

Nut-Nola and Seed-Nola

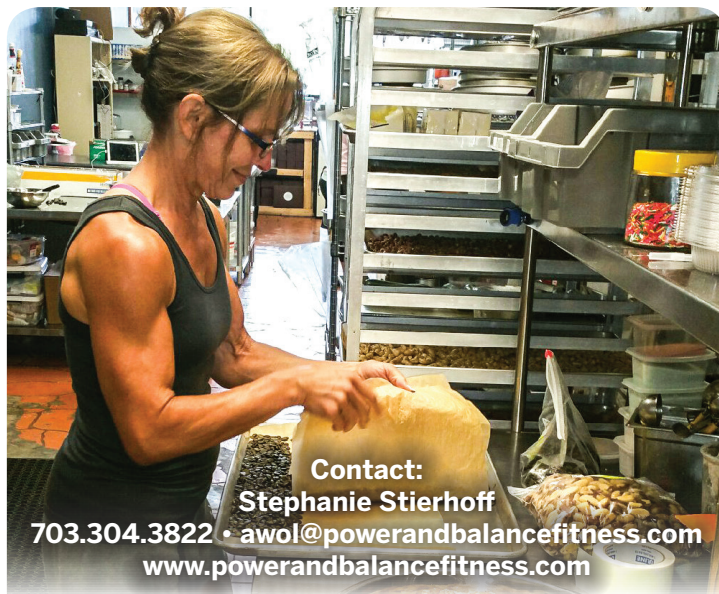
A Labor of Love!

CRAZY DELICIOUS. Cereal, Snack, Topping...
Meal On-the-Go!

Real Food, Healthy Living

Gluten Free, Grain Free, Low Carb, 100% Organic,
Naturally Sweetened — only 3 grams of sugar!

NO additives • NO preservatives • NO fillers



THE “NOLA” STORY...Motivated by the lack of nutrient-dense breakfast, snack and topping options Stephanie, owner of Power and Balance Fitness (PBF) and former chef from New York, took extensive time and testing in the PBF kitchen. Nut-Nola and Seed-Nola are two quick, easy, crunchy-good options for low carb, healthy living.

Eat CRAZY DELICIOUS! Use Nut-Nola and Seed Nola for your anytime HOT AND COLD CEREAL, SALAD AND SOUP TOPPING, ON-THE-GO ENERGY SNACK — E.GO Fuel — Energize and GO!



Information and Benefits of Organic Nut-Nola and Seed-Nola

- Low Sugar - 3 grams - sources: organic grade B robust maple syrup, blueberries, goji berries or figs
- Low sodium - source: Fleur de Sel provides amazing trace minerals
- Low carbs - (see #1) reduces blood sugar spikes and crashes
- Plant-based protein from organic nuts, seeds and goji berries!
- Excellent source of plant-based fiber curbs hunger, slows the release of nutrients for long-lasting fuel - Energize and GO!
- Pure organic coconut oil provides medium chain triglycerides (MTCs), caprylic acid for brain and body health. Quality fats in conjunction with low or no sugar can minimize insulin release and improve ability to burn fat, not store fat.
- Cinnamon known to help control blood sugar and for its anti-microbial and probiotic effects.
- Real-food source of bioavailable and essential minerals and vitamins - vitamin and mineral-fortified by naturally-occurring elements in the ingredient profile!
- Organic ingredients - pesticide free, chemical free
- Glass jar won't leak endocrine disruptors the way plastics can and jars can be reused and recycled.
- Nuts and seeds soaked in purified (reverse osmosis or “RO”) — no anti-nutrients here either — water and vinegar to release nutrients for improved bioavailability of their many nutrients
- Delicious and healthful alternative to your grain-based, gluten-based cereals, snacks and toppings — no oatmeal, rice, corn fillers...*no fillers of any kind* — all pure food, pure energy!
- CRAZY DELICIOUS, AMAZING TASTE AND TEXTURE!

AND...

- No Grains, of ANY kind, including corn, rice and oats
- No Gluten
- No GMOs
- No High-Fructose Corn Syrup or Sucralose
- No Dyes
- No Trans Fats
- No Chemically Processed Oils
- No Cholesterol
- No Soy
- No Dairy
- No Hormone-altering chemicals as outlined by the Environmental Working Group (EWG)
- No Chemical Additives
- No Inflammatory-causing ingredients
- ✓ Store in a cool dry place for up to 9 months