

NEW

Introducing SuperSeedz® Organic

3 flavors. Pure Snacking Deliciousness.



Tasty. Simple. Nutritious.

No-shells, small batch dry roasted

Gluten free, nut free, vegan

7-9g complete plant based protein

35% RDI magnesium, 15% RDI iron and zinc

Only 150 calories. 0 trans fat. 0 cholesterol.



Super Tasty. Super Healthy. | SuperSeedz.com



Pink Himalayan Salt



Garlicky Dill



Dark Chocolate & Sea Salt

Nutrition Facts	
4 servings per container	
Serving size	1/4 cup (28g / 1oz)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	6%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vit. D 0mcg 0%	Calcium 15mg 0%
Iron 2.4mg 15%	Potas. 220mg 5%
Phosph. 330mg 25%	Magnes. 160mg 40%
Zinc 2.1mg 20%	Mang. 1.2mg 50%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Organic Shelled Pumpkin Seeds, Pink Himalayan Salt



Nutrition Facts	
4 servings per container	
Serving size	1/4 cup (28g / 1oz)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2.5g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	6%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vit. D 0mcg 0%	Calcium 15mg 0%
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Phosph. 330mg 25%	Magnes. 160mg 40%
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Ingredients

Organic Shelled Pumpkin Seeds, Organic Garlic Powder, Unrefined Sea Salt, Organic Onion Powder, Organic Vinegar Powder, Organic Dill Weed, Organic Ground Black Pepper



Nutrition Facts	
4 servings per container	
Serving size	1/4 cup (28g / 1oz)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	6%
Total Sugars 3g	
Includes 3g Added Sugars	5%
Protein 7g	14%
Vit. D 0mcg 0%	Calcium 10mg 0%
Iron 2.2mg 10%	Potas. 210mg 5%
Phosph. 290mg 25%	Magnes. 145mg 35%
Zinc 1.8mg 15%	Mang. 1.1mg 50%

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Ingredients

Organic Shelled Pumpkin Seeds, Organic Sugar, Organic Cocoa (processed with alkali), Organic Vanilla Extract, Unrefined Sea Salt



Unit Specs

Net Weight (oz)	Pack Type	Depth	Width	Height
4.00	Bag	2.00	5.13	7.00

Case Size

Case Net Weight (lbs)	Case Gross Weight (lbs)	Case Cube ft3	L (in.)	W (in.)	H (in.)
1.50	2.00	0.20	8.00	6.00	7.20

Pallet Size

Cases Per Layer	Layers Per Pallet	Total Cases Per Pallet	Pallet Cube (ft³)	Pallet Weight (lbs)	Pallet Height (in.)
40	6	240	54	513	49.20

Guaranteed Shelf Life (From DOP)
274



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