

SHAKE WELL • SERVE CHILLED • AS A NATURAL PRODUCT SETTLING IS NORMAL • REFRIGERATE AFTER OPENING

Quinoa Gold is loaded with Quinoa (Keen-wah) a South American supergrain that contains all 9 essential amino acids necessary for life and building muscle. It is rich in iron, manganese, magnesium, carbohydrates, protein, vitamins, minerals, and fiber. The National Academy of Sciences calls it "One of the best sources of protein and energy, fueling our bodies for longer periods of time than most foods." Native to the Andes and Machu Picchu, Quinoa dates back more than 5,000 years. Called "the mother grain" by the ancient Incas, Quinoa seeds were more valuable than gold. Considered sacred to Indian natives of the Andes Mountains in Peru and Bolivia, it was believed the grain was a gift from the gods containing spiritual enhancing qualities. Quinoa is highly nutritious and recognized as a superfood by the FDA.

We use organic Agave nectar as our sweetener. This makes it unlikely to raise blood sugar or trigger the body's fat storage mechanisms.

# QUINOA GOLD™

NATURAL  
ANTIOXIDANT



GLUTEN  
FREE



COMPLETE  
PROTEIN



ORGANIC  
QUINOA

## Caffeine-Free Energy

Quinoa, a true *Supergrain* is considered one of the healthiest *Organic* foods you can find.

## DARK BERRY

*Beverage*



FAIR TRADE

### Nutrition Facts

Serving Size: 8.0 fl oz  
Servings Per Container: 2

Amount Per Serving		% Daily Value*	
<b>Calories</b> 160	<b>Calories from Fat</b> 10		
<b>Total Fat</b> 1g		<b>2%</b>	
Saturated Fat 0g		<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 0mg		<b>0%</b>	
<b>Sodium</b> 0mg		<b>0%</b>	
<b>Potassium</b> 90mg		<b>2%</b>	
<b>Total Carbohydrate</b> 35g		<b>12%</b>	
Sugars 26g			
Fiber 1g		<b>4%</b>	
<b>Protein</b> 2g		<b>4%</b>	
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 6%		
Riboflavin 4%	Phosphorus 6%		
Magnesium 6%	Zinc 2%		
Copper 6%	Manganese 14%		

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	CALORIES		2,000	2,500
Total Fat	Less than	65g	80g	
Salt Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	39g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Quinoa is a source of sustained 'caffeine free' energy, fueling our bodies for longer periods of time than most foods. Quinoa has a low Glycemic Index, a great element for any weight loss diet."

Ingredients: Filtered Water, Organic Agave Nectar, Organic Quinoa, Natural Flavors, Citric Acid.

Distributed by:  
Newport Quinoa Company  
Newport, Rhode Island 02640  
Certified by Baystate Organic Certifiers



www.quinogold.com

16 FL. OZ. 473 ml

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