



Flätbread



Rye



with Spelt



- **USDA Organic Certified**
- **Demeter Biodynamic® Certified**
- **0g Trans Fat**
- **No Cholesterol**

- **No Artificial Flavors or Colors**
- **No Hydrogenated Oils**
- **17g Wholegrain***
- **Good Source of Fiber—3g***

Natural Nectar
196 East Main Street NY 11743
631.367.7280 Fax 631.367.7282
www.natural-nectar.com

*Per serving



natural.nectar



@NaturalNectar1



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Flätbread



Nutrition Facts		Amount Per Serving	% DV *	Amount Per Serving	% DV *
Serving Size	2 Slices (18g)	Total Fat 0g	0%	Total Carbohydrate 11g	4%
Servings per Container:	about 14	Saturated Fat 0g	0%	Dietary Fiber 3g	12%
Calories 60	Calories from Fat 0	Trans Fat 0g		Sugars 0g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Cholesterol 0mg	0%	Protein 1.5g	
		Sodium 90mg	4%		
		Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%			

Ingredients: Whole Grain Rye Flour*, Water, Sea Salt.
 *Certified Biodynamic® / Organic Ingredient.
 CONTAINS: WHEAT.



Item # 01206
 Biodynamic & Organic Certified Flatbread—Rye



Nutrition Facts		Amount Per Serving	% DV *	Amount Per Serving	% DV *
Serving Size	2 Slices (19g)	Total Fat 0g	0%	Total Carbohydrate 13g	4%
Servings per Container:	about 13	Saturated Fat 0g	0%	Dietary Fiber 3g	12%
Calories 60	Calories from Fat 0	Trans Fat 0g		Sugars 0g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Cholesterol 0mg	0%	Protein 1.5g	
		Sodium 95mg	4%		
		Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%			

Ingredients: Whole Grain Rye Flour*, Whole Grain Spelt Flour*, Spelt Flakes*, Water, Sea Salt.
 *Certified Biodynamic® / Organic Ingredient.
 CONTAINS: WHEAT.



Item # 01205
 Biodynamic & Organic Certified Flatbread—with Spelt

UNIT SIZE: 8.8oz (250g)	CASE DIMENSIONS: 13.6" x 17.1" x 5.4"	UNIT DIMENSIONS: 4.6" x 2.7" x 6.5"	CASE WEIGHT: 8.6 lbs.	CASE CUBE: 0.73 cu.ft	TI x HI: 6 x 7	CASES/PALLET: 42
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