PROUDLY MADE IN CANADA

Healthy gut. HOLY CRAP™/MC Happy mind.

Our high-fibre, plant-based superseed blend cereals & oatmeals help you maintain good gut health and taste great. Healthy Gut. Happy Mind.

PLANT-BASED
À BASE DE PLANTES

GUT HEALTHY
FAVORISE LA SANTÉ INTESTINALE

GF
GLUTEN-FREE
SANS GLUTEN

HIGH FIBRE
TRICHE EN FIBRES

NATURAL
SUPERSEED BLEND

Ingredients: Chia seeds*, Buckwheat kernels*, Hulled hemp seeds*, *Organic.

Retail Item UPC	Master Case	Holy Crap Code
8 83831 20000 5	10883831800080	HCN12

225 g
CASE PACK 12

Nutrition Facts / Valeur nutritive
Per 2 tbsp (30 g) / pour 2 c à soupe (30 g)

	% Daily Value* / % valeur quotidienne*
Calories 140	
Fat / Lipides 8 g	11 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Polyunsaturated / polyinsaturés 6 g	
Omega-6 / oméga-6 2.5 g	
Omega-3 / oméga-3 3.5 g	
Monounsaturated / monoinsaturés 0.7 g	
Carbohydrates / Glucides 13 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Potassium / Potassium 150 mg	3 %
Calcium / Calcium 125 mg	10 %
Iron / Fer 2 mg	11 %

*5% or less is **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

APPLE CINNAMON
SUPERSEED BLEND

Ingredients: Chia seeds*, Buckwheat kernels*, Hulled hemp seeds*, Raisins* (raisins*, sunflower oil*), Dried cranberries* (cranberries*, cane sugar*, sunflower oil*), Dried apples*, Cinnamon*. *Organic.

Retail Item UPC	Master Case	Holy Crap Code
8 83831 10000 8	10883831800073	HCAC12

225 g
CASE PACK 12

Nutrition Facts / Valeur nutritive
Per 2 tbsp (30 g) / pour 2 c à soupe (30 g)

	% Daily Value* / % valeur quotidienne*
Calories 130	
Fat / Lipides 6 g	8 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %
Polyunsaturated / polyinsaturés 4.5 g	
Omega-6 / oméga-6 2 g	
Omega-3 / oméga-3 2.5 g	
Monounsaturated / monoinsaturés 0.5 g	
Carbohydrates / Glucides 15 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Potassium / Potassium 150 mg	3 %
Calcium / Calcium 75 mg	6 %
Iron / Fer 1.75 mg	10 %

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BLUEBERRY APPLE
SUPERSEED BLEND

Ingredients: Chia seeds*, Buckwheat kernels*, Hulled hemp seeds*, Dried blueberries* (blueberries*, evaporated cane sugar*, sunflower oil*), Dried cranberries* (cranberries*, cane sugar*, sunflower oil*), Dried apples*, Cinnamon*. *Organic.

Retail Item UPC	Master Case	Holy Crap Code
8 83831 11444 9	10883831800097	HCBA12

225 g
CASE PACK 12

Nutrition Facts / Valeur nutritive
Per 2 tbsp (30 g) / pour 2 c à soupe (30 g)

	% Daily Value* / % valeur quotidienne*
Calories 130	
Fat / Lipides 6 g	8 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %
Polyunsaturated / polyinsaturés 4.5 g	
Omega-6 / oméga-6 2 g	
Omega-3 / oméga-3 3 g	
Monounsaturated / monoinsaturés 0.5 g	
Carbohydrates / Glucides 16 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Potassium / Potassium 150 mg	3 %
Calcium / Calcium 100 mg	8 %
Iron / Fer 1.5 mg	8 %

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MANGO COCONUT
SUPERSEED BLEND

Ingredients: Chia seeds*, Dried Mango*, Coconut*, Buckwheat kernels*, Hulled hemp seeds*, Pumpkin seeds*, *Organic.

Retail Item UPC	Master Case	Holy Crap Code
8 83831 60000 3	10883831801117	HCMC12

225 g
CASE PACK 12

Nutrition Facts / Valeur nutritive
Per 2 tbsp (27 g) / pour 2 c à soupe (27 g)

	% Daily Value* / % valeur quotidienne*
Calories 130	
Fat / Lipides 8 g	11 %
Saturated / saturés 2.5 g + Trans / trans 0 g	13 %
Polyunsaturated / polyinsaturés 4.5 g	
Omega-6 / oméga-6 2 g	
Omega-3 / oméga-3 2.5 g	
Monounsaturated / monoinsaturés 0.8 g	
Carbohydrates / Glucides 12 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Potassium / Potassium 175 mg	4 %
Calcium / Calcium 75 mg	6 %
Iron / Fer 1.5 mg	8 %

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Holy Crap Foods Inc.
1 855 588 8860 | 604 886 8860
orders@holycrap.com

@holycrapcereal
#holycrap #mindyourgut

holycrap.com

APPLE CINNAMON
GLUTEN-FREE OATS +SUPERSEED BLEND

Ingredients: Gluten-free oats, Chia seeds*, Dried apples*, Buckwheat kernels*, Maple flakes* (maple syrup*), Hulled hemp seeds*, Cinnamon*. *Organic

Retail Item UPC	Master Case	Holy Crap Code
8 83831 90002 8	10 883831 90002 5	HCAPPO12

320 g
CASE PACK 12

Nutrition Facts / Valeur nutritive
Per 1/3 cup (40 g) / pour 1/3 tasse (40 g)

	% Daily Value* / % valeur quotidienne*
Calories 160	
Fat / Lipides 4 g	5 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %
Polyunsaturated / polyinsaturés 2.5 g	
Omega-6 / oméga-6 1.5 g	
Omega-3 / oméga-3 1 g	
Monounsaturated / monoinsaturés 0.7 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 175 mg	4 %
Calcium 50 mg	4 %
Iron / Fer 1.5 mg	8 %

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MAPLE
GLUTEN-FREE OATS +SUPERSEED BLEND

Ingredients: Gluten-free oats, Chia seeds*, Raisins* (raisins*, sunflower oil*), Dried cranberries* (cranberries*, cane sugar*, sunflower oil*), Buckwheat kernels*, Hulled hemp seeds*, Maple flakes* (maple syrup*), Dried apples*, Cinnamon*. *Organic.

Retail Item UPC	Master Case	Holy Crap Code
8 83831 90005 9	10 883831 90005 6	HCMAPO12

320 g
CASE PACK 12

Nutrition Facts / Valeur nutritive
Per 1/3 cup (40 g) / pour 1/3 tasse (40 g)

	% Daily Value* / % valeur quotidienne*
Calories 160	
Fat / Lipides 4 g	5 %
Saturated / saturés 0.4 g + Trans / trans 0 g	2 %
Polyunsaturated / polyinsaturés 2.5 g	
Omega-6 / oméga-6 1.5 g	
Omega-3 / oméga-3 1 g	
Monounsaturated / monoinsaturés 0.6 g	
Carbohydrate / Glucides 27 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 175 mg	4 %
Calcium 50 mg	4 %
Iron / Fer 1.5 mg	8 %

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MANGO COCONUT
GLUTEN-FREE OATS +SUPERSEED BLEND

Ingredients: Gluten-free oats, Chia seeds*, Dried mango*, Coconut*, Buckwheat kernels*, Hulled hemp seeds*, Maple flakes* (maple syrup*), Cinnamon*. *Organic.

Retail Item UPC	Master Case	Holy Crap Code
8 83831 90004 2	10 883831 90004 9	HCMCO12

320 g
CASE PACK 12

Nutrition Facts / Valeur nutritive
Per 1/3 cup (40 g) / pour 1/3 tasse (40 g)

	% Daily Value* / % valeur quotidienne*
Calories 170	
Fat / Lipides 7 g	9 %
Saturated / saturés 3 g + Trans / trans 0 g	15 %
Polyunsaturated / polyinsaturés 2.5 g	
Omega-6 / oméga-6 1 g	
Omega-3 / oméga-3 1.5 g	
Monounsaturated / monoinsaturés 0.7 g	
Carbohydrate / Glucides 24 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 200 mg	4 %
Calcium 50 mg	4 %
Iron / Fer 1.5 mg	8 %

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BLUEBERRY COCOA
GLUTEN-FREE OATS +SUPERSEED BLEND

Ingredients: Gluten-free oats, Dried blueberries* (blueberries*, evaporated cane sugar*, sunflower oil*), Chia seeds*, Buckwheat kernels*, Hulled hemp seeds*, Maple flakes* (maple syrup*), Cocoa

Retail Item UPC	Master Case	Holy Crap Code
8 83831 90003 5	10 883831 90003 2	HCBLUO12

320 g
CASE PACK 12

Nutrition Facts / Valeur nutritive
Per 1/3 cup (40 g) / pour 1/3 tasse (40 g)

	% Daily Value* / % valeur quotidienne*
Calories 160	
Fat / Lipides 4 g	5 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %
Polyunsaturated / polyinsaturés 2.5 g	
Omega-6 / oméga-6 1.5 g	
Omega-3 / oméga-3 1 g	
Monounsaturated / monoinsaturés 0.7 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 150 mg	3 %
Calcium 50 mg	4 %
Iron / Fer 1.5 mg	8 %

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