



GRAINFREENOLA HEALTH BENEFITS

Health Nut

This is our original flavor, known as Health Nut, which features the mineral powerhouse of antioxidants and iron for a burst of green nutrients.

Organic Pumpkin Seed

Pumpkin seeds contain omega-3 and omega-6 fatty acids, antioxidants, and fiber. This combination has benefits for both the heart and liver.

The fiber in pumpkin seeds helps lower the total amount of cholesterol in the blood and decrease the risk of heart disease.

Organic Flax Seed

Flax Seeds are loaded with nutrients. Vegetarians and Vegans alike can benefit from the high Omega-3 fatty acids of Flax Seeds due to the high-quality protein from amino acids.

A rich source of lignans, Flax Seed may also reduce the risk of cancer. As a good source of dietary fiber, Flax Seed may improve cholesterol and overall gut health. Flax seeds may lower blood pressure and assist in controlling blood sugar.

Organic Hemp Seed

Hemp seeds are a complete source of protein, providing all nine essential amino acids and rich in Vitamins and Minerals.

- Vitamins: E
- Minerals: Phosphorous, Potassium, Sodium, Magnesium, Sulfur, Calcium, Iron, Zinc

Rich in health fats and essential fatty acids such as Linoleic and Alpha-Linoleic Acids, Hemp Seeds are beneficial for heart health. Also plentiful in Hemp Seeds are healthy fats and essential fatty acids like Linoleic Acid (Omega-6) and Alpha-Linoleic Acids (Omega-3).

The Gamma-Linolenic Acid found in Hemp Seeds is thought to reduce inflammation.

Organic Chia Seed

Despite their small size, Chia Seeds are packed with Minerals, Fiber, Protein, Antioxidants and Omega-3 fatty acids.

- Vitamins: B3, B1, B2
- Minerals: Calcium, Manganese, Magnesium, Phosphorous, Zinc, Potassium

Almost all the carbohydrates in Chia Seeds are fiber which promotes healthy blood sugar levels. They are 40% fiber by weight. Chia Seeds can absorb 10-12 times their weight which can help you feel full so you consume less and aid in weight control.

The high-quality protein in Chia Seeds also assists in weight control by lowering your appetite and the balanced amino acids help the body make better use of protein consumed.

Omega-3 fatty acids help raise HDL cholesterol, the “good” cholesterol that protects against heart attack and stroke.

Raw, Organic Almonds

- Almonds are high in antioxidants Vitamins and Minerals.
- Vitamins: E, B 2
- Minerals: Manganese, Magnesium, Copper

Excellent source of fiber and protein as well as healthy fats. You can reduce the risk of heart disease by eating just one or two handfuls of almonds each day to help reduce the LDL Cholesterol, the bad stuff.

Low in carbohydrates, rich with Magnesium, and high in protein and fiber, Almonds can help control blood sugar as well as blood pressure.

Raw, Organic Walnuts

Walnuts are rich in antioxidants which makes them beneficial for fighting the “bad” LDL Cholesterol and decreasing inflammation. High in Omega-3 fatty acids, Walnuts may help reduce the risk of heart disease.

Additional benefits of consuming Walnuts include managing blood sugar, supporting weight loss and promoting a healthy gut.

Raw, Organic Cashews

Protein and antioxidant rich Cashews contain vitamins and minerals that make them a healthy addition to my GrainFreeNola.

- Vitamins: E, K, B 6
- Minerals: Zinc, Copper, Phosphorous, Iron, Magnesium, Selenium

The protein in Cashews assists in rebuilding muscle tissue and the creation of new cellular compounds in the body.

Essential fatty acids Oleic and Palmitoleic Acids are heart-healthy monounsaturated fats in Cashews that may assist in balancing good and bad cholesterol.

You will find 1.6 mg of Zinc, a mineral important for the development and support of the immune system, in every 1-ounce serving of Cashews.