

FLAX SEED CRACKERS



SEA SALT



SAVORY



ROSEMARY

MULTI-SEED CRACKERS



CHEEZE-PLEASE DAIRY FREE



SPICY CHILI LIME

NEW

PACKAGING
SAME
GREAT
PRODUCT

Nutrition Facts	
About 5 servings per container	
Serving size 8 crackers (30g)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 10g	4%
Dietary Fiber 9g	32%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	7%
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 2mg	10%
Potassium 124mg	2%

INGREDIENTS: Organic Flax Seeds, Organic Apple Cider Vinegar, Sea Salt.

Nutrition Facts	
About 5 servings per container	
Serving size 8 crackers (29g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 8g	29%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	7%
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 2mg	10%
Potassium 85mg	2%

INGREDIENTS: Organic Flax Seeds, Organic Apple Cider Vinegar, Organic Garlic Powder, Organic Onion Powder, Sea Salt, Organic Basil Leaf, Organic Red Chili Pepper.

Nutrition Facts	
About 5 servings per container	
Serving size 8 crackers (29g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 10g	4%
Dietary Fiber 9g	32%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	7%
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2mg	10%
Potassium 66mg	2%

INGREDIENTS: Organic Flax Seeds, Organic Apple Cider Vinegar, Organic Rosemary, Sea Salt, Organic Sage.

NEW

Nutrition Facts	
About 4 servings per container	
Serving size 7 crackers (28g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 7g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 8g	3%
Dietary Fiber 6g	21%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	8%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 247mg	6%
Thiamin 1.5mg	130%
Magnesium 97mg	25%
Zinc 2mg	20%
Copper 0.3mg	35%
Manganese 0.8mg	35%

INGREDIENTS: Flax seeds*, sunflower kernels*, pepitas*, chia seeds*, hemp hearts*, nutritional yeast*, sea salt, garlic powder*, spices*
*Organic

Nutrition Facts	
About 4 servings per container	
Serving size 7 crackers (28g)	
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 7g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 9g	3%
Dietary Fiber 6g	21%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	6%
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 2mg	10%
Potassium 237mg	6%
Thiamin 0.3mg	25%
Magnesium 95mg	25%
Zinc 1mg	10%
Copper 0.3mg	35%
Manganese 0.8mg	35%

INGREDIENTS: Flax seeds*, sunflower kernels*, pepitas*, chia seeds*, hemp hearts*, apple cider vinegar*, spices*, garlic powder*, lime juice powder* (maltodextrin, lime juice), onion powder*, sea salt, tomato powder*.
* Organic



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SAME
GREAT
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FLAX SEED

plant-based organic crackers

Our story begins with a passion for wholesome ingredients that fuel and nourish. Flackers are made from only a few simple, whole food ingredients. Flax seeds are a nutritional powerhouse! They are packed with a good mix of both soluble and insoluble fiber. Flax seeds also contain alpha linolenic acid – an Omega 3 fatty acid, plant lignans and a host of good vitamins and minerals.

PLANT BASED. Keto Friendly Varieties.
GLUTEN FREE. NUTRIENT RICH.
DELIVERS all the nutritional
benefits of flax in a convenient,
ready to eat form.
High in fiber.



Fuel Your Day with Seeds!

SPECIFICATIONS

CASE PK/ WEIGHT:	6/5 OZ (FLAX SEED CRACKERS), 6/4 OZ (MULTI-SEED)
PALLET:	20 cases per layer 10 layers, 200 case pallet
UNIT DIMENSIONS:	6.75" X 2.375" X 7.25"
CASE DIMENSIONS:	11.375" x 7.875" x 5.25"
SHELF LIFE:	12 Months

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MULTI-SEED

plant-based organic crackers

Our story begins with a passion for wholesome ingredients that fuel and nourish. Blending expertise with nature's bounty, we crafted these crackers as a celebration of seeds' incredible vitality. From the beautiful blue fields of flax to the sun-drenched sunflower petals, every seed tells a tale of health and flavor.



FLAXSEEDS
Omega-3 boost
for heart health



SUNFLOWER SEEDS
Rich in vitamin E
for skin



PEPITA SEEDS
Packed with
minerals for energy



CHIA SEEDS
Fiber-packed
for digestion



HEMP HEARTS
Complete protein
source

