



Product Fact Sheet

Varieties:

Zōe's O's

- Natural
- Honey
- Cinnamon

Zōe's Granolas

- Honey Almond
- Cranberries Currants
- Cinnamon Raisin

Zōe's Bars

- Peanut Butter Paradise
- Heavenly Apple
- Chocolate Delight
- Chocolate Peanut Butter Bliss

Benefits:

Zōe's products contain ground flaxseed and soy. They naturally provide omega-3s, whole grains, fiber, protein, and iron — keys to healthy living. Zōe's products offer a wide range of health benefits, including weight management as part of an active lifestyle and healthy diet, improved heart health, lower cholesterol, healthy digestion, relief from joint pain, energy, and overall good nutrition.

Flax:

Flax is a small grain with a nutty taste. Flaxseed is the richest plant source of ALA omega-3 fatty acids. Only ground flaxseed provides the health benefits of fiber in addition to the omega-3s and lignans. It is the combination of these three elements, which studies have found to be most beneficial.

Soy:

Packed with nutrition, the soybean is the only plant source containing a complete protein – one that contains all nine essential amino acids. Other complete proteins come from the consumption of meat, and in many cultures soy is used as a protein source instead of meat. Additionally, soy is rich in iron, calcium, zinc, vitamin B, and ALA omega-3 fatty acids. It is low in fat and cholesterol-free. Studies show that soy can help keep the heart healthy, help maintain bone strength, and ease menopausal symptoms.

Key Nutrition Facts:

Each serving of Zōe's Cereals and Bars contains:

- 800-1500mg of ALA omega-3 essential fatty acids (60% - 115% of the Daily Value)
- Whole grains
- 5-7 grams of fiber
- 4-8 grams of protein

Suggested Pricing: MSRP: Cereals \$3.49 - \$4.69; Bars \$1.29 - \$1.49

Availability:

Zōe Foods' products are available in stores throughout the U.S. where natural foods are sold, including Whole Foods Market, and a wide list of supermarkets. Visit www.zoefoods.com for a complete list of retailers or to purchase online.

Company Background:

President Tori Stuart founded Zōe Foods in 2000 after being inspired by a flax and soy granola recipe created by her mother. Zōe Foods is located in Needham, MA.