Bare Bones Broth is part cooking ingredient, part beverage and part “souperfood.” With a loyal following, the company has begun expanding into natural grocery stores throughout the West Coast and Northeast.

**Founders:** Ryan Harvey (classically trained chef) and Katherine Harvey (award-winning journalist)

**Founded in:** 2013

**Product Line:** Pure, nutrient-rich bone broths:

**BEef**
- Classic 100% grass-fed beef bone broth
- Tomato and spice beef bone broth

**CHICKEN**
- Classic 100% pasture-raised chicken bone broth
- Rosemary and lemon chicken bone broth

**PRODUCT AVAILABILITY**
- Currently available for purchase online, Bare Bones Broth is expanding with a new production facility, new fulfillment house and new distribution partner.
- Soon their delicious broths will be featured in the refrigerated sections of natural grocers along the West Coast and the Northeast, and eventually nationwide.

**Motto:** “Let food be thy medicine and medicine be thy food.”

**Contact:** For more information, email press@barebonesbroth.com or call 541-816-4101.

barebonesbroth.com
It’s one of humankind’s oldest foods—and healthiest—with an incredibly complete nutritional profile. The collagen that is extracted when animal bones simmer in water for hours (or days) contains the building blocks of life, loaded with proteins that combat inflammation; boost immunity; strengthen bones; improve hair, skin and nails; and soothe a host of digestive issues.

**But isn’t it just Commercially Made stock?**
Heck, no. It’s much more than that. Check out the infographic on page 5 for a side-by-side comparison.

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**THE BARE BONES DIFFERENCE**

**Ethical Sourcing**
Everything in Bare Bones broths is ethically raised and free of antibiotics, hormones and grains—because peace of mind is priceless.

**Slow Food, Real Food**
- Bare Bones broth is never boiled. It simmers for 24-48 hours to retain all of its nutritional value.
- It’s free of gluten, dairy, soy, preservatives, MSG, artificial flavorings and added colorings.
- All of the flavors are Whole30 approved and Paleo friendly.

**Versatility**
The broth can be sipped as a healthy drink or used in soups, meals and sauces.

**And Wow, the Benefits**
Movie stars, professional athletes, Olympians and weekend warriors are calling this culinary cornerstone their secret to performance, recovery and beauty.
- Soothes joints
- Supports immunity
- Easy to add to your diet
- Tastes delicious
- Contains 10-12g of protein per serving
- Aids muscle, tendon and ligament recovery
- Strengthens bones and nails
- Rejuvenates skin
Ryan and Kate Harvey are a chef and journalist couple who are actively involved in CrossFit, long-distance hiking and other athletic pursuits. They learned from being a part of the fitness community that bone broth is loaded with nutrients, but they were already familiar with its incredible jack-of-all-trades role in the kitchen.

Ryan Harvey has always been a lover of food. His first job was in a restaurant, where he found his passion to feed people. Later, at culinary school, the first thing he learned to make was bone broth. He thoroughly enjoyed making this flavorful foundation for soups and sauces, and began making it at home in between his shifts in fine-dining kitchens, while encouraging friends and family to drink it for its health benefits.

Ryan thought, “What if I take this slow-cooked base, full of nutrition, and give people access to it not just as a great ingredient in cooking, but as a health food.”

Kate Harvey grew up in a house where a pot of bone broth could regularly be found simmering on the back burner in her mother’s kitchen. She watched it get ladled into everything from rice and beans to casseroles. In more recent years, she’s experimented with Paleo-influenced eating, and after strictly following it for a month, the chronic inflammation and arthritis she’d had since age 18 were gone. “That was all I needed to start believing in food as fuel and medicine,” she says.

As an award-winning journalist and business writer, Kate has interviewed countless marketing experts, CEOs, CFOs and other business experts. She’s taken what she learned and is applying it to the management and growth of Bare Bones Broth.
125 Gut-Friendly Recipes to Heal, Strengthen, and Nourish the Body

The wellness of the body and the health of the soul are connected. So Bare Bones Broth nourishes both. And the good news is, cofounders Katherine and Ryan Harvey believe great food doesn’t have to be complicated.

In “The Bare Bones Broth Cookbook,” Kate and Ryan take the guesswork out of making simple, inexpensive, authentic and delicious broth at home. With foolproof directions for slow-cooking broth and more than 100 inventive ideas for incorporating it into everyday meals in delicious new ways, “The Bare Bones Broth Cookbook” includes:

• 9 signature broth recipes, from beef and chicken to fish and vegetable
• Soups and stews such as Coconut, Beet, and Ginger Soup and a Classic Pho Broth
• Eggs and breakfast, including a Bison Omelet with Yucca Root Hash and a Curried Scramble with Artichokes and Sun-Dried Tomatoes
• Meat and seafood entrees, from Pan-Seared Tuna with Mushroom Risotto to Slow-Cooked Chipotle Lamb and Pinto Beans
• Sides and salads, such as the Braised Collard Greens with Bacon or Yucca Root Fries
• Sauces and spreads, including Cilantro Chimichurri, Bacon Jam, and Spicy Salsa Verde

With The Bare Bones Broth Cookbook, the amazing health benefits of bone broth are only a stockpot away.
Grass-fed and pastured organic animal bones are taken straight from the ranch.

Your real bone broth is sealed in a nifty reusable package.

A truck delivers your broth right to your door or natural-food store.

You enjoy sipping and cooking with your broth at home!

**WHAT IS BONE BROTH?** (Hint: it doesn’t come in a cube or a box.)

<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>BEVERAGE</th>
<th>SOUP</th>
<th>SUPERFOOD</th>
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<tbody>
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</tr>
</tbody>
</table>

**COMMERCIAL MADE STOCK**

- Nutrient-deficient
- Sodium-heavy
- Loaded with preservatives
- Watery when cold

**BONE BROTH**

- Nutrient-rich (protein, minerals & antioxidants)
- Naturally flavorful
- Made with bones, vegetables and water; no junk
- Jiggly when cold

**HOW IT WORKS**

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