

Modern trends in agriculture result in the exhaustion of soil quality through intensive farming practices. Soil minerals are removed by crops year after year without being replaced. Various toxic pesticides impregnate food-producing plants that no longer have innate resistance to pests. Selected on the basis of yield - not nutrient content - produce is then milled and processed by methods that recklessly strip valuable nutrients, fiber and flavor. While the final product may enjoy a cosmetically attractive appearance and a long shelf life, it misses the real goal of food...to provide wholesome, natural nutrition.

Super Flour™ is specifically designed to preserve the high nutrient content of whole, natural ingredients grown on fertile, pesticide-free soil that has been nurtured - not mined. When used in place of other flours, **Super Flour™** provides natural, synergistic nutrition found only in whole foods.

Directions: To add natural nutrition, use **Super Flour™** in recipes for general cooking and baking purposes. Substitute for other flours on a one-to-one basis. Excellent in breads, baked goods, waffles, pancakes, and more.

Provides Wholesome,
Natural Nutrition.



*"The Thinking Person's
Baking Ingredient."*

Super Flour™

This nutrient-enhanced baking flour contains a blend of:

- * Whole Organic Grains
- * Antioxidants
- * Prebiotics
- * Natural Minerals



INGREDIENTS: Ground Whole Organic Soft Winter Wheat, Ground Whole Organic Kamut, Ground Organic Oat Sprouts, Wysong Organic Whole Soy™, Wysong Oxherphol™ (A Natural Antioxidant Consisting of Vitamin E Tocopherol Epimers, Fat Soluble Vitamin C, Organic Chelators and Natural Botanical Oleoresins), Fructooligosaccharides, Milk Calcium and Coral Calcium.

Nutrition Facts

Serving Size 1/2 cup (48g)
Servings Per Container 11.0

Amount Per Serving

Calories 153 Calories from Fat 0

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 1.55mg	0%
Total Carbohydrate 31.71g	11%
Dietary Fiber 3.72g	15%
Sugars 0g	0%
Protein 5.94g	12%
Calcium 14.3mg	1%
Iron 1.68mg	9%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



For Super Flour Technical Monograph,
contact:

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Store covered container in freezer.

Net Wt. 19 oz. (538 g)

