



Introducing SuperSeedz® the #1 premium pumpkin seed brand*

- Fastest growing pumpkin seed/sunflower seed brand (125% dollar growth)*
- No-shell, small batch dry roasted, pumpkin seeds
- 7-9g complete, plant-based protein
- 15% RDI of iron and zinc
- 0 cholesterol and 0 trans fat
- Gluten free, peanut free and tree nut free
- Vegan and Non-GMO verified

Also available in



Sea Salt**



Somewhat Spicy**



Cinnamon & Sugar**



Tomato Italiano



Coco Joe**



Super Spicy**



Really Naked



Curious Curry



Super Tasty. Super Healthy.



*Based on IRI 52-wk food channel report ending 11/29/15

**Also available in a 1-ounce bag

Maple Sugar & Sea Salt

Nutrition Facts

Serving Size 1/4 Cup (28 g/1 oz)	
Servings Per Container 5	
Amount Per Serving	
Calories 150	Calories From Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Potassium 220mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%
Phosphorus 30%	Magnesium 35%
Zinc 15%	Manganese 60%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your dietary needs	

INGREDIENTS
Shelled Pumpkin Seeds, Organic Sugar, Maple Sugar, Unrefined Sea Salt, Real Vanilla Extract

Sea Salt

Nutrition Facts

Serving Size 1 ounce (28.35g)	
Servings Per Container 5	
Amount Per Serving	
Calories 160	Calories From Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	8%
Potassium 220mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 8g	16%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 15%
Phosphorus 35%	Magnesium 40%
Zinc 15%	Manganese 60%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your dietary needs	

INGREDIENTS
Shelled Pumpkin Seeds, Unrefined Sea Salt

Somewhat Spicy

Nutrition Facts

Serving Size 1 ounce (28.35g)	
Servings Per Container 5	
Amount Per Serving	
Calories 160	Calories From Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Potassium 220mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 8g	16%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 15%
Phosphorus 30%	Magnesium 40%
Zinc 15%	Manganese 60%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your dietary needs	

INGREDIENTS
Shelled Pumpkin Seeds, Cayenne Pepper Sauce, Granulated Garlic, Granulated Onion, Cayenne, Paprika, Black Pepper, Oregano, Basil, Thyme, Rosemary, Marjoram Sage

Cinnamon & Sugar

Nutrition Facts

Serving Size 1 ounce (28.35g)	
Servings Per Container 5	
Amount Per Serving	
Calories 160	Calories From Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 220mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 7g	14%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%
Phosphorus 30%	Magnesium 35%
Zinc 15%	Manganese 60%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your dietary needs	

INGREDIENTS
Shelled Pumpkin Seeds, Organic Sugar, Cinnamon, Real Vanilla

Tomato Italiano

Nutrition Facts

Serving Size 1 ounce (28.35g)	
Servings Per Container 5	
Amount Per Serving	
Calories 150	Calories From Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Potassium 220mg	6%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars <1g	
Protein 8g	16%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 15%
Phosphorus 30%	Magnesium 35%
Zinc 15%	Manganese 60%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your dietary needs	

INGREDIENTS
Shelled Pumpkin Seeds, Crushed Tomato, Granulated Garlic, Granulated Onion, Dried Basil, Unrefined Sea Salt, Dried Parsley, Dried Oregano, Black Pepper



Coco Joe

Nutrition Facts

Serving Size 1 ounce (28.35g)	
Servings Per Container 5	
Amount Per Serving	
Calories 160	Calories From Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Potassium 210mg	6%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 7g	14%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%
Phosphorus 30%	Magnesium 35%
Zinc 15%	Manganese 60%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your dietary needs	

INGREDIENTS
Shelled Pumpkin Seeds, Organic Sugar, Alkalized Cocoa, Real Vanilla Extract, Unrefined Sea Salt, Coffee

Super Spicy

Nutrition Facts

Serving Size 1 ounce (28.35g)	
Servings Per Container 5	
Amount Per Serving	
Calories 160	Calories From Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Potassium 220mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 8g	16%
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 15%
Phosphorus 30%	Magnesium 40%
Zinc 15%	Manganese 60%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your dietary needs	

INGREDIENTS
Shelled Pumpkin Seeds, Garlic, Unrefined Sea Salt, Cayenne, Black Pepper, Habanero, Red Crushed Pepper

Really Naked

Nutrition Facts

Serving Size 1 ounce (28.35g)	
Servings Per Container 5	
Amount Per Serving	
Calories 170	Calories From Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 220mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 9g	18%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 15%
Phosphorus 35%	Magnesium 40%
Zinc 15%	Manganese 60%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your dietary needs	

INGREDIENTS
Shelled Pumpkin Seeds

Curious Curry

Nutrition Facts

Serving Size 1 ounce (28.35g)	
Servings Per Container 5	
Amount Per Serving	
Calories 160	Calories From Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Potassium 220mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 8g	16%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 15%
Phosphorus 30%	Magnesium 40%
Zinc 15%	Manganese 60%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your dietary needs	

INGREDIENTS
Shelled Pumpkin Seeds, Madras Curry Powder, Certified Non-GMO Soy Sauce



				Pack Size			Case Size						Pallet Size					
Net Weight (oz.)	Pack Type	Units / Case	Shelf Life (Days)	Depth (in.)	Width (in.)	Height (in.)	Case Net Weight (lbs)	Case Gross wt. (lbs)	Case Cube ft ³	L (in.)	W (in.)	H (in.)	Case Per Layer	Layers Per Pallet	Total Cases Per Pallet	Pallet Cube ft ³	Pallet Weight (lbs)	Pallet Height (in.)
5	Bag	6	365	2	5.25	8	1.88	2.38	0.15	8	8	4	30	8	240	36	585	41