



## **GRAINFREENOLA HEALTH BENEFITS**

### **SWEETENERS**

There are no refined sugars used in any of the GrainFreeNola flavors. We use only organic Medjool Dates and Mission Figs to make our granolas sweet and tasty. Both come with their own health benefits.

#### **Organic Medjool Dates**

Dates are a healthy, natural alternative sweetener used in all our GrainFreeNola flavors.

Rich in minerals, vitamins and antioxidants, Dates have many nutritional and health benefits as well.

- Vitamins: B6
- Minerals: Potassium, Magnesium, Copper, Manganese and Iron

The fiber in Dates assists with digestive health and also regulation of blood sugar. With its abundant antioxidants, dates can help reduce the risk of heart disease, Alzheimer's Disease and Diabetes.

#### **Turkish figs**

Figs are high in natural sugars, minerals, Vitamins and soluble fiber.

- Minerals: potassium, calcium, magnesium, zinc, iron, copper and manganese Vitamins: Vitamins A, C, K and B Vitamins

The fiber in figs aids with digestive health and assist in controlling blood sugars.

Do not consume if allergic to Latex.