



EZEKIEL 4:9

TORTILLAS

Do something good for your body today.



Sprouted
NON GMO
FLOURLESS
COMPLETE PLANT PROTEIN
PLANT-BASED FIBER
ORGANIC



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EZEKIEL 4:9

TORTILLAS

Inspired by the Holy Scriptures

“Take also unto thee

WHEAT, and **BARLEY**, and **BEANS**, and
LENTILS, and **MILLET**, and **SPELT**,

and put them in one vessel, and make bread of it...”

Ezekiel 4:9



WHEAT



BARLEY



SOYBEANS



LENTILS



MILLET



SPELT

The original sprouted grain & seed tortilla.

Ezekiel 4:9[®] Tortillas are made from freshly sprouted organically grown grains and seeds that are naturally flavorful and bursting with nutrients.

The combination of these sprouted grains and seeds yields a complete protein that parallels the protein found in milk and eggs as well as containing all 9 essential amino acids. Ezekiel 4:9[®] Tortillas are also loaded with plant fiber and bran.



Ezekiel 4:9[®] Original
Tortillas 6 Count
ITEM #200

Nutrition Facts

6 servings per container
Serving size 1 Tortilla (57g)

Amount per serving
Calories 140
% Daily Value*

Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	125mg	5%
Total Carbohydrate	26g	9%
Dietary Fiber	5g	18%
Total Sugars	0g	
Includes 0g Added Sugars		0%
Protein	6g	
Vitamin D	0mcg	0%
Calcium	15mg	2%
Iron	3mg	15%
Potassium	142mg	4%
Thiamin	0.2mg	15%
Niacin	3mg	20%
Vitamin B6	0.1mg	6%
Folate	25mcg DFE	6%
Phosphorus	139mg	10%
Magnesium	48mg	10%
Zinc	4mg	35%
Selenium	23mcg	40%
Manganese	1.4mg	60%

* 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 SPROUTED WHEAT, FILTERED WATER, ORGANIC SESAME SEEDS, ORGANIC SPROUTED SOYBEANS, ORGANIC SPROUTED BARLEY, ORGANIC SPROUTED MILLET, ORGANIC SPROUTED LENTILS, ORGANIC SPROUTED SPELT, SEA SALT.



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Nutrition Facts

12 servings per container
Serving size 1 Tortilla (28g)

Amount per serving
Calories 70
% Daily Value*

Total Fat	1g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	60mg	3%
Total Carbohydrate	13g	5%
Dietary Fiber	2g	7%
Total Sugars	0g	
Includes 0g Added Sugars		0%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	8mg	0%
Iron	1mg	6%
Potassium	70mg	2%
Thiamin	0.1mg	8%
Niacin	2mg	15%
Vitamin B6	0.1mg	6%
Folate	13mcg DFE	4%
Phosphorus	68mg	6%
Magnesium	24mg	6%
Zinc	2mg	20%
Selenium	11mcg	20%
Manganese	0.7mg	30%

* 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 SPROUTED WHEAT, FILTERED WATER, ORGANIC SESAME SEEDS, ORGANIC SPROUTED SOYBEANS, ORGANIC SPROUTED BARLEY, ORGANIC SPROUTED MILLET, ORGANIC SPROUTED LENTILS, ORGANIC SPROUTED SPELT, SEA SALT.



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