

No Shells | All Natural | Dry Roasted

Nutrition Facts

Serving Size 1/4 cup (28 g/1 oz)

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

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

Does not contain MSG or Soy.

Thanks for picking up Sea Salt SuperSeedz. It's a fan favorite.

So simple, right? A pumpkin seed and all natural sea salt. But believe it or not, it took me years to perfect the crunch and to get juuuust the right amount of sea salt. SuperSeedz fans have spoken. It's pretty much the best thing since...well, you know.

Kathie

Why are they super?



8G PROTEIN PER OUNCE | 16% RDI

They're a protein powerhouse and one of the most complete sources of plant-based protein available. Protein plays a key role in managing weight and building healthy body composition.



IRON | 15% RDI

They're a top, plant-based food source for iron. Appropriate iron intake facilitates the growth of healthy cells that keep oxygen flowing and the body energized.



ZINC | 15% RDI

A good vegetarian source of Zinc, an essential trace mineral your immune system relies on to stay strong.



CHOLESTEROL FREE

...and trans fat free. Also features essential heart-healthy electrolytes like Magnesium and Potassium.



ALLERGEN FRIENDLY

Gluten free, peanut free, tree nut free, egg free, dairy free, fish free, shellfish free and soy free.



Kathie's Kitchen, LLC
50 Devine Street
North Haven, CT 06473
(203) 407-0548
www.supersseedz.com
facebook.com/supersseedz