



NATURAL GOURMET GRANOLA

Crunchy breakfast cereal blend perfectly roasted with golden honey

Ingredients:

Rolled oats*, honey°, spelt flour**and/or Red Fife flour*, sunflower oil, cane sugar*, rolled rye*, rolled barley*, oat bran*, tamari*(water, soybeans*, wheat*, salt), coconut*, flax seeds*, sesame seeds*, maca root powder*.

May contain: peanuts, milk, hazelnuts, almonds and other tree nuts.

*Organic ingredients (83% of final product)

°Local ingredients

Contains 35g of whole grain per portion of 50g.

Product Aspect: Dry product

Storage and Product Conservation:

It is preferable to store the product in a cool place (between 5 and 15°C).

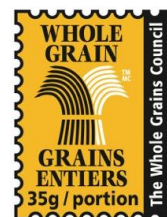
Best Before Date:

The product is identified with a lot number. Each box and each bag are identified with this lot number and with the best before date (DD-MM-YY). The product has a 10 month shelf-life.

Valeur nutritive Nutrition Facts

pour 1/2 tasse (50 g)
Per 1/2 cup (50 g)

Teneur Amount	% valeur quotidienne % Daily Value
Calories / Calories 210	
Lipides / Fat 7 g	11%
Saturés / Saturated 1 g + trans / Trans 0 g	5%
Cholestérol / Cholesterol 0 mg	0%
Sodium / Sodium 120 mg	5%
Glucides / Carbohydrate 34 g	11%
Fibres / Fibre 5 g	20%
Sucres / Sugars 8 g	
Protéines / Protein 6 g	
Vitamine A / Vitamin A	0%
Vitamine C / Vitamin C	0%
Calcium / Calcium	2%
Fer / Iron	15%



5530 St-Patrick, suite 1109, Montréal, Québec, H4E 1A8, Canada

Phone number (514) 769-4246 Fax (514) 769-7802

Web site www.lafourmibionique.com E-mail infofb@lafourmibionique.com