

# CONSCIOUS EATING™



**BALANCE. NOURISHMENT. AND CRUNCH!**

MARY'S GONE CRACKERS® are great tasting super crispy, satisfying gourmet crackers full of healthful, nutritious ingredients! Our organic, whole grain, gluten-free crackers contain no added oils or trans-fats, no sugar or dairy.

**SIMPLY NOURISHING INGREDIENTS...**

**.BROWN RICE.**



**.QUINOA.**



**.FLAX SEEDS.**



**.SESAME SEEDS.**



**ORGANIC • WHEAT-FREE • GLUTEN-FREE • WHOLE GRAIN**



# Gourmet

## WHOLE GRAIN • GLUTEN-FREE

888-258-1250 • [www.marysgonecrackers.com](http://www.marysgonecrackers.com)

### 5 Delicious Flavors

- Organic
- Kosher
- non-GMO
- Whole Grain
- Heart Healthy ♥
- Vegan-Dairy Free
- Wheat-Free • Gluten-Free
- No hydrogenated oils
- No trans-fats
- Contains 450 mg. of omega-3 fatty acids per 1oz serving
- Manufactured in our own dedicated wheat-free gluten-free, nut-free facility

Nutrition Facts	Original	Caraway	Black Pepper	Herb	Onion
	13 crackers (30g) about 6	13 crackers (30g) about 6	13 crackers (30g) about 6	13 crackers (30g) about 6	13 crackers (30g) about 6
	Amount Per Serving	Amount Per Serving	Amount Per Serving	Amount Per Serving	Amount Per Serving
<b>Calories</b>	140	140	140	140	140
Calories from Fat	45	45	45	45	45
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
<b>Total Fat</b>	5g <b>8%</b>	5g <b>8%</b>	5g <b>8%</b>	5g <b>8%</b>	5g <b>8%</b>
Saturated Fat**	0.5g <b>3%</b>	0.5g <b>3%</b>	0.5g <b>3%</b>	0.5g <b>3%</b>	0.5g <b>3%</b>
Polyunsaturated Fat	2.5g	2.5g	2.5g	2.5g	2.5g
Monounsaturated Fat	1.5g	1.5g	1.5g	1.5g	1.5g
Trans Fat	0g	0g	0g	0g	0g
<b>Cholesterol</b>	0mg <b>0%</b>	0mg <b>0%</b>	0mg <b>0%</b>	0mg <b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	190mg <b>8%</b>	190mg <b>8%</b>	180mg <b>8%</b>	180mg <b>8%</b>	190mg <b>8%</b>
<b>Potassium</b>	160mg <b>5%</b>	190mg <b>5%</b>	160mg <b>5%</b>	170mg <b>5%</b>	190mg <b>5%</b>
<b>Total Carbohydrate</b>	21g <b>7%</b>	21g <b>7%</b>	21g <b>7%</b>	21g <b>7%</b>	21g <b>7%</b>
Dietary Fiber	3g <b>12%</b>	3g <b>12%</b>	3g <b>12%</b>	3g <b>12%</b>	3g <b>12%</b>
Sugars	0g	0g	0g	0g	0g
<b>Protein</b>	3g	3g	3g	3g	3g
Vitamin A	0%	0%	0%	0%	0%
Vitamin C	0%	0%	0%	0%	0%
Calcium	4%	4%	4%	4%	4%
Iron	6%	8%	6%	6%	6%

\*Percent Daily Values are based on a 2,000 calorie diet.

### SPECIFICATIONS

<b>Shelf Life:</b> 9 Months
<b>Shipping Weight-12/Pak:</b> 7.1 lb.
<b>Cube:</b> .603 sq. ft.
<b>Pallet Layout:</b> 12 x 12
<b>12/Pak Case Dimensions:</b> 12.938" x 11.5" x 2"
<b>Unit Dimensions:</b> 6" x 5.5" x 2"
<b>Pallet Weight-144 Cases:</b> 1100 lb.
<b>All Pricing:</b> F.O.B. Chico CA 95928

**ORIGINAL**  
**INGREDIENTS:** ORGANIC SHORT GRAIN BROWN RICE, ORGANIC WHOLE QUINOA, ORGANIC BROWN FLAX SEEDS, ORGANIC BROWN SESAME SEEDS, FILTERED WATER, ORGANIC WHEAT-FREE LOW SODIUM TAMARI (WATER, WHOLE ORGANIC SOYBEANS, SALT, ORGANIC ALCOHOL), SEA SALT.



**CARAWAY**  
**INGREDIENTS:** ORGANIC SHORT GRAIN BROWN RICE, ORGANIC WHOLE QUINOA, ORGANIC BROWN FLAX SEEDS, ORGANIC BROWN SESAME SEEDS, FILTERED WATER, ORGANIC WHOLE CARAWAY SEEDS, ORGANIC WHEAT-FREE LOW SODIUM TAMARI (WATER, WHOLE ORGANIC SOYBEANS, SALT, ORGANIC ALCOHOL), SEA SALT.



**BLACK PEPPER**  
**INGREDIENTS:** ORGANIC SHORT GRAIN BROWN RICE, ORGANIC WHOLE QUINOA, ORGANIC BROWN FLAX SEEDS, ORGANIC BROWN SESAME SEEDS, FILTERED WATER, ORGANIC BLACK PEPPER, ORGANIC WHEAT-FREE LOW SODIUM TAMARI (WATER, WHOLE ORGANIC SOYBEANS, SALT, ORGANIC ALCOHOL), SEA SALT.



**HERB**  
**INGREDIENTS:** ORGANIC SHORT GRAIN BROWN RICE, ORGANIC WHOLE QUINOA, ORGANIC BROWN FLAX SEEDS, ORGANIC BROWN SESAME SEEDS, FILTERED WATER, ORGANIC GARLIC, ORGANIC HERBS, ORGANIC WHEAT-FREE LOW SODIUM TAMARI (WATER, WHOLE ORGANIC SOYBEANS, SALT, ORGANIC ALCOHOL), SEA SALT.



**ONION**  
**INGREDIENTS:** ORGANIC SHORT GRAIN BROWN RICE, ORGANIC WHOLE QUINOA, ORGANIC ONIONS, ORGANIC BROWN FLAX SEEDS, ORGANIC BROWN SESAME SEEDS, FILTERED WATER, ORGANIC MINCED DRIED ONIONS, ORGANIC WHEAT-FREE LOW SODIUM TAMARI (WATER, WHOLE ORGANIC SOYBEANS, SALT, ORGANIC ALCOHOL), SEA SALT.



MANUFACTURED IN OUR OWN DEDICATED WHEAT-FREE GLUTEN-FREE, NUT-FREE FACILITY.  
 \*\* SATURATED FAT IN OUR STICKS & TWIGS™ OCCURS NATURALLY FROM WHOLE SESAME SEEDS, FLAX SEEDS, QUINOA, AMARANTH, MILLET AND CHIA SEEDS.  
 Manufactured by Mary's Gone Crackers®  
 P.O. BOX 965 GRIDLEY, CA 95948 USA  
 888-258-1250  
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