gluten, Yeast.



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