



70% Less Fat & 40% More Protein than Peanuts, Healthy & Delicious  
 Contains all Amino Acids - ideal for vegetarians, Low Carbohydrates  
 Rich in Calcium, Iron, Zinc and B Vitamins, Rich in Antioxidants  
 Richest dietary source of Isoflavones, High in Protein, No Trans Fat



Natural Harvest's Edamame, "The Wonder Veggie" is classified as a complete protein food source, containing all the essential Amino Acids. Edamame is the only vegetable that offers a complete protein profile equal to both meat and eggs in its protein content and is recommended as an essential source of protein for vegetarians and vegans.

|                      |                                      |   |  |
|----------------------|--------------------------------------|---|--|
| Product Description: | Natural Harvest Edamame - Goji Blend | Natural Harvest Edamame - Lightly Salted (kosher) | Natural Harvest Edamame - Wasabi                           |
| Ingredients:         | Soybeans, Goji Berries<br>Sea Salt   | Soybeans,<br>Sea Salt                             | Soybeans, Sea Salt, Wasabi Powder<br>(Wasabi Oil, Dextrin) |
| Product Size:        | 99 grams                             | 113 grams   | 99 grams   |
| UPC:                 | 9 369999 006518                      | 9 369999 006501                                   | 9 369999 006525  |
| Units per Case:      | 12                                   | 12  | 12   |
| Case Order Code:     | <b>A-NAT03</b>                       | <b>A-NAT01</b>                                    | <b>A-NAT02</b>   |
| Country of Origin:   | China                                | China   | China  |



Kosher Certified

| Nutrition Facts  |             |          |
|--|-------------|----------|
| Serving Size: 30 grams<br>Servings per pack: 3.5 approx. |             |          |
|  | Per Serving | Per 100g |
| Energy   | 502 kJ      | 1673 kJ  |
| Total Fat  | 3g          | 10g      |
| Saturated Fat  | 0g          | 0g       |
| Trans Fat  | 0g          | 0g       |
| Cholesterol  | 0mg         | 0mg      |
| Sodium   | 140mg       | 467mg    |
| Total Carbohydrate                                       | 15g         | 50g      |
| Dietary Fibre  | 7g          | 23g      |
| Sugars   | 5g          | 10g      |
| Protein  | 11g         | 37g      |

| Nutrition Facts  |             |          |
|--|-------------|----------|
| Serving Size: 30 grams<br>Servings per pack: 4 approx. |             |          |
|  | Per Serving | Per 100g |
| Energy   | 544 kJ      | 1943 kJ  |
| Total Fat  | 4g          | 14g      |
| Saturated Fat  | 0.5g        | 1.8g     |
| Trans Fat  | 0g          | 0g       |
| Cholesterol  | 0mg         | 0mg      |
| Sodium   | 150mg       | 536mg    |
| Total Carbohydrate                                     | 10g         | 35g      |
| Dietary Fibre  | 8g          | 28.5g    |
| Sugars   | 1g          | 3g       |
| Protein  | 14g         | 50g      |

| Nutrition Facts  |             |          |
|--|-------------|----------|
| Serving Size: 30 grams<br>Servings per pack: 3.5 approx. |             |          |
|  | Per Serving | Per 100g |
| Energy   | 544 kJ      | 1813 kJ  |
| Total Fat  | 4.5g        | 15g      |
| Saturated Fat  | 0.5g        | 1.6g     |
| Trans Fat  | 0g          | 0g       |
| Cholesterol  | 0mg         | 0mg      |
| Sodium   | 130mg       | 433mg    |
| Total Carbohydrate                                       | 9g          | 30g      |
| Dietary Fibre  | 7g          | 23g      |
| Sugars   | 1g          | 3g       |
| Protein  | 14g         | 46.6g    |