

All Natural “Nutrients To Go”

According to Dr. Merrell, author of “The Source” providing our cells with the nutrients they need to create energy is the bottom line to health and energy. Increase your nutrients quickly and naturally by adding”

All Natural sprouted superseed powders to your diet!

Sprouting unlocks the seed, increasing the vitamins and minerals, reducing inhibitors, resulting in better mineral absorption.

Our bodies are very complex and synergistic, they need a good mix or nutrients in the right proportions. Our All Natural line of sprouted superseed product powders provide many of these needed nutrients.

EAT FOR ENERGY,



Increased Nutrition = Health Benefits

Omega 3	=	Healthy Brain Function
Vitamins	=	Energy and Vitality
Minerals	=	Calm under stress
Protein	=	Lowers blood cholesterol
Fiber	=	Enhances immune system
Antioxidants	=	Helps ADD and ADHD
Lignans	=	Alleviates hot flashes
Amino Acids	=	Helps Depression
EFA's	=	Alleviates Dry Skin
Enzymes	=	Disease Prevention
Phytonutrients	=	Cell regeneration



EAT FOR HEALTH.



A Healthy Way to Fundraise



613-847-5617
299 Halloway Rd. Stirling, ON K0K 3E0
sales@back2thegarden.ca
www.back2thegarden.ca

Our Fundraising products and their Healthy Benefits

Sprouted Flaxseed Powder



227g

Sprouted flaxseed powder has **increased antioxidants** and **phyto-nutrients**, **omega 3 essential fatty acids**, **lignans** and **fibre**, **enzymes** and **amino acids**, reduction in phytic acid which allows for **better mineral absorption**. A great addition to your healthy snacks. Substitute 1/5 of flour with sprouted flaxseed powder to your baking.

Sprouted Broccoli Seed Powder



100g

Broccoli seed powder has 50 times the amount of the chemo-protective antioxidant sulforaphane than found in mature broccoli heads. **Cholesterol-free** and **lactose-free** - an easy way to add greens to your diet! Powerhouse of **phytochemicals**, excellent source of **vitamin C**, excellent source of **vitamin A**, good source of **folic acid**.

Sprouted Chia Seed Powder



100g

Sprouted chia has increased **calcium**, **magnesium**, **iron**, **fibre**, **omega 3**, and **antioxidants** compared to regular chia seed. Chia is known for its ability to provide athletes with **endurance** and aid in digestion because of its slow conversion of carbo-hydrates into sugar.

Fundraising with Back 2 the Garden

Our sprouted superseed powders will aid in providing your body cells with the nutrients needed to function optimally, increasing your **stamina**, **ability to deal with stress**, and the **ability to exercise daily**. Incorporate them into your daily diet, along with other healthy living tips, including exercise, relaxation, and time with loved ones, and you will be well on your way to living a sustainable healthy lifestyle.

Your Logo Here

Your Organization Name
address, city, prov, postal code
telephone #
website & email address

*Thank You!
Your order helps
to finance our
group's activities*

Name: _____

Address: _____

Tel: _____ Email: _____

Description	Price	Qty	Total
Sprouted Flaxseed Powder 227g	\$5.99		
Sprouted Broccoli Seed Powder 100g	\$18.99		
Sprouted Chia Seed Powder 100g	\$10.99		
All 3 Powders	\$30.00		
	TOTAL		

30% of all sales will go towards your fundraiser.

When you purchase all 3 products for \$30 - \$10 will go towards your fundraiser.

Easy to Use: These products are virtually tasteless. Sneak them into everything and anything, from your morning juice, smoothie or cereal to your evening casserole, dressings and sauces - even add to your stuffing or graham pie crust. Egg substitute: Add 1 tbsp. of Flax or Chia Seed Powder to 3 tbsp. water, mix well, let stand until thickened. For more information, recipes and healthy living tips please visit our website at: www.back2thegarden.ca