

# Everland®



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@everlandfoods

# Welcome to Everland!

## Our Story

Everland Natural Foods was founded in Burnaby BC in 2005 by the Bagga and Walia family who shared the passion for making healthy, organic and delicious plant based foods. Everland's range of foods is so vast that it can meet the needs of any occasion be it breakfast lunch, between meals snack or dinner. Everland is a Burnaby Business Excellence Award Winner and has been ranked in the list of fastest growing firms in Canada. The company is still a family owned enterprise true to her mission of providing value to the consumers and stakeholders, while growing sustainably and responsibly with her people to better serve the community.

## Our philosophy

All our products are made without irradiation, GMOs, food colouring or chemical preservatives, and are packed in eco-friendly ways that reduce their carbon footprint. Everland's wide range of certified organic, natural and Kosher products are purchased by health-conscious consumers looking for allergen and gluten-free foods, as well as vegan, raw and Fair Trade products. Our manufacturing facility uses a Food Safety Program in accordance with HACCP principles to ensure product safety. We manufacture over 400 Canadian grown and processed health foods, including healthy snacks, nut butters, granola, super foods, nuts, dried fruit, seeds, and oils available at over 2000 retail stores in North America.





## Organic Cooking Sauces 355g

Made in Vancouver with real ingredients only.  
Absolutely NO MSG, preservatives, or nasty ingredients.





Nutrition Facts Valeur nutritive	
Per serving 15 g / Portion 15 g	
	% Daily Value % valeur quotidienne
<b>Calories 20</b>	
<b>Fat / Lipides</b> 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 5 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 4 g	0%
<b>Protein / Protéines</b> 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 120 mg	5%
Potassium 70 mg	2%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-22222 UPC: 0 59443 22223

## Thai Chili Sauce Organic

**INGREDIENTS:** FILTERED WATER, EVAPORATED SUGAR CANE JUICE\*, BROWN RICE VINEGAR\*, SEA SALT, GARLIC\*, CHILI\*, XANTHAN GUM.

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS. \*CERTIFIED ORGANIC INGREDIENTS



Nutrition Facts Valeur nutritive	
Per serving 15 g / Portion 15 g	
	% Daily Value % valeur quotidienne
<b>Calories 10</b>	
<b>Fat / Lipides</b> 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 1 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines</b> 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 90 mg	4%
Potassium 70 mg	2%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-22221 UPC: 0 59443 22221

## Thai Curry Sauce Organic

**INGREDIENTS:** FILTERED WATER, TOMATOES\*, PEANUTS\*, EVAPORATED SUGAR CANE JUICE\*, APPLE CIDER VINEGAR\*, ONIONS\*, COCONUT\*, MISO\* (WHITE RICE, SOY BEANS, SEA SALT, FILTERED WATER, CULTURE ASPERGILLUS ORYZAE), SEA SALT\*, GARLIC\*, CURRY\*, GUAR GUM\*, GINGER\*, CAYENNE PAPER\*.

**ALLERGY ALERT: CONTAINS** PEANUTS AND SOY. **MAY CONTAIN** OTHER NUTS AND SESAME SEEDS. \*CERTIFIED ORGANIC INGREDIENTS



Nutrition Facts Valeur nutritive	
Per serving 15 g / Portion 15 g	
	% Daily Value % valeur quotidienne
<b>Calories 15</b>	
<b>Fat / Lipides</b> 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 4 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 3 g	0%
<b>Protein / Protéines</b> 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 130 mg	5%
Potassium 70 mg	2%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-22207 UPC: 0 59443 22207

## Honey Garlic Sauce Organic

**INGREDIENTS:** FILTERED WATER, HONEY\*, PEANUTS\*, EVAPORATED SUGAR CANE JUICE\*, APPLE VINEGAR\*, SEA SALT, GARLIC\*, GINGER\*, GUAR GUM\*, LEMON JUICE\*

**ALLERGY ALERT: CONTAINS** PEANUTS. **MAY CONTAIN** OTHER NUTS AND SESAME SEEDS. \*CERTIFIED ORGANIC INGREDIENTS



Nutrition Facts Valeur nutritive	
Per serving 15 g / Portion 15 g	
	% Daily Value % valeur quotidienne
<b>Calories 20</b>	
<b>Fat / Lipides</b> 0.5 g	1%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 3 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 3 g	0%
<b>Protein / Protéines</b> 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 120 mg	5%
Potassium 70 mg	2%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-22209 UPC: 0 59443 22209

## Sweet & Sour Sauce Organic

**INGREDIENTS:** FILTERED WATER, EVAPORATED SUGAR CANE JUICE\*, RICE VINEGAR\*, TOMATO PASTE\*, SUNFLOWER OIL\*, SEA SALT, GARLIC\*, ONION\*, GINGER\*, XANTHAN GUM.

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS. \*CERTIFIED ORGANIC INGREDIENTS



Nutrition Facts Valeur nutritive	
Per serving 15 g / Portion 15 g	
	% Daily Value % valeur quotidienne
<b>Calories 15</b>	
<b>Fat / Lipides</b> 1 g	1%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 2 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 1 g	0%
<b>Protein / Protéines</b> 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 125 mg	5%
Potassium 70 mg	2%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-22204 UPC: 0 59443 22204

## Thai Peanut Sauce Organic

**INGREDIENTS:** FILTERED WATER, MISO (WHITE RICE, SOY BEANS, SEA SALT, FILTERED WATER, CULTURE ASPERGILLUS ORYZAE)\*, PEANUTS\*, EVAPORATED SUGAR CANE JUICE\*, SUNFLOWER OIL\*, ONION\*, COCONUT\*, SEA SALT, GARLIC\*, GINGER\*, GUAR GUM\*.

**ALLERGY ALERT: CONTAINS** PEANUTS AND SOY. **MAY CONTAIN** OTHER NUTS AND SESAME SEEDS. \*CERTIFIED ORGANIC INGREDIENTS



Nutrition Facts Valeur nutritive	
Per serving 15 g / Portion 15 g	
	% Daily Value % valeur quotidienne
<b>Calories 20</b>	
<b>Fat / Lipides</b> 1 g	2%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 2 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 1 g	0%
<b>Protein / Protéines</b> 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 200 mg	8%
Potassium 70 mg	2%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-22206 UPC: 0 59443 22206

## Black Bean Sauce Organic

**INGREDIENTS:** FILTERED WATER, BLACK BEANS\*, MISO (WHITE RICE, SOY BEANS, SEA SALT, FILTERED WATER, CULTURE ASPERGILLUS ORYZAE)\*, EVAPORATED SUGAR CANE JUICE\*, SUNFLOWER OIL\*, APPLE CIDER VINEGAR\*, TAMARI SOY SAUCE (WATER, SOY BEANS, WHEAT, SEA SALT, BREWING STARTER ASPERGILLUS SOJAE)\*, SEA SALT, ONION\*, GARLIC\*, GINGER\*, GUAR GUM\*. **ALLERGY ALERT: CONTAINS** SOY. **MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS. \*CERTIFIED ORGANIC INGREDIENTS





## Organic Salsas 500ml

Tomatoes with organic vegetables, herbs and spices. Free from fats, cholesterol, artificial colors, flavors or preservatives. This flavorful salsa is a delicious accompaniment to chips, snacks, rice, grains, vegetables, Mexican dishes, pasta and salads.





Nutrition Facts		Valeur nutritive	
Per 2 tablespoons (30 mL) Par 2 c. à table (30 mL)			
<b>Calories 15</b>		<b>% Daily Value*</b>	
	<b>% valeur quotidienne*</b>		
<b>Fat / Lipides</b> 0 g		0 %	
Saturated / saturés 0 g			
+ Trans / trans 0 g		0 %	
<b>Carbohydrate / Glucides</b> 3 g			
Fibre / Fibres 1 g		3 %	
Sugars / Sucres 0 g		0 %	
<b>Protein / Protéines</b> 0 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 130 mg		5 %	
Potassium 70 mg		2 %	
Calcium 0 mg		0 %	
Iron / Fer 0 mg		0 %	
5% or less is <b>a little</b> , 15% or more is <b>a lot</b> / * 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>			

JIVA CODE: EVR-21254 UPC: 0 59443 21254

## Hot Salsa Organic

**INGREDIENTS:** ORGANIC TOMATO PASTE (ORGANIC TOMATOES, ORGANIC TOMATO JUICE, CALCIUM CHLORIDE AND

CITRIC ACID), ORGANIC TOMATOES, ORGANIC ONION, ORGANIC JALAPENO PEPPERS, ORGANIC HOT PEPPERS, ORGANIC APPLE CIDER VINEGAR, ORGANIC GARLIC, SEA SALT, ORGANIC PARSLEY AND ORGANIC GUAR GUM.

**ALLERGY ALERT: CONTAINS PEANUTS AND SOY. MAY CONTAIN OTHER NUTS AND SESAME SEEDS. \*CERTIFIED ORGANIC INGREDIENTS**



Nutrition Facts		Valeur nutritive	
Per 2 tablespoon (30 mL) Par 2 c. à table (30 mL)			
<b>Calories 15</b>		<b>% Daily Value*</b>	
	<b>% valeur quotidienne*</b>		
<b>Fat / Lipides</b> 0 g		0 %	
Saturated / saturés 0 g			
+ Trans / trans 0 g		0 %	
<b>Carbohydrate / Glucides</b> 3 g			
Fibre / Fibres 1 g		3 %	
Sugars / Sucres 0 g		0 %	
<b>Protein / Protéines</b> 0 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 130 mg		5 %	
Potassium 0 mg		0 %	
Calcium 0 mg		0 %	
Iron / Fer 0 mg		0 %	
5% or less is <b>a little</b> , 15% or more is <b>a lot</b> / * 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>			

JIVA CODE: EVR-21255 UPC: 0 59443 21255

## Medium Salsa Organic

**INGREDIENTS:** ORGANIC TOMATO PASTE (ORGANIC TOMATOES, ORGANIC TOMATO JUICE, CALCIUM CHLORIDE

AND CITRIC ACID), ORGANIC TOMATOES, ORGANIC ONION, ORGANIC JALAPENO PEPPERS, ORGANIC HOT PEPPERS, ORGANIC APPLE CIDER VINEGAR, ORGANIC GARLIC, SEA SALT, ORGANIC PARSLEY AND ORGANIC GUAR GUM.

**ALLERGY ALERT: CONTAINS PEANUTS AND SOY. MAY CONTAIN OTHER NUTS AND SESAME SEEDS. \*CERTIFIED ORGANIC INGREDIENTS**



Nutrition Facts		Valeur nutritive	
Per 2 tablespoon (30 mL) Par 2 c. à table (30 mL)			
<b>Calories 15</b>		<b>% Daily Value*</b>	
	<b>% valeur quotidienne*</b>		
<b>Fat / Lipides</b> 0 g		0 %	
Saturated / saturés 0 g			
+ Trans / trans 0 g		0 %	
<b>Carbohydrate / Glucides</b> 3 g			
Fibre / Fibres 1 g		3 %	
Sugars / Sucres 0 g		0 %	
<b>Protein / Protéines</b> 0 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 130 mg		5 %	
Potassium 0 mg		0 %	
Calcium 0 mg		0 %	
Iron / Fer 0 mg		0 %	
5% or less is <b>a little</b> , 15% or more is <b>a lot</b> / * 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>			

JIVA CODE: EVR-21256 UPC: 0 59443 21256

## Mild Salsa Organic

**INGREDIENTS:** ORGANIC TOMATO PASTE (ORGANIC TOMATOES, ORGANIC TOMATO JUICE, CALCIUM CHLORIDE

AND CITRIC ACID), ORGANIC TOMATOES, ORGANIC ONION, ORGANIC JALAPENO PEPPERS, ORGANIC APPLE CIDER VINEGAR, ORGANIC GARLIC, SEA SALT, ORGANIC PARSLEY AND ORGANIC GUAR GUM.

**ALLERGY ALERT: CONTAINS PEANUTS AND SOY. MAY CONTAIN OTHER NUTS AND SESAME SEEDS. \*CERTIFIED ORGANIC INGREDIENTS**





## Organic Pasta Sauces 739ml

Proudly Canadian, this sauce is made in small batches - that way we can ensure that each and every jar is filled with pure, tasty, quality sauce!



Imported  
Ingredients



KOSHER  
CHECK





Nutrition Facts Valeur nutritive	
Per 1/2 cup (125ml) / portion de (125 ml)	
<b>Calories 60</b>	% Daily Value % valeur quotidienne
<b>Fat / Lipides 1 g</b>	1%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 8 g</b>	3%
Fibre / Fibres 2 g	7%
Sugars / Sucres 4 g	4%
<b>Protein / Protéines 2 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 340 mg</b>	15%
Potassium 340 mg	7%
Calcium 29 mg	2%
Iron / Fer 0.83 mg	5%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-21201 UPC: 0 59443 21201

## Italian Herb Pasta Sauce Organic

**INGREDIENTS:** ORGANIC TOMATOES, (FRESH ORGANIC TOMATOES, ORGANIC TOMATO JUICE, CALCIUM CHLORIDE AND CITRIC ACID), ORGANIC TOMATO PASTE, ORGANIC ONION, ORGANIC EXTRA VIRGIN OLIVE OIL, ORGANIC EVAPORATED SUGAR CANE JUICE, SEA SALT, ORGANIC APPLE CIDER VINEGAR, ORGANIC GARLIC, ORGANIC BASIL, ORGANIC OREGANO, ORGANIC FENNEL SEEDS, ORGANIC BLACK PEPPER

**ALLERGY ALERT: CONTAINS PEANUTS AND SOY. MAY CONTAIN OTHER NUTS AND SESAME SEEDS. \*CERTIFIED ORGANIC INGREDIENTS**



Nutrition Facts Valeur nutritive	
Per 1/2 cup (125ml) / portion de (125 ml)	
<b>Calories 60</b>	% Daily Value % valeur quotidienne
<b>Fat / Lipides 1 g</b>	1%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 8 g</b>	3%
Fibre / Fibres 2 g	7%
Sugars / Sucres 4 g	4%
<b>Protein / Protéines 2 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 340 mg</b>	15%
Potassium 340 mg	7%
Calcium 29 mg	2%
Iron / Fer 0.83 mg	5%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-21205 UPC: 0 59443 21205

## Tomato Basil Pasta Sauce Organic

**INGREDIENTS:** ORGANIC TOMATOES, (FRESH ORGANIC TOMATOES, ORGANIC TOMATO JUICE, CALCIUM CHLORIDE AND CITRIC ACID), ORGANIC TOMATO PASTE, ORGANIC ONION, ORGANIC EXTRA VIRGIN OLIVE OIL, ORGANIC EVAPORATED SUGAR CANE JUICE, SEA SALT, ORGANIC APPLE CIDER VINEGAR, ORGANIC GARLIC, ORGANIC BASIL, ORGANIC OREGANO, ORGANIC FENNEL SEEDS, ORGANIC BLACK PEPPER

**ALLERGY ALERT: CONTAINS PEANUTS AND SOY. MAY CONTAIN OTHER NUTS AND SESAME SEEDS. \*CERTIFIED ORGANIC INGREDIENTS**



Nutrition Facts Valeur nutritive	
Per 1/2 cup (125ml) / portion de (125 ml)	
<b>Calories 60</b>	% Daily Value % valeur quotidienne
<b>Fat / Lipides 1 g</b>	1%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 8 g</b>	3%
Fibre / Fibres 2 g	7%
Sugars / Sucres 4 g	4%
<b>Protein / Protéines 2 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 340 mg</b>	15%
Potassium 340 mg	7%
Calcium 29 mg	2%
Iron / Fer 0.83 mg	5%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-21202 UPC: 0 59443 21202

## Roasted Garlic Pasta Sauce Organic

**INGREDIENTS:** ORGANIC TOMATOES, ORGANIC TOMATO PASTE (FRESH ORGANIC TOMATOES, ORGANIC TOMATO JUICE, CALCIUM CHLORIDE AND CITRIC ACID), ORGANIC ONION, ORGANIC EXTRA VIRGIN OLIVE OIL, ORGANIC GARLIC, ORGANIC EVAPORATED SUGAR CANE JUICE, ORGANIC APPLE CIDER VINEGAR, ORGANIC BASIL, ORGANIC OREGANO, ORGANIC FENNEL SEEDS, SEA SALT

**ALLERGY ALERT: CONTAINS PEANUTS AND SOY. MAY CONTAIN OTHER NUTS AND SESAME SEEDS. \*CERTIFIED ORGANIC INGREDIENTS**







## Oats

Everland's organic oats are the perfect base for all of your beautiful breakfast creations. They're 100% organic, with nothing added whatsoever, so that you can get that extra serving of fibre without any of the nasties!



\*Applies to selected products





Nutrition Facts Valeur nutritive	
Per 45 g / Pour 45 g	
<b>Calories 170</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Fat / Lipides 3 g</b>	<b>5%</b>
Saturated / saturés 0.5 g	
+ Trans / trans 0 g	<b>3%</b>
<b>Carbohydrate / Glucides 31 g</b>	<b>10%</b>
Fibre / Fibres 5 g	<b>20%</b>
Sugars / Sucres 0 g	<b>0%</b>
<b>Protein / Protéines 5 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	<b>0%</b>
Potassium 172 mg	<b>6%</b>
Calcium 23.4 mg	<b>2%</b>
Iron / Fer 1.71 mg	<b>3%</b>
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-91546 UPC: 0 59443 91546



Nutrition Facts Valeur nutritive	
Per 45 g / Pour 45 g	
<b>Calories 170</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Fat / Lipides 3 g</b>	<b>5%</b>
Saturated / saturés 0.5 g	
+ Trans / trans 0 g	<b>3%</b>
<b>Carbohydrate / Glucides 31 g</b>	<b>10%</b>
Fibre / Fibres 5 g	<b>20%</b>
Sugars / Sucres 0 g	<b>0%</b>
<b>Protein / Protéines 5 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	<b>0%</b>
Potassium 172 mg	<b>6%</b>
Calcium 23.4 mg	<b>2%</b>
Iron / Fer 1.71 mg	<b>3%</b>
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-91544 UPC: 0 59443 91544



Nutrition Facts Valeur nutritive	
Per 45 g / Pour 45 g	
<b>Calories 170</b>	<b>% Daily Value* % valeur quotidienne*</b>
<b>Fat / Lipides 3 g</b>	<b>5%</b>
Saturated / saturés 0.5 g	
+ Trans / trans 0 g	<b>3%</b>
<b>Carbohydrate / Glucides 31 g</b>	
Fibre / Fibres 5 g	<b>20%</b>
Fibre soluble 2 g	
Fibre insoluble 2 g	
Sugars / Sucres 1 g	<b>0%</b>
<b>Protein / Protéines 5 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	<b>0%</b>
Potassium 165 mg	<b>5%</b>
Calcium	<b>2%</b>
Iron / Fer	<b>10%</b>
5% or less is a <b>little</b> , 15% or more is a <b>lot</b> / * 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-11818 UPC: 0 59443 11818

## Oats Large Rolled Organic 908g

**INGREDIENTS:** ORGANIC ROLLED OATS. NATURALLY CONTAINS OAT BRAIN.

**ALLERGY ALERT: CONTAINS** PEANUTS AND SOY. **MAY CONTAIN** OTHER NUTS AND SESAME SEEDS. \*CERTIFIED ORGANIC INGREDIENTS

## Oats Small Rolled Organic 908g

**INGREDIENTS:** ORGANIC ROLLED OATS

**ALLERGY ALERT: CONTAINS** PEANUTS AND SOY. **MAY CONTAIN** OTHER NUTS AND SESAME SEEDS. \*CERTIFIED ORGANIC INGREDIENTS

## Quick Oats 2.27kg

**INGREDIENTS:** 100% ROLLED OATS. NATURALLY CONTAINS OAT BRAIN.

**ALLERGY ALERT: CONTAINS** PEANUTS AND SOY. **MAY CONTAIN** OTHER NUTS AND SESAME SEEDS.





## Organic Seeds & Grains

Whether you've just finished a workout, working hard at school, in the office, or are setting out on a hike, be sure to take a bag of Everland Organic Seeds along. Comes in a convenient resealable bag!





Nutrition Facts		Valeur nutritive	
Per 14 g (1/2 oz.) / pour 14 g (1/2 oz.)			
Amount	% Daily Value	Teneur	% valeur quotidienne
<b>Calories / Calories 80</b>			
<b>Fat / Lipides 7 g</b>	<b>10 %</b>		
Saturated / saturés 1 g	5 %	+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 0 mg</b>			
<b>Sodium / Sodium 2 mg</b>	<b>0 %</b>		
<b>Carbohydrate / Glucides 4 g</b>	<b>1 %</b>		
Fibre / Fibres 1 g	3 %	Sugars / Sucres 0 g	
<b>Protein / Protéines 3 g</b>			
Vitamin A / Vitamine A	0 %	Vitamin C / Vitamine C	0 %
Calcium / Calcium	14 %	Iron / Fer	12 %

JIVA CODE: EVR-91858 UPC: 0 59443 91858

## Chia Seeds Black Organic 340g

**INGREDIENTS:** ORGANIC RAW BLACK CHIA SEEDS (SALVIA HISPANICO)

**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Serving size 13 g (2 Tbsp.) / Portion 13 g (2 cuillères à soupe)			
Amount	% Daily Value	Teneur	% valeur quotidienne
<b>Calories / Calories 60</b>			
<b>Fat / Lipides 3.5 g</b>	<b>5 %</b>		
Saturated / saturés 0.3 g	2 %	+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 2.5 g		Omega-3 / Oméga-3 0.5 g	
		Omega-6 / Oméga-6 2.0 g	
Monounsaturated / monoinsaturés 0.5 g		<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 5 mg</b>	<b>0 %</b>		
<b>Carbohydrate / Glucides 5 g</b>	<b>2 %</b>		
Fibre / Fibres 4 g	16 %	Sugars / Sucres 0 g	
<b>Protein / Protéines 3 g</b>			
Vitamin A / Vitamine A	0 %	Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %	Iron / Fer	6 %

JIVA CODE: EVR-85071 UPC: 0 59443 85071

## Flax Seeds Brown Organic 454g

**INGREDIENTS:** ORGANIC BROWN FLAX SEEDS.

**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Serving size 13 g (2 Tbsp.) / Portion 13 g (2 cuillères à soupe)			
Amount	% Daily Value	Teneur	% valeur quotidienne
<b>Calories / Calories 60</b>			
<b>Fat / Lipides 3.5 g</b>	<b>5 %</b>		
Saturated / saturés 0.3 g	2 %	+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 2.5 g		Omega-3 / Oméga-3 0.5 g	
		Omega-6 / Oméga-6 2.0 g	
Monounsaturated / monoinsaturés 0.5 g		<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 5 mg</b>	<b>0 %</b>		
<b>Carbohydrate / Glucides 5 g</b>	<b>2 %</b>		
Fibre / Fibres 4 g	16 %	Sugars / Sucres 0 g	
<b>Protein / Protéines 3 g</b>			
Vitamin A / Vitamine A	0 %	Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %	Iron / Fer	6 %

JIVA CODE: EVR-40070 UPC: 0 59443 40070

## Flax Seeds Golden Organic 454g

**INGREDIENTS:** ORGANIC GOLDEN FLAX SEEDS.

**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per 2 Tbsp (30 g) / Pour 2 cuil. à soupe			
Amount	% Daily Value	Teneur	% valeur quotidienne
<b>Calories / Calories 160</b>			
<b>Fat / Lipides 9.8 g</b>	<b>15 %</b>		
Saturated / saturés 0.7 g	3 %	+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 8.2 g		Omega-3 / Oméga-3 6.2 g	
		Omega-6 / Oméga-6 2.0 g	
Monounsaturated / monoinsaturés 0.8 g		<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 15 mg</b>	<b>0 %</b>		
<b>Carbohydrate / Glucides 7 g</b>	<b>2 %</b>		
Fibre / Fibres 1 g	0 %	Sugars / Sucres 1 g	
<b>Protein / Protéines 11 g</b>			
Vitamin A / Vitamine A	0 %	Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %	Iron / Fer	20 %

JIVA CODE: EVR-85061 UPC: 0 59443 85061

## Hemp Seed Nuts Organic 227g

**INGREDIENTS:** ORGANIC RAW HEMP SEEDS.

**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz.)			
Amount	% Daily Value	Teneur	% valeur quotidienne
<b>Calories 157</b>			
<b>Fat / Lipides 14 g</b>	<b>18 %</b>		
Saturated / saturés 0 g	0 %	+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 3 g</b>	<b>1 %</b>		
Fibre / Fibres 2 g	6 %	Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 8 g</b>			
<b>Cholesterol / Cholestérol 0 mg</b>			
<b>Sodium 2 mg</b>	<b>0 %</b>		
Potassium 227 mg	5 %	Calcium 12.9 mg	1 %
Iron / Fer 2.47 mg	14 %		

JIVA CODE: NEW-85065 UPC: 0 59443 85065

## Pumpkin Seeds Organic 340g

**INGREDIENTS:** ORGANIC PUMPKIN SEEDS.

**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per 1 oz (28 g) / Par 1 oz (28 g)			
Amount	% Daily Value*	Teneur	% valeur quotidienne*
<b>Calories 160</b>			
<b>Fat / Lipides 14 g</b>	<b>22 %</b>		
Saturated / saturés 2 g	10 %	+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 3 g</b>			
Fibre / Fibres 2 g	8 %	Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 8 g</b>			
<b>Cholesterol / Cholestérol 0 mg</b>			
<b>Sodium 2 mg</b>	<b>0 %</b>		
Potassium 220 mg	6 %	Calcium 10 mg	1 %
Iron / Fer 2 mg	11 %		

JIVA CODE: EVR-85077 UPC: 0 59443 85066

## Pumpkin Seeds Roasted Organic 227g

**INGREDIENTS:** ORGANIC PUMPKIN SEEDS.

**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.





Nutrition Facts Valeur nutritive	
Per 14 g (1/2 oz.) / pour 14 g (1/2 oz.)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 80	
<b>Fat / Lipides</b> 7 g	<b>10 %</b>
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 2 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 4 g	<b>1 %</b>
Fibre / Fibres 1 g	3 %
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	14 %
Iron / Fer	12 %

JIVA CODE: EVR-918528 UPC: 0 59443 918528

## Sesame Seeds Black Organic 400g

INGREDIENTS: ORGANIC BLACK SESAME SEEDS

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz.)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories</b> 157	
<b>Fat / Lipides</b> 14 g	<b>2%</b>
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 3 g	<b>0%</b>
Fibre / Fibres 2 g	6%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines</b> 8 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 2 mg	<b>0%</b>
Potassium 227 mg	5%
Calcium 12.9 mg	1%
Iron / Fer 2.47 mg	14%

NEW BAG DESIGN COMING SOON

JIVA CODE: EVR-91526 6 UPC: 0 59443 91526 6

## Popping Corn Organic 681g

INGREDIENTS: ORGANIC POPPING CORN

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 15 g (1/2 oz.) / pour 15 g (1/2 oz.)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 72.9	
<b>Fat / Lipides</b> 7 g	<b>6 %</b>
Saturated / saturés 0.5 g	2 %
+ Trans / trans 0.5 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 2 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 6.32 g	<b>2 %</b>
Fibre / Fibres 5.16 g	18%
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 2.48 g	
Vitamin A / Vitamine A	0 %
Potassium	1 %
Calcium / Calcium	7 %
Iron / Fer	6 %

JIVA CODE: EVR-91538 9 UPC: 0 59443 91538 9

## Sesame Seeds White Organic 340g

INGREDIENTS: ORGANIC WHITE SESAME SEEDS

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz.)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories</b> 104	
<b>Fat / Lipides</b> 14 g	<b>22%</b>
Saturated / saturés 1 g	4%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 0 g	<b>2%</b>
Fibre / Fibres 2 g	32%
Sugars / Sucres 1 g	1%
<b>Protein / Protéines</b> 5 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 3 mg	<b>0%</b>
Potassium 100.8 mg	4%
Calcium 21.04 mg	2%
Iron / Fer 1.47 mg	8%

JIVA CODE: EVR-91810 1810 UPC: 0 59443 91810 1810

## Sunflower Seeds Organic 454g

INGREDIENTS: ORGANIC SUNFLOWER SEEDS

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1/4 cup (45g) / Pour 1/4 tasse (45g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories</b> 167	
<b>Fat / Lipides</b> 1.31 g	<b>2%</b>
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 34.8 g	<b>12%</b>
Fibre / Fibres 1.62 g	6%
Sugars / Sucres 0.38 g	0%
<b>Protein / Protéines</b> 3.57 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 3.15 mg	<b>0%</b>
Potassium 100 mg	22%
Calcium 10.4 mg	1%
Iron / Fer 0.66 mg	4%

JIVA CODE: EVR-91509 1509 UPC: 0 59443 91509

## Brown Rice Short Organic 907g

INGREDIENTS: ORGANIC BROWN RICE

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1/4 cup (45g) / Pour 1/4 tasse (45g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories</b> 167	
<b>Fat / Lipides</b> 1.31 g	<b>2%</b>
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 34.8 g	<b>12%</b>
Fibre / Fibres 1.62 g	6%
Sugars / Sucres 0.38 g	0%
<b>Protein / Protéines</b> 3.57 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 3.15 mg	<b>0%</b>
Potassium 100 mg	22%
Calcium 10.4 mg	1%
Iron / Fer 0.66 mg	4%

JIVA CODE: EVR-91855 1855 UPC: 0 59443 91855

## Hulled White Sesame Seeds, Organic

INGREDIENTS: ORGANIC HULLED SESAME SEEDS

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.







## Organic Beans Canned 398ml

Our Everland Canned Beans are Certified Organic, Non GMO and canned in Canada.





Nutrition Facts Valeur nutritive	
Per 1/2 cup (125 ml) Pour 1/2 tasse (125 ml)	
<b>Calories 110</b>	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides 1 g</b>	1%
Saturated / saturé 0.1 g	1%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 19 g</b>	
Fibre / Fibres 6 g	21%
Sugars / Sucres 2 g	2%
<b>Protein / Protéines 7 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 125 mg</b>	5%
Potassium 300 mg	6%
Calcium 40 mg	3%
Iron / Fer 1.5 mg	8%
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-80500 UPC: 0 59443 80500

## Cannellini Beans, Organic

INGREDIENTS: ORGANIC CANNELLINI BEANS, WATER, SEA SALT.



Nutrition Facts Valeur nutritive	
Per 1/2 cup (125 ml) Pour 1/2 tasse (125 ml)	
<b>Calories 180</b>	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides 3.5 g</b>	5%
Saturated / saturé 0.3 g	2%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 29 g</b>	
Fibre / Fibres 8 g	29%
Sugars / Sucres 5 g	5%
<b>Protein / Protéines 9 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 125 mg</b>	5%
Potassium 175 mg	4%
Calcium 50 mg	4%
Iron / Fer 1.5 mg	8%
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-80501 UPC: 0 59443 80501

## Chick Peas Organic

INGREDIENTS: ORGANIC CHICKPEAS, WATER, SEA SALT.



Nutrition Facts Valeur nutritive	
Per 1/2 cup (125 ml) Pour 1/2 tasse (125 ml)	
<b>Calories 160</b>	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides 1.5 g</b>	2%
Saturated / saturé 0.2 g	1%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 28 g</b>	
Fibre / Fibres 7 g	25%
Sugars / Sucres 5 g	5%
<b>Protein / Protéines 10 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 135 mg</b>	6%
Potassium 350 mg	7%
Calcium 75 mg	6%
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	

JIVA CODE: EVR-80502 UPC: 0 59443 80502

## Kidney Beans Organic

INGREDIENTS: ORGANIC KIDNEY BEANS, WATER, SEA SALT.



Nutrition Facts Valeur nutritive	
Per 1/2 cup (125 ml) Pour 1/2 tasse (125 ml)	
<b>Calories 120</b>	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides 0.4 g</b>	1%
Saturated / saturé 0.1 g	1%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 22 g</b>	
Fibre / Fibres 9 g	32%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines 8 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 125 mg</b>	5%
Potassium 400 mg	9%
Calcium 50 mg	4%
Iron / Fer 3.5 mg	19%
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-80503 UPC: 0 59443 80503

## Black Beans Organic

INGREDIENTS: ORGANIC BLACK BEANS, WATER, SEA SALT.



Nutrition Facts Valeur nutritive	
Per 1/2 cup (125 ml) Pour 1/2 tasse (125 ml)	
<b>Calories 150</b>	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides 1 g</b>	1%
Saturated / saturé 0.2 g	1%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 26 g</b>	
Fibre / Fibres 7 g	25%
Sugars / Sucres 1 g	1%
<b>Protein / Protéines 9 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 125mg</b>	5%
Potassium 350 mg	7%
Calcium 75 mg	6%
Iron / Fer 1.75 mg	10%
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-80504 UPC: 0 59443 80504

## Pinto Beans Organic

INGREDIENTS: ORGANIC PINTO BEANS, WATER, SEA SALT.



Nutrition Facts Valeur nutritive	
Per 1/2 cup (125 ml) Pour 1/2 tasse (125 ml)	
<b>Calories 150</b>	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides 0.5 g</b>	1%
Saturated / saturé 0.1 g	1%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 27 g</b>	
Fibre / Fibres 7 g	25%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines 10 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 125 mg</b>	5%
Potassium 350 mg	7%
Calcium 50 mg	4%
Iron / Fer 2.5 mg	14%
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-80505 UPC: 0 59443 80505

## Navy Beans Organic

INGREDIENTS: ORGANIC NAVY BEANS, WATER, SEA SALT.

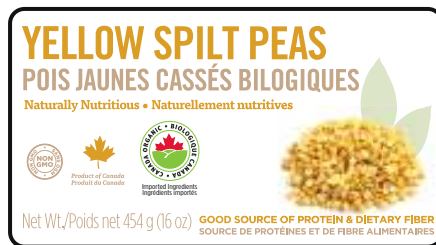






## Dried Beans 454g

These 454g dried beans are a naturally nutritious source of fibre and protein. Perfect for soups, salads, curries and chilis.



\*applies to select products





## Organic Black Beans 454g

JIVA CODE: EVR-10702 UPC:0 5944310702 9

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Fat / Lipides 0g	0.25 %	Protein / Protéines 5.95 g	
Serving Size (28 g) Pour (28 g)	Saturated / saturés 0 g + Trans / trans 0 g	0 %	Cholesterol / Cholestérol 0 mg	0 %
	Carbohydrate / Glucides 17.7 g		Sodium / Sodium 2.52 mg	0 %
Calories 94.9	Fibre / Fibres 4.34 g	17 %	Potassium 420 mg	9 %
* DV = Daily Value * VQ = valeur quotidienne	Sugars / Sucres 0.59 g	1 %	Calcium 44.8 mg	3 %
			Iron / Fer 2.44 mg	14 %

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

**INGREDIENTS:** ORGANIC BLACK BEANS

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



## Organic Navy Beans 454g

JIVA CODE: EVR-10704 UPC:0 5944310704 9

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Fat / Lipides 0.42g	1 %	Protein / Protéines 332 g	
Per 28 g par 28 g	Saturated / saturés 0 g + Trans / trans 0 g	0 %	Cholesterol / Cholestérol 0 mg	0 %
	Carbohydrate / Glucides 17 g		Sodium / Sodium 1.4 mg	0 %
Calories 94.4	Fibre / Fibres 4.62 g	17 %	Potassium 332 mg	7 %
* DV = Daily Value * VQ = valeur quotidienne	Sugars / Sucres 1.09 g	1 %	Calcium 41.2 mg	3 %
			Iron / Fer 1.54 mg	9 %

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

**INGREDIENTS:** ORGANIC NAVY BEANS

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



## Organic Green Split Pea 454g

JIVA CODE: EVR-10703 UPC:0 5944310703 9

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Fat / Lipides 0.32g	0 %	Protein / Protéines 6.67 g	
Per (28 g) pour (28 g)	Saturated / saturés 0 g + Trans / trans 0 g	0 %	Cholesterol / Cholestérol 0 mg	0 %
	Carbohydrate / Glucides 17.8 g		Sodium / Sodium 4.2 mg	0 %
Calories 98.5	Fibre / Fibres 1.93g	7 %	Potassium 230 mg	5 %
* DV = Daily Value * VQ = valeur quotidienne	Sugars / Sucres 2.24 g	2 %	Calcium 10.4 mg	1 %
			Iron / Fer 1.35 mg	7 %

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

**INGREDIENTS:** ORGANIC SPLIT PEA

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



## Organic Green Lentils 454g

JIVA CODE: EVR-10710 UPC:0 5944310710 9

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Fat / Lipides 1 g	2 %	Protein / Protéines 10 g	
Serving Size 1/4 (48g)/Portions 1/4 tasse (48g) Portion 1 boule (48 g) Serving Per bag 2 Portions par paquet 2	Saturated / saturés 0 g + Trans / trans 0 g	0 %	Cholesterol / Cholestérol 0 mg	0 %
	Carbohydrate / Glucides 27 g		Sodium / Sodium 10 mg	0 %
Calories 120	Fibre / Fibres 15 g	60 %	Vitamin A / Vitamine A 0 %	Calcium / Calcium 2 %
* DV = Daily Value * VQ = valeur quotidienne	Sugars / Sucres 4 g	9 %	Vitamin C / Vitamine C 0 %	Iron / Fer 15 %

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

**INGREDIENTS:** ORGANIC GREEN LENTILS

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.





## Organic Chana Dal 454g

JIVA CODE: EVR-10707 UPC:0 5944310707 9

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Fat / Lipides 3g	5%	Protein / Protéines 9g	
Serving Size 1/4 cup (48 g) cooked	Saturated / saturés 0 g	0%	Cholesterol / Cholestérol 0 mg	0%
Portion 1/4 tasse (48 g) cuit	+ Trans / trans 0 g		Sodium / Sodium 0 mg	0%
Calories 170	Carbohydrate / Glucides 29 g		Potassium ?? mg	??%
* DV= Daily Value	Fibre / Fibres 8 g	32%	Calcium ?? mg	??%
* VQ= valeur quotidienne	Sugars / Sucres 5 g	5%	Iron / Fer ?? mg	??%

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

**INGREDIENTS:** ORGANIC CHANA DAL

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



## Organic Green Mung Beans 454g

JIVA CODE: EVR-10715 UPC:0 5944310715 9

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Fat / Lipides 0.46 g	1%	Protein / Protéines 7.06 g	
Serving size: (28g)	Saturated / saturés 0 g	0%	Cholesterol / Cholestérol 0 mg	0%
Portions (28g)	+ Trans / trans 0 g		Sodium / Sodium 10.6 mg	0%
Calories 95.5	Carbohydrate / Glucides 16.5 g	6%	Potassium 275 mg	6%
* DV= Daily Value	Fibre / Fibres 5.12 g	18%	Calcium 38.6 mg	3%
* VQ= valeur quotidienne	Sugars / Sucres 0 g	0%	Iron / Fer 2.12 mg	12%

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

**INGREDIENTS:** ORGANIC GREEN MUNG BEANS

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



## Organic Yellow Split Mung Beans 454g

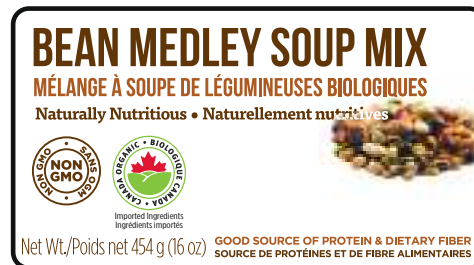
JIVA CODE: EVR-10707 UPC:0 5944310707 9

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Fat / Lipides 3g	5%	Protein / Protéines 9g	
Serving Size 1/4 cup (48 g) cooked	Saturated / saturés 0 g	0%	Cholesterol / Cholestérol 0 mg	0%
Portion 1/4 tasse (48 g) cuit	+ Trans / trans 0 g		Sodium / Sodium 0 mg	0%
Calories 170	Carbohydrate / Glucides 29 g		Potassium ?? mg	??%
* DV= Daily Value	Fibre / Fibres 8 g	32%	Calcium ?? mg	??%
* VQ= valeur quotidienne	Sugars / Sucres 5 g	5%	Iron / Fer ?? mg	??%

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

**INGREDIENTS:** ORGANIC CHANA DAL

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



## Bean Medley Soup Mix 454g

JIVA CODE: EVR-10707 UPC:0 5944310707 9

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Fat / Lipides 0.34g	0%	Protein / Protéines 6g	
Per (28 g)	Saturated / saturés 0 g	1%	Cholesterol / Cholestérol 0 mg	0%
pour (28 g)	+ Trans / trans 0 g		Sodium / Sodium 3.36 mg	0%
Calories 97.2	Carbohydrate / Glucides 17.5 g		Potassium 390 mg	8%
* DV= Daily Value	Fibre / Fibres 4.34 g	16%	Calcium 31.6 mg	2%
* VQ= valeur quotidienne	Sugars / Sucres 0.59 g	1%	Iron / Fer 1.42 mg	8%

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

**INGREDIENTS:** ORGANIC YELLOW SPLIT PEAS, ORGANIC SPLIT PEAS, ORGANIC NAVY BEANS, ORGANIC BLACK BEANS, ORGANIC RED BEANS, PINTO BEANS, ORGANIC LIMA BEANS, ORGANIC GARBANZO BEANS, ORGANIC GREAT NORTHERN BEANS, ORGANIC KIDNEY BEANS ORGANIC BLACK-EYED PEAS, ORGANIC GREEN LENTILS, ORGANIC RED LENTILS

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.





Nutrition Facts Valeur nutritive	
Serving Size Per 1 oz (28 g) / Pour 1 oz (28 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 102	
<b>Fat / Lipides</b> 2 g	3%
Saturated / saturés 0 g + Trans / trans 0 g	0%
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 7 mg	0%
<b>Carbohydrate / Glucides</b> 17 g	6%
Fibre / Fibres 5 g	19%
Sugars / Sucres 3 g	
<b>Protein / Protéines</b> 5 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	2%
Calcium / Calcium	3%
Iron / Fer	10%

## Garbanzo Beans 454g

JIVA CODE: EVR-10704 UPC:0 5944310704 9

**INGREDIENTS:** ORGANIC BLACK BEANS

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per (28 g) Portion (28 g)	
	% Daily Value % valeur quotidienne
<b>Calories</b> 97	
<b>Fat / Lipides</b> 0.34 g	1%
Saturated / saturés 0 g + Trans / trans 0 g	0%
<b>Carbohydrate / Glucides</b> 17.7 g	6%
Fibre / Fibres 4.34 g	16%
Sugars / Sucres 0.28 g	0%
<b>Protein / Protéines</b> 6 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 3 mg	0%
<b>Potassium</b> 390 mg	8%
<b>Calcium</b> 31.64 mg	2%
<b>Iron / Fer</b> 1.42 mg	7%

## Organic Pinto Beans 454g

JIVA CODE: EVR-10706 UPC:0 5944310706 9

**INGREDIENTS:** ORGANIC PINTO BEANS

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



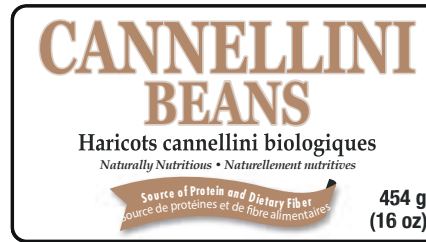
Nutrition Facts Valeur nutritive	
Per (28 g) Portion (28 g)	
	% Daily Value % valeur quotidienne
<b>Calories</b> 100	
<b>Fat / Lipides</b> 0.61 g	1%
Saturated / saturés 0 g + Trans / trans 0 g	0%
<b>Carbohydrate / Glucides</b> 17.7 g	1%
Fibre / Fibres 3.02 g	11%
Sugars / Sucres 0.26 g	0%
<b>Protein / Protéines</b> 6.69 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 1.96 mg	0%
<b>Potassium</b> 187 mg	4%
<b>Calcium</b> 13.4 mg	1%
<b>Iron / Fer</b> 2.07 mg	11%

## Organic Red Lentils 454g

JIVA CODE: EVR-10709 UPC:0 5944310709 9

**INGREDIENTS:** ORGANIC RED LENTILS

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per (28 g) Portion (28 g)	
	% Daily Value % valeur quotidienne
<b>Calories</b> 95.2	
<b>Fat / Lipides</b> 0.26 g	0%
Saturated / saturés 0 g + Trans / trans 0 g	0%
<b>Carbohydrate / Glucides</b> 16.4 g	5%
Fibre / Fibres 6.35 g	23%
Sugars / Sucres 0.53 g	1%
<b>Protein / Protéines</b> 6.35 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 2.52 mg	0%
<b>Potassium</b> 479 mg	10%
<b>Calcium</b> 22.2 mg	2%
<b>Iron / Fer</b> 1.59 mg	9%

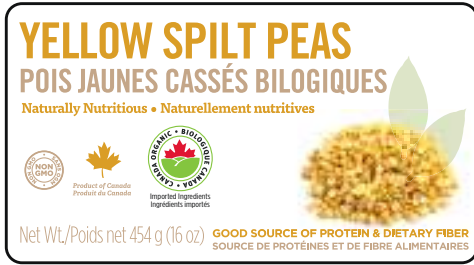
## Cannellini Beans 454g

JIVA CODE: EVR-10707 UPC:0 5944310707 9

**INGREDIENTS:** CANNELLINI BEANS

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.





## Yellow Split Peas 454g

JIVA CODE: EVR-10708

UPC:0 5944310708 9

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Serving Size 1/4 cup (48 g) cooked Portion 1/4 tasse (48 g) cuit	Fat / Lipides 3g	5 %	Protein / Protéines 9 g
Calories 170 * DV = Daily Value * VQ = valeur quotidienne	Saturated / saturés 0 g + Trans / trans 0 g	0 %	Cholesterol / Cholestérol 0 mg	
	Carbohydrate / Glucides 29 g		Sodium / Sodium 0 mg	0 %
	Fibre / Fibres 8 g	32 %	Potassium ?? mg	??%
	Sugars / Sucres 5 g	5 %	Calcium ?? mg	??%
			Iron / Fer ?? mg	??%

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

**INGREDIENTS:** YELLOW SPLIT PEAS

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



# COMING SOON!

The same great taste coming soon in new a bag





## Sugars (Natural and Organic)

Our Everland Organic and Natural sugars are 100% vegan, unrefined, and unprocessed.



\*Applies to select products



E: [sales@everland.ca](mailto:sales@everland.ca)

W: [everland.ca](http://everland.ca)

P: (604) 254-9480



@everlandfoods



Nutrition Facts		Valeur nutritive	
Per 1 tsp. (4 g) / Portion 1 tsp (4 g)			
Calories 15	% Daily Value		% valeur quotidienne
<b>Fat / Lipides</b> 0.05 g	0%		
Saturated / saturés 0 g			
+ Trans / trans 0 g	0%		
<b>Carbohydrate / Glucides</b> 4 g	1%		
Fibre / Fibres 0 g	0%		
Sugars / Sucres 4 g	4%		
<b>Protein / Protéines</b> 0 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 0 mg	0%		
Potassium 33 mg	1%		
Calcium 10 mg	1%		
Iron / Fer 0.05 mg	23%		

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

JIVA CODE: EVR-91008 UPC: 0 59443 91008

## Coconut Sugar Organic

**INGREDIENTS:** ORGANIC COCONUT SUGAR.

**ALLERGY ALERT: CONTAINS** COCONUT. PACKAGED IN A FACILITY THAT ALSO PROCESSES TREE NUTS, PEANUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts		Valeur nutritive	
Per 1 tsp (4 g)			
Par 1 cuillère (4 g)			
Calories 15	% Daily Value*		% valeur quotidienne*
<b>Fat / Lipides</b> 0 g	0%		
Saturated / saturés 0 g			
+ Trans / trans 0 g	0%		
<b>Carbohydrate / Glucides</b> 4 g			
Fibre / Fibres 0 g	0%		
Sugars / Sucres 4 g	4%		
<b>Protein / Protéines</b> 0 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 1.12 mg	0%		
Potassium 5.32 mg	0%		
Calcium 3.32 mg	0%		
Iron / Fer 0.03 mg	0%		

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

JIVA CODE: EVR-10125 UPC: 0 59443 10125

## Brown Sugar Natural 1kg

**INGREDIENTS:** RAW BROWN SUGAR

**ALLERGY ALERT: CONTAINS** COCONUT. PACKAGED IN A FACILITY THAT ALSO PROCESSES TREE NUTS, PEANUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts		Valeur nutritive	
Per 4 g (1 tsp) / par portion de 4 g (1 c. à thé)			
Calories 15	% Daily Value		% valeur quotidienne
<b>Fat / Lipides</b> 0 g	0%		
Saturated / saturés 0 g			
+ Trans / trans 0 g	0%		
<b>Carbohydrate / Glucides</b> 4 g	1%		
Fibre / Fibres 0 g	0%		
Sugars / Sucres 4 g	4%		
<b>Protein / Protéines</b> 0 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 0 mg	0%		
Potassium 3 mg	0%		
Calcium 5.8 mg	0%		
Iron / Fer 0.08 mg	0%		

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

JIVA CODE: EVR-10124 UPC: 0 59443 10124

## Turbinado Sugar Natural 1kg

**INGREDIENTS:** NATURAL DEHYDRATED SUGAR CANE JUICE

**STORAGE INSTRUCTIONS:** STORE IN A COOL, DRY PLACE. KEEP IN A SEALED CONTAINER. TURBINADO SUGAR MAY







## Coconut Milk and Cream

Hit a flavour slump in the kitchen? Let Everland Organic Premium Coconut Milk and Cream elevate the taste of your everyday meals.





Nutrition Facts		Valeur nutritive	
Per 4 tablespoons (60 ml) / Par 4 cuillères à soupe cul (60 g)			
<b>Calories 55</b>		% Daily Value	% valeur quotidienne
<b>Fat / Lipides 5 g</b>		6%	
Saturated / saturés 4 g		20%	
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides 2 g</b>		0%	
Fibre / Fibres 0 g		0%	
Sugars / Sucres 1 g		0%	
<b>Protein / Protéines 1 g</b>			
<b>Cholesterol / Cholestérol 0 mg</b>			
<b>Sodium 4 mg</b>		<1%	
<b>Potassium 62 mg</b>		1%	
<b>Calcium 1 mg</b>		<1%	
<b>Iron / Fer 0.35 mg</b>		2%	
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>			

JIVA CODE: EVR-20014 UPC: 0 59443 20014

## Coconut Milk Organic, Premium & Light 400ml

**INGREDIENTS:** ORGANIC COCONUT EXTRACT, WATER, ORGANIC GUAR GUM (E412).  
**ALLERGY ALERT:** CONTAINS COCONUTS



Nutrition Facts		Valeur nutritive	
Per 4 tablespoons (60 ml) / Par 4 cuillères à soupe cul (60 g)			
<b>Calories 110</b>		% Daily Value	% valeur quotidienne
<b>Fat / Lipides 11 g</b>		14%	
Saturated / saturés 10 g		52%	
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides 2 g</b>		0%	
Fibre / Fibres 0 g		0%	
Sugars / Sucres 1 g		0%	
<b>Protein / Protéines 1 g</b>			
<b>Cholesterol / Cholestérol 0 mg</b>			
<b>Sodium 6 mg</b>		<1%	
<b>Potassium 86 mg</b>		2%	
<b>Calcium 1 mg</b>		<1%	
<b>Iron / Fer 0.37 mg</b>		2%	
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>			

JIVA CODE: EVR-20015 UPC: 0 59443 20015

## Coconut Milk Organic, Rich & Creamy 400ml



Nutrition Facts		Valeur nutritive	
Per 4 tablespoons (60 mL) / Par 4 cuillères à soupe (60 mL)			
<b>Calories 130</b>		% Daily Value*	% valeur quotidienne*
<b>Fat / Lipides 13 g</b>		16%	
Saturated / saturés 12 g		60%	
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides 3 g</b>			
Fibre / Fibres 0 g		0%	
Sugars / Sucres 2 g			
<b>Protein / Protéines 2 g</b>			
<b>Cholesterol / Cholestérol 0 mg</b>			
<b>Sodium 7 mg</b>		<1%	
<b>Potassium 90 mg</b>		2%	
<b>Calcium 1.30 mg</b>		<1%	
<b>Iron / Fer 0.42 mg</b>		2%	
<b>Vitamine C / Vitamine C</b>		0%	
5% or less is a <b>little</b> , 15% or more is a <b>lot</b> / * 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>			

JIVA CODE: EVR-20026 UPC: 0 59443 20026

## Coconut Cream Organic 400ml

**INGREDIENTS:** ORGANIC COCONUT EXTRACT, WATER, ORGANIC GUAR GUM (E412).  
**ALLERGY ALERT:** CONTAINS COCONUTS





## Coconut Water 520ml

Naturally sweet and refreshing, it is our go-to healthy drink to power us through the day. Let this coconut water be your study companion, your post-workout hydrator, your midday pick-me-up, and your healthy beverage alternative.



To support small scale farmers,  
**WE DONATE 1%**  
for every can you buy  
[www.oneprosper.org](http://www.oneprosper.org)





<b>Nutrition Facts</b>		<b>Valeur nutritive</b>	
Serving size 240 ml (8 fl. oz) / Portions 240 ml (8 fl. oz)			
Servings per container: 2 / Portions par contenant: 2			
<b>Calories</b> 60		<b>% Daily Value*</b>	
		<b>% valeur quotidienne*</b>	
<b>Fat / Lipides</b> 0 g			0%
Saturated / saturés 0 g			0%
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides</b> 15 mg			6%
Fibre / Fibres 0 g			0%
Sugars / Sucres 11.5 g			
<b>Protein / Protéines</b> 0 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium / Sodium</b> 70 mg			3%
Potassium 400 mg			7.5%
Calcium 31 mg			2%
Iron/Fer 0 mg			0%
*5% or less is a little, 15% or more is a lot			
*5% ou moins c'est peu, 15% ou plus c'est beaucoup			

JIVA CODE: EVR-20021    UPC: 0 59443 20021 8

## Coconut Water 100% Natural

**INGREDIENTS:** NATURAL COCONUT WATER





## Organic Coconut Oils 100% Pure

Expeller pressed and naturally refined, it has a neutral taste along with a high smoke point which makes it perfect for cooking or blending into any dish.





Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. a soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 14 g	<b>22 %</b>
Saturated / saturés 13 g	<b>65 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

## Coconut Oil Organic 500ml

**INGREDIENTS:** 100% PURE ORGANIC REFINED COCONUT OIL.  
**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.

JIVA CODE: EVR-20001 UPC: 0 59443 20001 0



Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. a soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 14 g	<b>22 %</b>
Saturated / saturés 13 g	<b>65 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

## Coconut Oil Organic 750ml

**INGREDIENTS:** 100% PURE ORGANIC REFINED COCONUT OIL.  
**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.

JIVA CODE: EVR-20018 UPC: 0 59443 20018 8



Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. a soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 14 g	<b>22 %</b>
Saturated / saturés 13 g	<b>65 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

## Coconut Oil Organic 1L

**INGREDIENTS:** 100% PURE ORGANIC REFINED COCONUT OIL.  
**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.

JIVA CODE: EVR-20002 UPC: 0 59443 20002 7



Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. a soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 14 g	<b>22 %</b>
Saturated / saturés 13 g	<b>65 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

## Coconut Oil Organic 500ml

**INGREDIENTS:** 100% PURE ORGANIC REFINED COCONUT OIL.  
**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.

JIVA CODE: EVR-20019 UPC: 0 59443 20019 5



Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. a soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 14 g	<b>22 %</b>
Saturated / saturés 13 g	<b>65 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

## Organic Coconut Oil 250ml

**INGREDIENTS:** 100% PURE ORGANIC REFINED COCONUT OIL.  
**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.

JIVA CODE: EVR-2005 UPC: 0 59443 20005 8



Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. a soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 14 g	<b>22 %</b>
Saturated / saturés 13 g	<b>65 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

## Coconut Oil Organic 1.75ml

**INGREDIENTS:** 100% PURE ORGANIC REFINED COCONUT OIL.  
**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.

JIVA CODE: EVR-20003 UPC: 0 59443 20003 4





Nutrition Facts	
Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. à soupe 1 tbsp. (15 ml)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 14 g	<b>22 %</b>
Saturated / saturés 13 g	<b>65 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20004 UPC: 0 59443 20004 1

## Coconut Oil Pail Organic 10L

**INGREDIENTS:** 100% PURE ORGANIC REFINED COCONUT OIL.

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.



*Yum! Pancakes made with Everland's  
Extra Virgin Coconut Oil*







## Organic Coconut Oil Virgin

Expeller pressed and naturally refined, it has a neutral taste along with a high smoke point which makes it perfect for cooking or blending into any dish.





Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. a soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 14 g	<b>22 %</b>
Saturated / saturés 13 g + Trans / trans 0 g	<b>65 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20006 UPC: 0 59443 20006 5

## Coconut Oil Virgin 500ml

**INGREDIENTS:** 100% PURE ORGANIC UNREFINED COLD PRESSED VIRGIN COCONUT OIL.  
**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. a soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 14 g	<b>22 %</b>
Saturated / saturés 13 g + Trans / trans 0 g	<b>65 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20023 UPC: 0 59443 20023 2

## Coconut Oil Virgin 720ml

**INGREDIENTS:** 100% PURE ORGANIC UNREFINED COLD PRESSED VIRGIN COCONUT OIL.  
**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. a soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 14 g	<b>22 %</b>
Saturated / saturés 13 g + Trans / trans 0 g	<b>65 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20007 UPC: 0 59443 20007 2

## Coconut Oil Virgin 1L

**INGREDIENTS:** 100% PURE ORGANIC UNREFINED COLD PRESSED VIRGIN COCONUT OIL.  
**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. a soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 14 g	<b>22 %</b>
Saturated / saturés 13 g + Trans / trans 0 g	<b>65 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20023 UPC: 0 59443 20023 2

## Coconut Oil Virgin 2L

**INGREDIENTS:** 100% PURE ORGANIC UNREFINED COLD PRESSED VIRGIN COCONUT OIL.  
**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. a soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 14 g	<b>22 %</b>
Saturated / saturés 13 g + Trans / trans 0 g	<b>65 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20011 UPC: 0 59443 20011 9

## Coconut Oil Virgin 250ml

**INGREDIENTS:** 100% PURE ORGANIC UNREFINED COLD PRESSED VIRGIN COCONUT OIL.  
**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. a soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 14 g	<b>22 %</b>
Saturated / saturés 13 g + Trans / trans 0 g	<b>65 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 0 g	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20003 UPC: 0 59443 20003 4

## Extra Virgin Coconut Oil Pail 10L

**INGREDIENTS:** EXTRA VIRGIN COCONUT OIL  
**ALLERGY ALERT:** CONTAINS COCONUTS



## Organic Dried Fruits

We only source the best quality of fruits for Everland Dried Fruit Range. All fruits are raw.





Nutrition Facts		Valeur nutritive	
Serving size 1/3 cup (40g)			
		% Daily Value	% valeur quotidienne
<b>Calories</b> 110			
<b>Fat / Lipides</b> 0 g		0%	
Saturated / saturés 0 g			
+ Trans / trans 0 g		0%	
<b>Carbohydrate / Glucides</b> 25 g		8%	
Fibre / Fibres 2 g		7%	
Sugars / Sucres 17.1 g		17%	
<b>Protein / Protéines</b> 0 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 0 mg		0%	
<b>Potassium</b> 520 mg		11%	
<b>Calcium</b> 20 mg		2%	
<b>Iron / Fer</b> 1 mg		6%	

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

JIVA CODE: EVR-10660 UPC: 0 59443 10660 2

## Dried Apricots Organic 227g

**INGREDIENTS:** ORGANIC UNSULPHURED DRIED APRICOTS

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per 1/2 cup 48 g / pour 1/2 tasse 48 g			
Amount		% Daily Value	% valeur quotidienne
Teneur		%	
<b>Calories / Calories</b> 260			
<b>Fat / Lipides</b> 25 g		38%	
Saturated / saturés 22 g		110%	
+ Trans / trans 0 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium / Sodium</b> 0 mg		0%	
<b>Carbohydrate / Glucides</b> 10 g		3%	
Fibre / Fibres 7 g		28%	
Sugars / Sucres 3 g			
<b>Protein / Protéines</b> 3 g			
Vitamin A / Vitamine A		0%	
Vitamin C / Vitamine C		0%	
Calcium / Calcium		0%	
Iron / Fer		5%	

JIVA CODE: EVR-85077 UPC: 0 59443 85066

## Shredded Coconut Organic 227g

**INGREDIENTS:** ORGANIC DRIED COCONUT.

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per 1/2 cup 48 g / pour 1/2 tasse 48 g			
Amount		% Daily Value	% valeur quotidienne
Teneur		%	
<b>Calories / Calories</b> 260			
<b>Fat / Lipides</b> 25 g		38%	
Saturated / saturés 22 g		110%	
+ Trans / trans 0 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium / Sodium</b> 0 mg		0%	
<b>Carbohydrate / Glucides</b> 10 g		3%	
Fibre / Fibres 7 g		28%	
Sugars / Sucres 3 g			
<b>Protein / Protéines</b> 3 g			
Vitamin A / Vitamine A		0%	
Vitamin C / Vitamine C		0%	
Calcium / Calcium		0%	
Iron / Fer		5%	

JIVA CODE: EVR-10607 UPC: 0 59443 10607

## Flaked Coconut Organic 227g

**INGREDIENTS:** ORGANIC DRIED COCONUT.

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per 1/2 cup (40 g) / pour 1/2 tasse (40 g)			
		% Daily Value	% valeur quotidienne
<b>Calories</b> 130			
<b>Fat / Lipides</b> 0 g		0%	
Saturated / saturés 0 g			
+ Trans / trans 0 g		0%	
<b>Carbohydrate / Glucides</b> 29 g		10%	
Fibre / Fibres 3 g		14%	
Sugars / Sucres 26 g		26%	
<b>Protein / Protéines</b> 1 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 0 mg		0%	
<b>Potassium</b> 278 mg		6%	
<b>Calcium</b> 15.2 mg		1%	
<b>Iron / Fer</b> 0.48 mg		3%	

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

JIVA CODE: EVR-10501 UPC: 0 59443 10501 8

## Premium Pitted Dates 908g

**INGREDIENTS:** PITTED SAYER DATES (99.7%), SUNFLOWER OIL ( 0.3% ).

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per 1/2 cup (40 g) / pour 1/2 tasse (40 g)			
		% Daily Value	% valeur quotidienne
<b>Calories</b> 130			
<b>Fat / Lipides</b> 0 g		0%	
Saturated / saturés 0 g			
+ Trans / trans 0 g		0%	
<b>Carbohydrate / Glucides</b> 29 g		10%	
Fibre / Fibres 3 g		14%	
Sugars / Sucres 26 g		26%	
<b>Protein / Protéines</b> 1 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 0 mg		0%	
<b>Potassium</b> 278 mg		6%	
<b>Calcium</b> 15.2 mg		1%	
<b>Iron / Fer</b> 0.48 mg		3%	

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

JIVA CODE: EVR-10502 UPC: 0 59443 10502 8

## Premium Pitted Dates 454g

**INGREDIENTS:** PITTED SAYER DATES (99.7%), SUNFLOWER OIL ( 0.3% ).

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz.)			
		% Daily Value	% valeur quotidienne
<b>Calories</b> 100			
<b>Fat / Lipides</b> 0 g		0%	
Saturated / saturés 0 g			
+ Trans / trans 0 g		0%	
<b>Carbohydrate / Glucides</b> 21 g		7%	
Fibre / Fibres 3 g		0%	
Sugars / Sucres 0 g		0%	
<b>Protein / Protéines</b> 4 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 75 mg		3%	
<b>Potassium</b> 0 mg		0%	
<b>Calcium</b> 40 mg		4%	
<b>Iron / Fer</b> 2 mg		10%	

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

JIVA CODE: EVR-85102 UPC: 0 59443 85102 1

## Goji Berries Organic 227g

**INGREDIENTS:** ORGANIC RAW GOJI BERRIES (FRUCTUS LYCIUM BARBARUM)

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.





Nutrition Facts Valeur nutritive	
Per 1/2 cup (42 g) Pour 1/2 tasse (42 g)	
<b>Calories 105</b>	<b>% Daily Value*</b>
<b>Fat / Lipides</b> 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	0%
<b>Carbohydrate / Glucides</b> 27 g	
Fibre / Fibres 3 g	11%
Sugars / Sucres 16 g	16%
<b>Protein / Protéines</b> 1 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 0 mg	0%
Potassium 305 mg	6%
Calcium 18 mg	1%
Iron / Fer 0.38 mg	2%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> / *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-10658 UPC: 0 59443 10658 9

## Pitted Prunes Organic 227g

**INGREDIENTS:** ORGANIC PITTED PRUNES

**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 40 g Par 40 g	
<b>Calories 120</b>	<b>% Daily Value*</b>
<b>Fat / Lipides</b> 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	0%
<b>Carbohydrate / Glucides</b> 28 g	
Fibre / Fibres 6 g	24%
Sugars / Sucres 22 g	
<b>Protein / Protéines</b> 1 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 5 mg	0%
Potassium 240 mg	7%
Calcium 10 mg	10%
Iron / Fer	6%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> / *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-10656-12 UPC: 0 59443 10656 5

## Sundried Figs Organic 227g

**INGREDIENTS:** ORGANIC UNSULFURED FIGS.

**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz) / pour 28 g (1 oz)	
Amount % Daily Value Teneur % valeur quotidienne	
<b>Calories / Calories</b> 145	
<b>Fat / Lipides</b> 9 g	14%
Saturated / saturés 8 g	41%
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 2 mg	0%
<b>Carbohydrate / Glucides</b> 16 g	5%
Fibre / Fibres 2 g	9%
Sugars / Sucres 10 g	
<b>Protein / Protéines</b> 1 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	3%
Calcium / Calcium	1%
Iron / Fer	2%

JIVA CODE: EVR-10382 UPC: 0 59443 10382 3

## Banana Chips Organic 227g

**INGREDIENTS:** ORGANIC BANANAS, ORGANIC COCONUT OIL, ORGANIC SUGAR.

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES TREE NUTS, PEANUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Serving size 40 g (1.4 oz) / Par portion 40 g (1.4 oz)	
<b>Calories 130</b>	<b>% Daily Value</b>
<b>Fat / Lipides</b> 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 31 g	10%
Fibre / Fibres 2 g	11%
Sugars / Sucres 29 g	
<b>Protein / Protéines</b> 1 g	
<b>Cholesterol / Cholestérol</b> 0 mg	0%
<b>Sodium</b> 10 mg	0%
Potassium 210 mg	6%
Calcium 2 mg	2%
Iron / Fer	6%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-10387 UPC: 0 59443 10387 8

## Crystallized Ginger Organic 227g

**INGREDIENTS:** ORGANIC GINGER ROOT SLICES, ORGANIC CANE SUGAR.

**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1/2 cup (40 g) / pour 1/2 tasse (40 g)	
Amount % Daily Value Teneur % valeur quotidienne	
<b>Calories 123</b>	
<b>Fat / Lipides</b> 0.55 g	1%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 32.9 g	11%
Fibre / Fibres 2.28 g	8%
Sugars / Sucres 26 g	26%
<b>Protein / Protéines</b> 0.3 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 1.2 mg	0%
Potassium 16 mg	0%
Calcium 4 mg	0%
Iron / Fer 21 mg	1%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-91706 UPC: 0 59443 91706 2

## Cranberries Organic 340g

**INGREDIENTS:** ORGANIC CRANBERRIES, ORGANIC APPLE JUICE CONCENTRATE, ORGANIC SUNFLOWER OIL (LESS THAN 1.0%)

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES TREE NUTS, PEANUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz) Pour 28 g (1 oz)	
<b>Calories 90</b>	<b>% Daily Value*</b>
<b>Fat / Lipides</b> 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 22 g	7%
Fibre / Fibres 0 g	0%
Sugars / Sucres 21 g	
<b>Protein / Protéines</b> 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 5 mg	0%
Potassium 365 mg	10%
Calcium 0 mg	0%
Iron / Fer 2 mg	10%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-85077 UPC: 0 59443 85077 6

## Thompson Raisins Organic 454g

**INGREDIENTS:** ORGANIC RAISINS LESS THAN 1% ORGANIC SUNFLOWER OIL

**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.





Nutrition Facts Valeur nutritive	
Per 28 g (1 oz) Pour 28 g (1 oz)	
<b>Calories 90</b>	% Daily Value*
<b>Fat / Lipides 0 g</b>	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
<b>Carbohydrate / Glucides 22 g</b>	7 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 21 g	
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 5 mg</b>	0 %
Potassium 365 mg	10 %
Calcium 0 mg	0 %
Iron / Fer 2 mg	10 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-91715 UPC: 0 59443 91715 1

## Thompson Raisins Organic 908g

**INGREDIENTS:** ORGANIC RAISINS LESS THAN 1% ORGANIC SUNFLOWER OIL  
**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Serving size 1/3 cup (40 g) / Portions 1/3 cup (40 g)	
<b>Calories 110</b>	% Daily Value
<b>Fat / Lipides 0 g</b>	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
<b>Carbohydrate / Glucides 28 g</b>	10 %
Fibre / Fibres 2 g	7 %
Sugars / Sucres 20 g	20 %
<b>Protein / Protéines 2 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	0 %
<b>Sodium 0 mg</b>	0 %
Potassium 170 mg	4 %
Calcium 20 mg	2 %
Iron / Fer 1.8 mg	10 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-10360 UPC: 0 59443 10360 1

## Dried Mango Organic 150g

**INGREDIENTS:** ORGANIC DRIED MANGO  
**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Serving size 40 g (1.4 oz) / Portion (40 g)	
<b>Calories 136</b>	% Daily Value
<b>Fat / Lipides 0,12 g</b>	0 %
Saturated / saturés 0,12 g	0 %
+ Trans / trans 0 g	0 %
<b>Carbohydrate / Glucides 32 g</b>	11 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 25 g	25 %
<b>Protein / Protéines 1 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 13,2 mg</b>	1 %
Potassium 38 mg	1 %
Calcium 3,2 mg	0 %
Iron / Fer 0,24 mg	1 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-91721 UPC: 0 59443 91721 1

## Tart Cherries Organic 150g

**INGREDIENTS:** ORGANIC CHERRIES  
**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Serving size 40 g (1.4 oz) / Par portion 40 g (1,4 oz)	
<b>Calories 130</b>	% Daily Value
<b>Fat / Lipides 0 g</b>	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
<b>Carbohydrate / Glucides 31 g</b>	10 %
Fibre / Fibres 2 g	11 %
Sugars / Sucres 29 g	29 %
<b>Protein / Protéines 1 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 10 mg</b>	0 %
Potassium 330 mg	7 %
Calcium 11,2 mg	1 %
Iron / Fer 1,04 mg	6 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-91721 UPC: 0 59443 91720 1

## Thompson Raisins Organic 227g

**INGREDIENTS:** ORGANIC SEEDLESS THOMPSON RAISINS  
**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUT AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1/2 cup (40 g) / pour 1/2 tasse (40 g)	
<b>Calories 130</b>	% Daily Value
<b>Fat / Lipides 0 g</b>	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
<b>Carbohydrate / Glucides 29 g</b>	10 %
Fibre / Fibres 3 g	14 %
Sugars / Sucres 26 g	26 %
<b>Protein / Protéines 1 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	0 %
Potassium 278 mg	6 %
Calcium 15,2 mg	1 %
Iron / Fer 0,48 mg	3 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-10661 UPC: 0 59443 10661 1

## Pitted Dates Organic 227g

**INGREDIENTS:** ORGANIC PITTED DATES  
**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.





## Organic and Natural Nuts

We only source the best quality of nuts for Everland Nut Range Range. The healthy perfect snack for on the go!



\*applicable to select products





Nutrition Facts Valeur nutritive	
Serving size 1/3 cup (28g)	
Calories 162	% Daily Value
<b>Fat / Lipides</b> 14 g	19%
Saturated / saturés 1.06 g	
+ Trans / trans 1.06 g	5%
<b>Carbohydrate / Glucides</b> 6.03 g	2%
Fibre / Fibres 3.5 g	13%
Sugars / Sucres 1.22 g	1%
<b>Protein / Protéines</b> 5.92 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 0.28 mg	0%
<b>Potassium</b> 205 mg	4%
<b>Calcium</b> 75.3 mg	6%
<b>Iron / Fer</b> 1.04 mg	6%

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

JIVA CODE: EVR-10677 UPC: 0 59443 10677 0

## Almonds Raw Organic 340g

**INGREDIENTS:** ORGANIC UNPASTEURIZED ALMONDS

**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz) / Pour 28 g (1 oz)	
Calories 162	% Daily Value
<b>Fat / Lipides</b> 14 g	19%
Saturated / saturés 1.06 g	
+ Trans / trans 1.06 g	5%
<b>Carbohydrate / Glucides</b> 6 g	2%
Fibre / Fibres 3.5 g	13%
Sugars / Sucres 1.22 g	1%
<b>Protein / Protéines</b> 6 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 0.28 mg	0%
<b>Potassium</b> 205 mg	4%
<b>Calcium</b> 75.3 mg	6%
<b>Iron / Fer</b> 1.04 mg	6%

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

JIVA CODE: EVR-10558 UPC: 0 59443 10558 8

## Almonds Whole, 100% Natural 454g

**INGREDIENTS:** 100% NATURAL WHOLE ALMONDS.

**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz) / Pour 28 g (1 oz)	
Calories 162	% Daily Value
<b>Fat / Lipides</b> 14 g	21%
Saturated / saturés 1 g	
+ Trans / trans 0 g	5%
<b>Carbohydrate / Glucides</b> 6 g	2%
Fibre / Fibres 3 g	14%
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 6 g	
<b>Cholesterol / Cholestérol</b> 0 mg	0%
<b>Sodium</b> 0 mg	0%
<b>Potassium</b> 205 mg	6%
<b>Calcium</b> 75.3 mg	7%
<b>Iron / Fer</b> 1.04 mg	6%

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

JIVA CODE: EVR-10601 UPC: 0 59443 10601 5

## Almonds Organic 454g

**INGREDIENTS:** ORGANIC ALMONDS.

**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz) / Pour 28 g (1 oz)	
Calories 162	% Daily Value
<b>Fat / Lipides</b> 14 g	19%
Saturated / saturés 1.06 g	
+ Trans / trans 1.06 g	5%
<b>Carbohydrate / Glucides</b> 6 g	2%
Fibre / Fibres 3.5 g	13%
Sugars / Sucres 1.22 g	1%
<b>Protein / Protéines</b> 6 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 0.28 mg	0%
<b>Potassium</b> 205 mg	4%
<b>Calcium</b> 75.3 mg	6%
<b>Iron / Fer</b> 1.04 mg	6%

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

JIVA CODE: EVR-10557 UPC: 0 59443 10557 5

## Almonds Whole, 100% Natural 681g

**INGREDIENTS:** 100% NATURAL WHOLE ALMONDS.

**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz) / Pour 28 g (1 oz)	
Calories 162	% Daily Value
<b>Fat / Lipides</b> 14 g	19%
Saturated / saturés 1.06 g	
+ Trans / trans 1.06 g	5%
<b>Carbohydrate / Glucides</b> 6 g	2%
Fibre / Fibres 3.5 g	13%
Sugars / Sucres 1.22 g	1%
<b>Protein / Protéines</b> 6 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 0.28 mg	0%
<b>Potassium</b> 205 mg	4%
<b>Calcium</b> 75.3 mg	6%
<b>Iron / Fer</b> 1.04 mg	6%

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

JIVA CODE: EVR-10559 UPC: 0 59443 10559 9

## Almonds Whole, 100% Natural 908g

**INGREDIENTS:** 100% NATURAL WHOLE ALMONDS.

**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz.)	
Calories 155	% Daily Value
<b>Fat / Lipides</b> 0 g	0%
Saturated / saturés 0 g	
+ Trans / trans 0 g	0%
<b>Carbohydrate / Glucides</b> 9 g	7%
Fibre / Fibres 3 g	0%
Sugars / Sucres 2 g	0%
<b>Protein / Protéines</b> 4 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 3 mg	3%
<b>Potassium</b> 185 mg	2%
<b>Calcium</b> 10.4 mg	1%
<b>Iron / Fer</b> 1.87 mg	10%

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

JIVA CODE: EVR-91875 UPC: 0 59443 91875 5

## Whole Cashews Organic 340g

**INGREDIENTS:** ORGANIC RAW WHOLE CASHEWS

**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.







Nutrition Facts Valeur nutritive	
Serving size 1/3 cup (28g)	
<b>Calories 162</b>	% Daily Value % valeur quotidienne
<b>Fat / Lipides 14 g</b>	21%
Saturated / saturés 2 g	10%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 0 mg</b>	2%
Fibre / Fibres 2 g	13%
Sugars / Sucres 1 g	1%
<b>Protein / Protéines 7 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0.28 mg</b>	0%
<b>Potassium 205 mg</b>	4%
<b>Calcium 75.3 mg</b>	6%
<b>Iron / Fer 1.04 mg</b>	6%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-91875 UPC: 0 59443 91875 5

## Dry Roasted Peanuts Organic 400g

**INGREDIENTS:** ORGANIC ROASTED PEANUTS

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz) / Pour 28 g (1 oz)	
<b>Calories 162</b>	% Daily Value % valeur quotidienne
<b>Fat / Lipides 14 g</b>	19%
Saturated / saturés 1.06 g	5%
+ Trans / trans	
<b>Carbohydrate / Glucides 6 g</b>	2%
Fibre / Fibres 3.5 g	13%
Sugars / Sucres 1.22 g	
<b>Protein / Protéines 6 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0.28 mg</b>	0%
<b>Potassium 205 mg</b>	4%
<b>Calcium 75.3 mg</b>	6%
<b>Iron / Fer 1.04 mg</b>	6%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-10329 UPC: 0 59443 10329 8

## Roasted Peanuts Organic 400g

**INGREDIENTS:** ORGANIC ROASTED PEANUTS, ORGANIC SEA SALT

**ALLERGY ALERT: CONTAINS** PEANUTS AND MAY CONTAIN OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz.)	
<b>Calories 155</b>	% Daily Value % valeur quotidienne
<b>Fat / Lipides 0 g</b>	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 9 g</b>	7%
Fibre / Fibres 3 g	0%
Sugars / Sucres 2 g	0%
<b>Protein / Protéines 4 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 3 mg</b>	3%
<b>Potassium 185 mg</b>	2%
<b>Calcium 10.4 mg</b>	1%
<b>Iron / Fer 1.87 mg</b>	10%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR91881 UPC: 0 59443 91881 5

## Whole Cashews 340g

**INGREDIENTS:** RAW WHOLE CASHEWS

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz.)	
<b>Calories / Calories 180</b>	
<b>Fat / Lipides 18 g</b>	28%
Saturated / saturés 1.5 g	7%
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 0 mg</b>	0%
<b>Carbohydrate / Glucides 4 g</b>	1%
Fibre / Fibres 2 g	8%
Sugars / Sucres 1 g	
<b>Protein / Protéines 4 g</b>	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	2%
Iron / Fer	4%

JIVA CODE: EVR-10603 UPC: 0 59443 10603 9

## Walnuts Organic 340g

**INGREDIENTS:** ORGANIC WALNUTS

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz.)	
<b>Calories / Calories 180</b>	
<b>Fat / Lipides 18 g</b>	28%
Saturated / saturés 1.5 g	7%
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 0 mg</b>	0%
<b>Carbohydrate / Glucides 4 g</b>	1%
Fibre / Fibres 2 g	8%
Sugars / Sucres 1 g	
<b>Protein / Protéines 4 g</b>	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	2%
Iron / Fer	4%

JIVA CODE: EVR-10576 UPC: 0 59443 10576 9

## Walnuts Organic 227g

**INGREDIENTS:** ORGANIC WALNUTS

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.







## Organic Soy Sauces

Everland Organic Tamari soy Sauce is a premium quality, soy sauce specially brewed in Canada using organic ingredients.





Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
	% Daily Value % valeur quotidienne
<b>Calories 10</b>	
<b>Fat / Lipides</b> 0 g	0%
Saturated / saturés 0 g	
+ Trans / trans 0 g	0%
<b>Carbohydrate / Glucides</b> 0 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines</b> 2 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 740 mg	31%
Potassium 0 mg	0%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

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

JIVA CODE: EVR-60101 UPC: 0 59443 60101 5

## Tamari Soy Sauce Organic 500ml

**INGREDIENTS:** FILTERED WATER, ORGANIC WHOLE SOYBEANS, ORGANIC WHEAT, SEA SALT, BREWING STARTER (ASPERGILLUS SOJAE) **ALLERGY ALERT: CONTAINS WHEAT.** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
	% Daily Value % valeur quotidienne
<b>Calories 15</b>	
<b>Fat / Lipides</b> 0 g	0%
Saturated / saturés 0 g	
+ Trans / trans 0 g	0%
<b>Carbohydrate / Glucides</b> 2 g	1%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines</b> 2 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 860 mg	36%
Potassium 0 mg	0%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

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

JIVA CODE: EVR-60221 UPC: 0 59443 60221 0

## Tamari Soy Sauce Wheat Free Organic 500ml

**INGREDIENTS:** WATER, ORGANIC WHOLE SOYBEANS, SEA SALT, ORGANIC GRAIN ALCOHOL, KOJI. **ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.





## Organic Maple Syrup 250/500ml

This 100% pure, organic Canadian maple syrup is here to sweeten up your day! Organically harvested in Canada, this maple syrup is unrefined and has NO artificial flavours, colours, or additives.





Nutrition Facts Valeur nutritive	
Per 1/4 cup (60 mL) Par 1/4 tasse (60 mL)	
<b>Calories 220</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
<b>Carbohydrate / Glucides 54 g</b>	<b>0 %</b>
Fibre / Fibres 0 g	0 %
Sugars / Sucres 48 g	
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 10 mg</b>	<b>0 %</b>
Potassium 180 mg	5 %
Calcium 4 mg	4 %
Iron / Fer 0 mg	0 %
5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-21360 UPC: 0 59443 21360 7

## Maple Syrup Amber Rich Grade A Organic 500ml

**INGREDIENTS:** PURE ORGANIC MAPLE SYRUP

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per 1/4 cup (60 mL) Par 1/4 tasse (60 mL)	
<b>Calories 220</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
<b>Carbohydrate / Glucides 54 g</b>	<b>0 %</b>
Fibre / Fibres 0 g	0 %
Sugars / Sucres 48 g	
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 10 mg</b>	<b>0 %</b>
Potassium 180 mg	5 %
Calcium 4 mg	4 %
Iron / Fer 0 mg	0 %
5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-21361

## Maple Syrup Dark Robust Grade A Organic 500ml

**INGREDIENTS:** PURE ORGANIC MAPLE SYRUP

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per 1/4 cup (60 mL) Par 1/4 tasse (60 mL)	
<b>Calories 220</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
<b>Carbohydrate / Glucides 54 g</b>	<b>0 %</b>
Fibre / Fibres 0 g	0 %
Sugars / Sucres 48 g	
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 10 mg</b>	<b>0 %</b>
Potassium 180 mg	5 %
Calcium 4 mg	4 %
Iron / Fer 0 mg	0 %
5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-21363 UPC: 0 59443 21363 8

## Maple Syrup Very Dark Strong Grade A Organic 500ml

**INGREDIENTS:** PURE ORGANIC MAPLE SYRUP

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per 1/4 cup (60 mL) Par 1/4 tasse (60 mL)	
<b>Calories 220</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
<b>Carbohydrate / Glucides 54 g</b>	<b>0 %</b>
Fibre / Fibres 0 g	0 %
Sugars / Sucres 48 g	
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 10 mg</b>	<b>0 %</b>
Potassium 180 mg	5 %
Calcium 4 mg	4 %
Iron / Fer 0 mg	0 %
5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-21359 UPC: 0 59443 21359 1

## Maple Syrup Amber Rich Grade A Organic 250ml

**INGREDIENTS:** PURE ORGANIC MAPLE SYRUP

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.





Nutrition Facts		Valeur nutritive	
Per 1/4 cup (60 mL)		Par 1/4 tasse (60 mL)	
<b>Calories 220</b>	<b>% Daily Value*</b>		
	<b>% valeur quotidienne*</b>		
<b>Fat / Lipides</b> 0 g	0 %		
Saturated / saturés 0 g			
+ Trans / trans 0 g	0 %		
<b>Carbohydrate / Glucides</b> 54 g			
Fibre / Fibres 0 g	0 %		
Sugars / Sucres 48 g			
<b>Protein / Protéines</b> 0 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 10 mg	0 %		
Potassium 180 mg	5 %		
Calcium	4 %		
Iron / Fer	0 %		
5% or less is <b>a little</b> . 15% or more is <b>a lot</b> / • 5% ou moins c'est <b>peu</b> . 15% ou plus c'est <b>beaucoup</b>			

JIVA CODE:EV-R-21358    UPC:0 59443 21358 1

## Maple Syrup Golden Delicate Taste Grade A Organic 250ml

**INGREDIENTS:** PURE ORGANIC MAPLE SYRUP

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.









## Organic Maple Syrup 1L

This 100% pure, organic Canadian maple syrup is here to sweeten up your day! Organically harvested in Canada, this maple syrup is unrefined and has NO artificial flavours, colours, or additives.





Nutrition Facts Valeur nutritive	
Per 1/4 cup (60 mL) Par 1/4 tasse (60 mL)	
<b>Calories 220</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
<b>Carbohydrate / Glucides 54 g</b>	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 48 g	
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 10 mg</b>	<b>0 %</b>
Potassium 180 mg	5 %
Calcium	4 %
Iron / Fer	0 %
5% or less is <b>a little</b> , 15% or more is <b>a lot</b> / * 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-21366  
UPC: 0 59443 21366 9

## Maple Syrup Amber Rich Grade A Organic 1L

**INGREDIENTS:** PURE ORGANIC MAPLE SYRUP

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per 1/4 cup (60 mL) Par 1/4 tasse (60 mL)	
<b>Calories 220</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
<b>Carbohydrate / Glucides 54 g</b>	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 48 g	
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 10 mg</b>	<b>0 %</b>
Potassium 180 mg	5 %
Calcium	4 %
Iron / Fer	0 %
5% or less is <b>a little</b> , 15% or more is <b>a lot</b> / * 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-21362  
UPC: 0 59443 21362 1

## Maple Syrup Dark Robust Grade A Organic 1L

**INGREDIENTS:** PURE ORGANIC MAPLE SYRUP

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per 1/4 cup (60 mL) Par 1/4 tasse (60 mL)	
<b>Calories 220</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
<b>Carbohydrate / Glucides 54 g</b>	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 48 g	
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 10 mg</b>	<b>0 %</b>
Potassium 180 mg	5 %
Calcium	4 %
Iron / Fer	0 %
5% or less is <b>a little</b> , 15% or more is <b>a lot</b> / * 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-21362  
UPC: 0 59443 21362 1

## Maple Syrup Dark Robust Grade A Organic 1L

**INGREDIENTS:** PURE ORGANIC MAPLE SYRUP

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.





## Cooking Oils 500ml

Everland Organic Oils are perfect for everyday cooking, stir-frying, and roasting. You can also make healthy salad dressings and marinades with it!





Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
% Daily Value % valeur quotidienne	
<b>Calories 126</b>	
<b>Fat / Lipides 14 g</b>	22%
Saturated / saturés 1.3 g	
+ Trans / trans 0 g	5%
<b>Carbohydrate / Glucides 0 g</b>	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	0%
<b>Potassium 0 mg</b>	0%
<b>Calcium 0 mg</b>	0%
<b>Iron / Fer 0 mg</b>	0%

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

JIVA CODE: EVR-11445 UPC: 0 59443 20001 0

## Hemp Oil Organic 500ml

**INGREDIENTS:** ORGANIC COLD PRESSED HEMP SEED OIL.

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS



Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
% Daily Value % valeur quotidienne	
<b>Calories 120</b>	
<b>Fat / Lipides 14 g</b>	21%
Saturated / saturés 2 g	
+ Trans / trans 0 g	10%
<b>Carbohydrate / Glucides 2 g</b>	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	0%
<b>Potassium 0 mg</b>	0%
<b>Calcium 0 mg</b>	0%
<b>Iron / Fer 0 mg</b>	0%

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

JIVA CODE: EVR-11444 UPC: 0 59443 11444 7

## Avocado Oil Natural 500ml

**INGREDIENTS:** PURE NATURALLY REFINED AVOCADO OIL. **ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS



Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
% Daily Value % valeur quotidienne	
<b>Calories 128</b>	
<b>Fat / Lipides 14 g</b>	21%
Saturated / saturés 2 g	
+ Trans / trans 0 g	11%
<b>Carbohydrate / Glucides 0 g</b>	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	0%
<b>Potassium 0 mg</b>	0%
<b>Calcium 0 mg</b>	0%
<b>Iron / Fer 0 mg</b>	0%

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

JIVA CODE: EVR-11443 UPC: 0 59443 11443 8

## Extra Virgin Macadamia Oil 500ml

**INGREDIENTS:** PURE COLD PRESSED EXTRA VIRGIN MACADAMIA OIL. **ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
% Daily Value % valeur quotidienne	
<b>Calories 129</b>	
<b>Fat / Lipides 14 g</b>	20%
Saturated / saturés 14 g	
+ Trans / trans 0 g	75%
<b>Carbohydrate / Glucides 0 g</b>	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	0%
<b>Potassium 0 mg</b>	0%
<b>Calcium 0 mg</b>	0%
<b>Iron / Fer 0 mg</b>	0%

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

JIVA CODE: EVR-11447 UPC: 0 59443 11447 8

## MCT Oil Organic 500ml

**INGREDIENTS:** MEDIUM CHAIN TRIGLYCERIDES DERIVED FROM ORGANIC EXTRA VIRGIN COCONUT OIL (60% CAPRYLIC ACID AND 40% CAPRIC ACID) **ALLERGY ALERT:** CONTAINS COCONUTS. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER



Nutrition Facts Valeur nutritive	
Per 10 ml / pour 10 ml	
% Daily Value % valeur quotidienne	
<b>Calories 80</b>	
<b>Fat / Lipides 9 g</b>	14%
Saturated / saturés 1 g	
+ Trans / trans 0 g	5%
<b>Carbohydrate / Glucides 0 g</b>	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 2 mg</b>	0%
<b>Potassium 0 mg</b>	0%
<b>Calcium 0 mg</b>	0%
<b>Iron / Fer 0 mg</b>	0%

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\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11448 UPC: 0 59443 11448 5

## Flax Oil Organic 500ml

**INGREDIENTS:** ORGANIC UNREFINED VIRGIN FLAX OIL **ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
% Daily Value % valeur quotidienne	
<b>Calories 120</b>	
<b>Fat / Lipides 14 g</b>	21%
Saturated / saturés 1 g	
+ Trans / trans 0 g	5%
<b>Carbohydrate / Glucides 0 g</b>	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	0%
<b>Potassium 0 mg</b>	0%
<b>Calcium 0 mg</b>	0%
<b>Iron / Fer 0 mg</b>	0%

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\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11434 UPC: 0 59443 11434 4

## Sweet Almond Oil 500ml

**INGREDIENTS:** PURE EXPELLER PRESSED SWEET REFINED ALMOND OIL. **ALLERGY ALERT:** CONTAINS TREE NUTS. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.





## Cooking Oils 375ml

Everland Organic Oils are perfect for everyday cooking, stir-frying, and roasting. You can also make healthy salad dressings and marinades with it!



\*Applicable to select products

E: [sales@everland.ca](mailto:sales@everland.ca)

W: [everland.ca](http://everland.ca)

P: (604) 254-9480



@everlandfoods





Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
	% Daily Value % valeur quotidienne
<b>Calories 128</b>	
<b>Fat / Lipides 14 g</b>	21%
Saturated / saturés 2 g	
+ Trans / trans 0 g	11%
<b>Carbohydrate / Glucides 0 g</b>	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	0%
<b>Potassium 0 mg</b>	0%
<b>Calcium 0 mg</b>	0%
<b>Iron / Fer 0 mg</b>	0%

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

JIVA CODE: EVR-11419 UPC: 0 59443 11419

## Extra Virgin Macadamia Oil

**INGREDIENTS:** PURE COLD PRESSED EXTRA VIRGIN MACADAMIA OIL.

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS. STORE IN A COOL DARK PLACE. SHAKE WELL BEFORE USE.

ORIGIN: AUSTRALIA



Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
	% Daily Value % valeur quotidienne
<b>Calories 120</b>	
<b>Fat / Lipides 14 g</b>	21%
Saturated / saturés 1.5 g	8%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 0 g</b>	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	0%
<b>Potassium 0 mg</b>	0%
<b>Calcium 0 mg</b>	0%
<b>Iron / Fer 0 mg</b>	0%

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\*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-11413 UPC: 0 59443 11413

## Organic Sunflower Oil

**INGREDIENTS:** ORGANIC EXPELLER PRESSED NATURALLY REFINED SUNFLOWER OIL.

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per 1 tbsp (15ml) / par 1 cuillère à soupe (15ml)	
	% Daily Value % valeur quotidienne
<b>Calories 120</b>	
<b>Fat / Lipides 14 g</b>	21%
Saturated / saturés 2 g	
+ Trans / trans 0 g	11%
<b>Carbohydrate / Glucides 0 g</b>	10%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	0%
<b>Potassium 0 mg</b>	0%
<b>Calcium 0 mg</b>	0%
<b>Iron / Fer 0 mg</b>	0%

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\*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-11408 UPC: 0 59443 11408

## Organic Sesame Oil

**INGREDIENTS:** ORGANIC EXPELLER PRESSED UNREFINED SESAME OIL.

**ALLERGY ALERT: CONTAINS** SESAME. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS AND TREE NUTS.

MEXICO. ORIGINE: MEXIQUE.



Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
	% Daily Value % valeur quotidienne
<b>Calories 120</b>	
<b>Fat / Lipides 14 g</b>	21%
Saturated / saturés 3.5 g	18%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 0 g</b>	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	0%
<b>Potassium 0 mg</b>	0%
<b>Calcium 0 mg</b>	0%
<b>Iron / Fer 0 mg</b>	0%

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JIVA CODE: EVR-11424 UPC: 0 59443 11424

## Rice Bran Oil

**INGREDIENTS:** PURE NATURALLY REFINED RICE BRAN OIL. **ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
	% Daily Value % valeur quotidienne
<b>Calories 120</b>	
<b>Fat / Lipides 14 g</b>	21%
Saturated / saturés 1.5 g	8%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 0 g</b>	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	0%
<b>Potassium 0 mg</b>	0%
<b>Calcium 0 mg</b>	0%
<b>Iron / Fer 0 mg</b>	0%

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

JIVA CODE: EVR-11414 UPC: 0 59443 11414

## Organic Extra Virgin Olive Oil

**INGREDIENTS:** ORGANIC EXPELLER PRESSED NATURALLY REFINED SUNFLOWER OIL.

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.

STORE IN A COOL DARK PLACE.



Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
	% Daily Value % valeur quotidienne
<b>Calories 120</b>	
<b>Fat / Lipides 14 g</b>	21%
Saturated / saturés 1 g	5%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 0 g</b>	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	0%
<b>Potassium 0 mg</b>	0%
<b>Calcium 0 mg</b>	0%
<b>Iron / Fer 0 mg</b>	0%

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

JIVA CODE: EVR-11412 UPC: 0 59443 11412

## Sweet Almond Oil

**INGREDIENTS:** PURE EXPELLER PRESSED SWEET REFINED ALMOND OIL. **ALLERGY ALERT: CONTAINS** TREE NUTS. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.





Nutrition Facts		Valeur nutritive	
Per 15 ml / pour 15 ml			
		% Daily Value	% valeur quotidienne
<b>Calories 126</b>			
<b>Fat / Lipides</b> 14 g		22%	
Saturated / saturés 1.3 g			5%
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides</b> 0 g		0%	
Fibre / Fibres 0 g		0%	
Sugars / Sucres 0 g		0%	
<b>Protein / Protéines</b> 0 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 0 mg		0%	
<b>Potassium</b> 0 mg		0%	
<b>Calcium</b> 0 mg		0%	
<b>Iron / Fer</b> 0 mg		0%	

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 \*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-11433 UPC: 0 59443 11433

## Organic Hemp Oil

**INGREDIENTS:** ORGANIC COLD PRESSED HEMP SEED OIL

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts		Valeur nutritive	
Per 10 ml / pour 10 ml			
		% Daily Value	% valeur quotidienne
<b>Calories 80</b>			
<b>Fat / Lipides</b> 9 g		14%	
Saturated / saturés 1 g			5%
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides</b> 0 g		0%	
Fibre / Fibres 0 g		0%	
Sugars / Sucres 0 g		0%	
<b>Protein / Protéines</b> 0 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 2 mg		0%	
<b>Potassium</b> 0 mg		0%	
<b>Calcium</b> 0 mg		0%	
<b>Iron / Fer</b> 0 mg		0%	

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

JIVA CODE: EVR-11436 UPC: 0 59443 11436

## Organic Flax Oil

**INGREDIENTS:** ORGANIC UNREFINED VIRGIN FLAX OIL

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts		Valeur nutritive	
Per 1 tbsp (15ml) / par 1 cuillère à soupe (15ml)			
		% Daily Value	% valeur quotidienne
<b>Calories 120</b>			
<b>Fat / Lipides</b> 14 g		21%	
Saturated / saturés 2 g			11%
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides</b> 0 g		10%	
Fibre / Fibres 0 g		0%	
Sugars / Sucres 0 g		0%	
<b>Protein / Protéines</b> 0 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 0 mg		0%	
<b>Potassium</b> 0 mg		0%	
<b>Calcium</b> 0 mg		0%	
<b>Iron / Fer</b> 0 mg		0%	

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 \*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-11407 UPC: 0 59443 11407

## Toasted Sesame Seed Oil

**INGREDIENTS:** ORGANIC EXPELLER PRESSED UNREFINED TOASTED SESAME OIL.

**ALLERGY ALERT: CONTAINS SESAME.** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS AND TREE NUTS.



Nutrition Facts		Valeur nutritive	
Per 1 tbsp (15ml) / par 1 cuillère à soupe (15ml)			
		% Daily Value	% valeur quotidienne
<b>Calories 120</b>			
<b>Fat / Lipides</b> 14 g		21%	
Saturated / saturés 2 g			11%
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides</b> 0 g		10%	
Fibre / Fibres 0 g		0%	
Sugars / Sucres 0 g		0%	
<b>Protein / Protéines</b> 0 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 0 mg		0%	
<b>Potassium</b> 0 mg		0%	
<b>Calcium</b> 0 mg		0%	
<b>Iron / Fer</b> 0 mg		0%	

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

JIVA CODE: EVR-11408 UPC: 0 59443 11408

## Natural Grapeseed Oil

**INGREDIENTS:** PURE EXPELLER PRESSED GRAPSEED OIL.

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts		Valeur nutritive	
Per 15 ml / pour 15 ml			
		% Daily Value	% valeur quotidienne
<b>Calories 120</b>			
<b>Fat / Lipides</b> 14 g		21%	
Saturated / saturés 2 g			10%
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides</b> 2 g		0%	
Fibre / Fibres 0 g		0%	
Sugars / Sucres 0 g		0%	
<b>Protein / Protéines</b> 0 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 0 mg		0%	
<b>Potassium</b> 0 mg		0%	
<b>Calcium</b> 0 mg		0%	
<b>Iron / Fer</b> 0 mg		0%	

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

JIVA CODE: EVR-11423 UPC: 0 59443 11423

## Natural Avocado Oil

**INGREDIENTS:** PURE NATURALLY REFINED AVOCADO OIL.

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Flatbreads topped with Peanut Butter, Dried Figs,  
Pumpkin Seeds and Shredded Coconut







## Organic Pumpkin Seed Butter 480g

This organic, raw pumpkin seed butter is our way of expressing our love for pumpkin seeds! Enjoy this nutty pumpkin seed butter in your sauces, baked goods, smoothies, and oatmeal, or on bread and vegetables





<b>Nutrition Facts</b>	
32 servings per container	
<b>Serving size 1 tbsp (15g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7 g	<b>11%</b>
Saturated Fat 1.5 g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrate</b> 2 g	<b>1%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 5 g	
Vitamin D 0 mcg	0%
Calcium 8 mg	0%
Iron 1.2 mg	6%
Potassium 120 mg	3%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories	

JIVA CODE: EVR-75060 UPC:0 59443 75060 8

## Organic Pumpkin Seed Butter Raw 480g

**INGREDIENTS:** ORGANIC PUMPKIN SEEDS, ORGANIC SUNFLOWER OIL

**ALLERGY ALERT:** CONTAINS PEANUTS. MAY CONTAIN OTHER NUTS AND SESAME SEEDS.





## Infused Butters 480g

Everland Infused Nut Butters are made in Canada with NO palm oil. It is rich yet refreshing with organic coconut, organic extra virgin coconut oil, and a hint of agave.



\*Applicable to select products





Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	<b>85</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2 g	<b>10%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 40 mg	<b>2%</b>
<b>Total Carbohydrate</b> 3 g	<b>1%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 2 g	
Includes 1g Added Sugars	<b>0%</b>
<b>Protein</b> 3 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0.36 mg	2%
Potassium 100 mg	3%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories.

JIVA CODE: EVR-75001 UPC: 0 59443 75001 0

## Coconut Peanut Butter Organic - Crunchy

**INGREDIENTS:** ORGANIC PEANUTS, ORGANIC COCONUT, ORGANIC VIRGIN COCONUT OIL, ORGANIC AGAVE SYRUP, SEA SALT  
**ALLERGY ALERT:** CONTAINS PEANUTS. MAY CONTAIN OTHER NUTS AND SESAME SEEDS.



Nutrition Facts	
33 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	<b>90</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 8 g	<b>12%</b>
Saturated Fat 2 g	<b>10%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 1 mg	<b>0%</b>
<b>Total Carbohydrate</b> 4 g	<b>1%</b>
Dietary Fiber 2 g	<b>8%</b>
Total Sugars 1 g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3 g	
Vitamin D 0 mcg	0%
Calcium 10 mg	1%
Iron 0.36 mg	2%
Potassium 100 mg	3%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories.

JIVA CODE: EVR-75005 UPC: 0 59443 75005 5

## Superfood Peanut Butter 480g

**INGREDIENTS:** NON GMO PEANUTS, ORGANIC VIRGIN COCONUT OIL, TAPIOCA ROOT STARCH, ORGANIC BROWN FLAX SEEDS, ORGANIC BLACK CHIA SEEDS, MACADAMIA OIL.  
**ALLERGY ALERT:** CONTAINS PEANUTS. MAY CONTAIN OTHER NUTS AND SESAME SEEDS.



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	<b>80</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2 g	<b>10%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 40 mg	<b>2%</b>
<b>Total Carbohydrate</b> 3 g	<b>1%</b>
Dietary Fiber 2 g	<b>8%</b>
Total Sugars 1 g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0.36 mg	2%
Potassium 100 mg	3%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories.

JIVA CODE: EVR-75010 UPC: 0 59443 75010 2

## Protein Peanut Butter 480g

**INGREDIENTS:** ORGANIC PEANUTS, ORGANIC VIRGIN COCONUT OIL, ORGANIC ALGAE OIL, ORGANIC PEA PROTEIN ORGANIC COCONUT.  
**ALLERGY ALERT:** CONTAINS PEANUTS. MAY CONTAIN OTHER NUTS AND SESAME SEEDS.



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	<b>85</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2 g	<b>10%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 40 mg	<b>2%</b>
<b>Total Carbohydrate</b> 3 g	<b>1%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 2 g	
Includes 1g Added Sugars	<b>0%</b>
<b>Protein</b> 3 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0.36 mg	2%
Potassium 100 mg	3%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories.

JIVA CODE: EVR-75005 UPC: 0 59443 75005 8

## Tumeric Coconut Peanut Butter Organic 480g

**INGREDIENTS:** ORGANIC PEANUTS, ORGANIC COCONUT, ORGANIC VIRGIN COCONUT OIL, ORGANIC ALGAE SYRUP, ORGANIC TURMERIC POWDER, CARDAMOM, SEA SALT.  
**ALLERGY ALERT:** CONTAINS PEANUTS. MAY CONTAIN OTHER NUTS AND SESAME SEEDS.



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	<b>90</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2 g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 1 mg	<b>0%</b>
<b>Total Carbohydrate</b> 6 g	<b>2%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 2 g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3 g	
Vitamin D 0 mcg	0%
Calcium 7 mg	0%
Iron 0.36 mg	2%
Potassium 80 mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories.

JIVA CODE: EVR-75015 UPC: 0 59443 75015 7

## Chocolate Coconut Peanut Butter Organic 480g

**INGREDIENTS:** ORGANIC PEANUTS, ORGANIC FAIRTRADE CHOCOLATE  
**ALLERGY ALERT:** CONTAINS PEANUTS. MAY CONTAIN OTHER NUTS AND SESAME SEEDS.



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	<b>90</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 8 g	<b>12%</b>
Saturated Fat 2 g	<b>10%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 1 mg	<b>0%</b>
<b>Total Carbohydrate</b> 4 g	<b>1%</b>
Dietary Fiber 2 g	<b>8%</b>
Total Sugars 1 g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3 g	
Vitamin D 0 mcg	0%
Calcium 10 mg	1%
Iron 0.36 mg	2%
Potassium 100 mg	3%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories.

JIVA CODE: EVR-75020 UPC: 0 59443 75020

## Super Food Peanut Crunchy Organic 490g

**INGREDIENTS:** ORGANIC PEANUTS, ORGANIC VIRGIN COCONUT OIL, ORGANIC COCONUT NECTAR, ORGANIC AVOCADO OIL, ORGANIC COCONUT, ORGANIC CHIA SEEDS, ORGANIC FLAX SEEDS, ORGANIC MACA, MCT.  
**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.





## Natural Almond Butters 480g

Made of nothing but 100% pure almonds, Everland Crunchy Almond Butter is going to be your new guilt-free addiction.





Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 9 g	<b>13%</b>
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrate</b> 3 g	<b>1%</b>
Dietary Fiber 1 g	4%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
<b>Protein</b> 4 g	
Vitamin D 0 mcg	0%
Calcium 56 mg	5%
Iron 0.57 mg	3%
Potassium 120 mg	3%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

UPC: 0 59443 705050 8

JIVA CODE: 705050

## Natural Almond Butter Raw 480g

**INGREDIENTS:** ALMONDS, ALMOND OIL

**ALLERGY ALERT: CONTAINS** TREE NUTS. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS AND SESAME SEEDS.



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 8 g	<b>12%</b>
Saturated Fat 0.5 g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrate</b> 3 g	<b>1%</b>
Dietary Fiber 1 g	4%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
<b>Protein</b> 4 g	
Vitamin D 0 mcg	0%
Calcium 56 mg	5%
Iron 0.57 mg	3%
Potassium 120 mg	3%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

UPC: 0 59443 75080 5

JIVA CODE: EVR-75080

## Natural Almond Butter Smooth 480g

**INGREDIENTS:** NATURAL DRY ROASTED ALMONDS

**ALLERGY ALERT: CONTAINS** TREE NUTS. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS AND SESAME SEEDS.



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 8 g	<b>12%</b>
Saturated Fat 0.5 g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrate</b> 3 g	<b>1%</b>
Dietary Fiber 1 g	4%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
<b>Protein</b> 4 g	
Vitamin D 0 mcg	0%
Calcium 56 mg	5%
Iron 0.57 mg	3%
Potassium 120 mg	3%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

UPC: 0 59443 75055 5

JIVA CODE: EVR-75055

## Natural Almond Butter Crunchy 480g

**INGREDIENTS:** NATURAL DRY ROASTED ALMONDS

**ALLERGY ALERT: CONTAINS** TREE NUTS. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS AND SESAME SEEDS.





## Organic Tahini Butters 480g

Everland Organic Coconut Tahini brings together the perfect pair, (coconut & sesame seeds, who knew?) in an organic, gmo free, Kosher, and vegan spread.



Imported Ingredients  
Ingrédients importés



KOSHER  
CHECK



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W: [everland.ca](http://everland.ca)

P: (604) 254-9480



@everlandfoods



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	<b>110</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 9 g	<b>13%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrate</b> 5 g	<b>2%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 0 g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3 g	
Vitamin D 0 mcg	0%
Calcium 64 mg	6%
Iron 0,38 mg	2%
Potassium 63 mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

JIVA CODE: EVR-75040 UPC: 0 594443 75040 0

## Organic Tahini 480g

**INGREDIENTS:** ORGANIC HULLED SESAME SEEDS, ORGANIC SESAME OIL

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	<b>85</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 7 g	<b>11%</b>
Saturated Fat 2 g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 10 mg	<b>0%</b>
<b>Total Carbohydrate</b> 4 g	<b>1%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 2 g	
Includes 1 g Added Sugars	<b>0%</b>
<b>Protein</b> 2 g	
Vitamin D 0 mcg	0%
Calcium 30 mg	3%
Iron 0,72 mg	4%
Potassium 50 mg	1%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

## Organic Coconut Tahini 480g

**INGREDIENTS:** ORGANIC HULLED SESAMES, ORGANICS COCONUT NECTAR, ORGANIC COCONUT OIL

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	<b>110</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 9 g	<b>13%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrate</b> 5 g	<b>2%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 0 g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3 g	
Vitamin D 0 mcg	0%
Calcium 64 mg	6%
Iron 0,38 mg	2%
Potassium 63 mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

JIVA CODE: EVR-75045 UPC: 0 594443 75045 4

## Organic Tahini Raw 480g

**INGREDIENTS:** ORGANIC HULLED SESAME SEEDS, ORGANIC SESAME OIL

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	<b>110</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 8 g	<b>12%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 14 mg	<b>1%</b>
<b>Total Carbohydrate</b> 5 g	<b>2%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 2 g	
Includes 2g Added Sugars	<b>0%</b>
<b>Protein</b> 2 g	
Vitamin D 0 mcg	0%
Calcium 50 mg	5%
Iron 1 mg	6%
Potassium 50 mg	1%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

## Organic Chocolate Coconut Tahini 480g

**INGREDIENTS:** ORGANIC HULLED SESAME SEEDS, ORGANIC FAIRTRADE DARK CHOCOLATE, ORGANIC COCONUT.

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.







## Cooking Syrups

Free from animal by-products, artificial colours & preservatives, it also provides vitamins & minerals found in the sugarcane plant. We love enjoying it as a sweet source of iron.





Nutrition Facts		Valeur nutritive	
Per 1 tbsp. (20 g) / par c. à soupe (20 g)			
		% Daily Value	% valeur quotidienne
<b>Calories 60</b>			
<b>Fat / Lipides</b>	0 g	0%	
Saturated / saturés	0 g	0%	
+ Trans / trans	0 g	0%	
<b>Carbohydrate / Glucides</b>	15.1 g	5%	
Fibre / Fibres	0 g	0%	
Sugars / Sucres	15.1 g	15%	
<b>Protein / Protéines</b>	0.06 g		
<b>Cholesterol / Cholestérol</b>	0 mg		
<b>Sodium</b>	5 mg	0%	
<b>Potassium</b>	175 mg	4%	
<b>Calcium</b>	44 mg	3%	
<b>Iron / Fer</b>	0.6 mg	3%	

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

JIVA CODE: SWE-21326 UPC: 0 59443 21326 3

## Barbados Molasses, Organic

**INGREDIENTS:** ORGANIC LIGHT UNSULPHURED MOLASSES

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts		Valeur nutritive	
Per 1 tbsp. (20 g) / par c. à soupe (20 g)			
		% Daily Value	% valeur quotidienne
<b>Calories 53</b>			
<b>Fat / Lipides</b>	0 g	0%	
Saturated / saturés	0 g	0%	
+ Trans / trans	0 g	0%	
<b>Carbohydrate / Glucides</b>	13.4 g	4%	
Fibre / Fibres	0 g	0%	
Sugars / Sucres	13.4 g	13%	
<b>Protein / Protéines</b>	0 g		
<b>Cholesterol / Cholestérol</b>	0 mg		
<b>Sodium</b>	38.4 mg	2%	
<b>Potassium</b>	278 mg	6%	
<b>Calcium</b>	103 mg	8%	
<b>Iron / Fer</b>	4 mg	22%	

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

JIVA CODE: SWE-21321 UPC: 0 59443 21321 8

## Blackstrap Molasses, Organic

**INGREDIENTS:** ORGANIC LIGHT UNSULPHURED BLACKSTRAP MOLASSES

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts		Valeur nutritive	
Per 1 tbsp. (20 g) / par c. à soupe (20 g)			
		% Daily Value	% valeur quotidienne
<b>Calories 62</b>			
<b>Fat / Lipides</b>	0 g	0%	
Saturated / saturés	0 g	0%	
+ Trans / trans	0 g	0%	
<b>Carbohydrate / Glucides</b>	15.4 g	5%	
Fibre / Fibres	1.4 g	5%	
Sugars / Sucres	14 g	14%	
<b>Protein / Protéines</b>	0 g		
<b>Cholesterol / Cholestérol</b>	0 mg		
<b>Sodium</b>	5 mg	0%	
<b>Potassium</b>	0 mg	0%	
<b>Calcium</b>	0 mg	0%	
<b>Iron / Fer</b>	0 mg	0%	

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

JIVA CODE: SWE-21352 UPC: 0 59443 21352 2

## Agave (Blue) Syrup, Organic

**INGREDIENTS:** ORGANIC BLUE RAW AGAVE SYRUP

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts		Valeur nutritive	
Per 1 tbsp. (20 g) / par c. à soupe (20 g)			
		% Daily Value	% valeur quotidienne
<b>Calories 62</b>			
<b>Fat / Lipides</b>	0 g	0%	
Saturated / saturés	0 g	0%	
+ Trans / trans	0 g	0%	
<b>Carbohydrate / Glucides</b>	15.4 g	5%	
Fibre / Fibres	1.4 g	5%	
Sugars / Sucres	14 g	14%	
<b>Protein / Protéines</b>	0 g		
<b>Cholesterol / Cholestérol</b>	0 mg		
<b>Sodium</b>	5 mg	0%	
<b>Potassium</b>	0 mg	0%	
<b>Calcium</b>	0 mg	0%	
<b>Iron / Fer</b>	0 mg	0%	

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

JIVA CODE: SWE-21341 UPC: 0 59443 21341 6

## Agave Syrup, Organic

**INGREDIENTS:** ORGANIC RAW AGAVE SYRUP

**ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.





## Organic Flours

Our organic flours are free from artificial ingredients





JIVA CODE: EVR-10602 UPC: 0 59443 10602 2

## Almond Meal, Raw, Organic 340g

**INGREDIENTS:** ORGANIC ALMONDS

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per 1/2 cup (40 g) / pour 1/2 tasse (40 g)			
		% Daily Value	
		% valeur quotidienne	
<b>Calories</b> 60			
<b>Fat / Lipides</b> 2 g			3%
Saturated / saturés 2 g			10%
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides</b> 8 g			3%
Fibre / Fibres 6 g			24%
Sugars / Sucres 1 g			1%
<b>Protein / Protéines</b> 2 g			
<b>Cholesterol / Cholestérol</b> 0 mg			
<b>Sodium</b> 30 mg			1%
<b>Potassium</b> 187 mg			4%
<b>Calcium</b> 1.31 mg			0%
<b>Iron / Fer</b> 0.92 mg			5%

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

JIVA CODE: EVR-10609 UPC: 0 59443 10609 1

## Coconut Flour Organic 454g

**INGREDIENTS:** ORGANIC COCONUT FLOUR

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Amount / Teneur	% DV / % VO *	Amount / Teneur	% DV / % VO *
<b>Fat / Lipides</b> 6 g	9%	<b>Carbohydrate / Glucides</b> 53 g	18%
Saturated / saturés 1 g		Fibre / Fibres 10 g	40%
+ Trans / trans 0 g		Sugars / Sucres 10 g	
<b>Cholesterol / Cholestérol</b> 0 mg		<b>Protein / Protéines</b> 21 g	
<b>Sodium / Sodium</b> 22 mg	2%		

\*% Daily Value / % valeur quotidienne: VRAI! . . . VRAI! . . . VRAI! . . . Iron / Fer 23%

JIVA CODE: EVR-91585 UPC: 0 59443 91585 3

## Chickpea Flour Organic 500g

**INGREDIENTS:** ORGANIC CHICKPEA FLOUR

**ALLERGY ALERT: CONTAINS** PEANUTS. **MAY CONTAIN** OTHER NUTS AND SESAME SEEDS.



Amount / Teneur	% DV / % VO *	Amount / Teneur	% DV / % VO *
<b>Fat / Lipides</b> 2 g	3%	<b>Carbohydrate / Glucides</b> 74 g	25%
Saturated / saturés 0 g		Fibre / Fibres 12 g	44%
+ Trans / trans 0 g		Sugars / Sucres 1 g	
<b>Cholesterol / Cholestérol</b> 0 mg		<b>Protein / Protéines</b> 15 g	
<b>Sodium / Sodium</b> 2 mg	0%		

\*% Daily Value / % valeur quotidienne: VRAI! . . . VRAI! . . . VRAI! . . . Iron / Fer 30%

JIVA CODE: EVR-91571 UPC: 0 59443 91571 6

## Wheat Flour, 100% Whole Organic 2kg

**INGREDIENTS:** ORGANIC WHOLE GRAIN HARD RED WHEAT FLOUR

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS. \*CERTIFIED ORGANIC INGREDIENTS





## Wheat Flour, 100% Whole Pastry Organic 2kg

**INGREDIENTS:** ORGANIC WHOLE GRAIN SOFT WHITE WHEAT  
**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.

Amount / Teneur	% DV / % VO *	Amount / Teneur	% DV / % VO *
<b>Nutrition Facts</b> <b>Valeur nutritive</b>			
Serving Size 1 cup (100 g)			
Portions per container 20			
Calories 353			
<b>% Daily Value / % valeur quotidienne</b> : VIT A 0% • VIT C 0% • Calcium 2% • Iron / Fer 20%			

JIVA CODE: EVR-91572 UPC: 0 59443 91572 3



## Spelt Flour, Sifted (Fine) Organic 2kg

**INGREDIENTS:** ORGANIC LIGHT SPELT FLOUR  
**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.

Amount / Teneur	% DV / % VO *	Amount / Teneur	% DV / % VO *
<b>Nutrition Facts</b> <b>Valeur nutritive</b>			
Serving Size 1 cup (100 g)			
Portions per container 20			
Calories 340			
<b>% Daily Value / % valeur quotidienne</b> : VIT A 0% • VIT C 0% • Calcium 2% • Iron / Fer 20%			

JIVA CODE: EVR-91582 UPC: 0 59443 91582 2



## Spelt Flour, Whole Organic 2kg

**INGREDIENTS:** ORGANIC WHOLE GRAIN SPELT FLOUR  
**ALLERGY ALERT:** CONTAINS PEANUTS. MAY CONTAIN OTHER NUTS AND SESAME SEEDS.

Amount / Teneur	% DV / % VO *	Amount / Teneur	% DV / % VO *
<b>Nutrition Facts</b> <b>Valeur nutritive</b>			
Serving Size 1 cup (100 g)			
Portions per container 20			
Calories 340			
<b>% Daily Value / % valeur quotidienne</b> : VIT A 0% • VIT C 0% • Calcium 2% • Iron / Fer 20%			

JIVA CODE: EVR-91579 UPC: 0 59443 91579 2



## White Flour, Unbleached White Organic 2kg

**INGREDIENTS:** ORGANIC WHOLE GRAIN HARD RED WHEAT FLOUR, NIACIN, IRON, THIAMIN MONITRITTE, RIBOFLAVIN, FOLIC ACID  
**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS. \*CERTIFIED ORGANIC INGREDIENTS

Amount / Teneur	% DV / % VO *	Amount / Teneur	% DV / % VO *
<b>Nutrition Facts</b> <b>Valeur nutritive</b>			
Serving Size 1 cup (100 g)			
Portions per container 20			
Calories 330			
<b>% Daily Value / % valeur quotidienne</b> : VIT A 0% • VIT C 0% • Calcium 2% • Iron / Fer 30%			

JIVA CODE: EVR-91571 UPC: 0 59443 91575 4





Nutrition Facts Valeur nutritive		Amount / Teneur	% DV / % VO *	Amount / Teneur	% DV / % VO *
Portion 1 cup (100 g)		Fat / Lipides 2 g	3%	Carbohydrate / Glucides 74 g	23%
Servings per container 20		Saturated / saturés 0 g	0%	Fibre / Fibres 12 g	44%
Portion 1 cup (100 g)		Trans / trans 0 g	0%	Sugars / Sucres 1 g	2%
Servings per container 20		Cholesterol / Cholestérol 0 mg	0%	Protein / Protéines 15 g	30%
		Sodium / Sodium 2 mg	0%		
Calories 310					
* % Daily Value / % valeur quotidienne: Vit A:0% • Vit C:0% • Calcium:2% • Iron / Fer:30%					

JIVA CODE: EVR-91601 UPC: 0 59443 91601 2

## All Purpose White Flour, Organic 1.2kg

**INGREDIENTS:** ORGANIC WHOLE GRAIN HARD RED WHEAT FLOUR, NIOICIN, IRON, THIAMIN MONITRITE, RIBOFLAVIN, FOLIC ACID  
**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive		Amount / Teneur	% DV / % VO *	Amount / Teneur	% DV / % VO *
Portion 1 cup (100 g)		Fat / Lipides 2 g	3%	Carbohydrate / Glucides 74 g	23%
Servings per container 20		Saturated / saturés 0 g	0%	Fibre / Fibres 12 g	44%
Portion 1 cup (100 g)		Trans / trans 0 g	0%	Sugars / Sucres 1 g	2%
Servings per container 20		Cholesterol / Cholestérol 0 mg	0%	Protein / Protéines 15 g	30%
		Sodium / Sodium 2 mg	0%		
Calories 310					
* % Daily Value / % valeur quotidienne: Vit A:0% • Vit C:0% • Calcium:2% • Iron / Fer:30%					

JIVA CODE: EVR-91602 UPC: 0 59443 91602 2

## 100% Whole Wheat Flour Organic 1.2kg

**INGREDIENTS:** ORGANIC WHOLE GRAIN HARD RED WHEAT FLOUR  
**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive		Amount / Teneur	% DV / % VO *	Amount / Teneur	% DV / % VO *
Portion 1 cup (100 g)		Fat / Lipides 1 g	2%	Carbohydrate / Glucides 75 g	23%
Servings per container 20		Saturated / saturés 0 g	0%	Fibre / Fibres 8 g	32%
Portion 1 cup (100 g)		Trans / trans 0 g	0%	Sugars / Sucres 1 g	2%
Servings per container 20		Cholesterol / Cholestérol 0 mg	0%	Protein / Protéines 10 g	20%
		Sodium / Sodium 2 mg	0%		
Calories 313					
* % Daily Value / % valeur quotidienne: Vit A:0% • Vit C:0% • Calcium:2% • Iron / Fer:30%					

JIVA CODE: EVR-91585 UPC: 0 59443 91585 3

## Wheat Flour, 100% Whole Pastry Organic 2kg

**INGREDIENTS:** ORGANIC WHOLE GRAIN SOFT WHITE WHEAT  
**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive		Amount / Teneur	% DV / % VO *	Amount / Teneur	% DV / % VO *
Portion 1 cup (100 g)		Fat / Lipides 2 g	3%	Carbohydrate / Glucides 74 g	23%
Servings per container 20		Saturated / saturés 0 g	0%	Fibre / Fibres 12 g	44%
Portion 1 cup (100 g)		Trans / trans 0 g	0%	Sugars / Sucres 1 g	2%
Servings per container 20		Cholesterol / Cholestérol 0 mg	0%	Protein / Protéines 15 g	30%
		Sodium / Sodium 2 mg	0%		
Calories 310					
* % Daily Value / % valeur quotidienne: Vit A:0% • Vit C:0% • Calcium:2% • Iron / Fer:30%					

JIVA CODE: EVR-91595 UPC: 0 59443 91595 2

## Whole Grain Teff Flour 1kg

**INGREDIENTS:** RAW NORTH AMERICAN TEFF FLOUR  
**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS. \*CERTIFIED ORGANIC INGREDIENTS





Amount / Tenor	% DV / % VQ *	Amount / Tenor	% DV / % VQ *
<b>Nutrition Facts</b> <b>Valeur nutritive</b>		<b>Amount / Tenor</b> <b>Fat / Lipides 2 g</b>	<b>% DV / % VQ *</b> <b>3 %</b>
Serving Size 1 cup (100 g)		<b>Saturated / saturés 0 g</b>	
Portions per container 20		<b>+ Trans / trans 0 g</b>	
		<b>Sugars / Sucres 1 g</b>	<b>4 %</b>
		<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Calories 330</b>		<b>Sodium / Sodium 2 mg</b>	<b>0 %</b>
* % Daily Value / % valeur quotidienne: VFA 0% • VFC 0% • Calcium 2% • Iron / Fer 30%			

JIVA CODE: EVR-91586 UPC: 0 59443 91586 2

## Quinoa Flour, Organic 500g

**INGREDIENTS:** ORGANIC WHOLE GRAIN QUINOA FLOUR

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Amount / Tenor	% DV / % VQ *	Amount / Tenor	% DV / % VQ *
<b>Nutrition Facts</b> <b>Valeur nutritive</b>		<b>Amount / Tenor</b> <b>Fat / Lipides 2 g</b>	<b>% DV / % VQ *</b> <b>3 %</b>
Serving Size 1 cup (100 g)		<b>Saturated / saturés 0 g</b>	
Portions per container 20		<b>+ Trans / trans 0 g</b>	
		<b>Sugars / Sucres 1 g</b>	<b>4 %</b>
		<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Calories 330</b>		<b>Sodium / Sodium 2 mg</b>	<b>0 %</b>
* % Daily Value / % valeur quotidienne: VFA 0% • VFC 0% • Calcium 2% • Iron / Fer 30%			

JIVA CODE: EVR-91597 UPC: 0 59443 91597 2

## Sorghum Flour Organic 908g

**INGREDIENTS:** ORGANIC SORGHUM FLOUR

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Amount / Tenor	% DV / % VQ *	Amount / Tenor	% DV / % VQ *
<b>Nutrition Facts</b> <b>Valeur nutritive</b>		<b>Amount / Tenor</b> <b>Fat / Lipides 1 g</b>	<b>% DV / % VQ *</b> <b>2 %</b>
Serving Size 1 cup (100 g)		<b>Saturated / saturés 0 g</b>	
Portions per container 20		<b>+ Trans / trans 0 g</b>	
		<b>Sugars / Sucres 1 g</b>	<b>3 %</b>
		<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Calories 353</b>		<b>Sodium / Sodium 2 mg</b>	<b>0 %</b>
* % Daily Value / % valeur quotidienne: VFA 0% • VFC 0% • Calcium 2% • Iron / Fer 20%			

JIVA CODE: EVR-91569 UPC: 0 59443 91569 3

## Buckwheat Flour Organic 908g

**INGREDIENTS:** ORGANIC BUCKWHEAT FLOUR

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Everland  
ORGANIC  
DRIED FIGS  
sweet and unsulfured  
ORGANIQUE  
SOLEIL FIGUES  
sucré et non sulfurées







## Baking Ingredients

Made in Vancouver with real ingredients only.  
Absolutely NO MSG, preservatives, or nasty ingredients.





Nutrition Facts		Valeur nutritive	
Serving size 1/4 cup (32 g) / Portion 1/4 tasse (32 g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
<b>Calories / Calories 110</b>			
<b>Fat / Lipides 0 g 0 %</b>			
Saturated / saturés 0 g 0 %			
+ Trans / trans 0 g 0 %			
<b>Cholesterol / Cholestérol 0 mg</b>			
<b>Sodium / Sodium 0 mg 0 %</b>			
<b>Carbohydrate / Glucides 28 g 9 %</b>			
Fibre / Fibres 1 g 4 %			
Sugars / Sucres 0 g			
<b>Protein / Protéines 0 g</b>			
Vitamin A / Vitamine A 0 %			
Vitamin C / Vitamine C 0 %			
Calcium / Calcium 0 %			
Iron / Fer 0 %			

JIVA CODE: EVR-10165 UPC: 0 59443 10165 2

## Arrowroot Powder 350g

**INGREDIENTS:** ARROWROOT POWDER

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per 1/4 tsp. (1 g) / Portion 1/4 cuillère (1 g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
<b>Calories / Calories 0</b>			
<b>Fat / Lipides 0 g 0 %</b>			
Saturated / saturés 0 g 0 %			
+ Trans / trans 0 g 0 %			
<b>Cholesterol / Cholestérol 0 mg</b>			
<b>Sodium / Sodium 270 mg 11 %</b>			
<b>Carbohydrate / Glucides 0 g 0 %</b>			
Fibre / Fibres 0 g 0 %			
Sugars / Sucres 0 g			
<b>Protein / Protéines 8 g</b>			
Vitamin A / Vitamine A 0 %			
Vitamin C / Vitamine C 0 %			
Calcium / Calcium 0 %			
Iron / Fer 0 %			

JIVA CODE: EVR-10181 UPC: 0 59443 10181 2

## Baking Soda 400g

**INGREDIENTS:** SODIUM BICARBONATE.

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Serving size 1 tsp (4 g) / Portion 1 cuillère (4 g)			
Servings per container: 113 Portions par contenant: 113			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
<b>Calories / Calories 5</b>			
<b>Fat / Lipides 0 g 0 %</b>			
Saturated / saturés 0 g 0 %			
+ Trans / trans 0 g 0 %			
<b>Cholesterol / Cholestérol 0 mg</b>			
<b>Sodium / Sodium 590 mg 25 %</b>			
<b>Carbohydrate / Glucides 1 g 0 %</b>			
Fibre / Fibres 0 g 0 %			
Sugars / Sucres 0 g			
<b>Protein / Protéines g</b>			
Vitamin A / Vitamine A 0 %			
Vitamin C / Vitamine C 0 %			
Calcium / Calcium 4 %			
Iron / Fer 0 %			

JIVA CODE: EVR-10162 UPC: 0 59443 10162 1

## Baking Powder Aluminum Free 400g

**INGREDIENTS:** SODIUM PHOSPHATE, BICARBONATE OF SODA, CORN STARCH AND CALCIUM PHOSPHATE

**ALLERGY ALERT: CONTAINS** PEANUTS. **MAY CONTAIN** OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Serving size 2 tbsp (16 g) / Portion 2 cuillères à soupe (16 g)			
Servings per container: 28 Portions par contenant: 28			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
<b>Calories / Calories 60</b>			
<b>Fat / Lipides 0 g 0 %</b>			
Saturated / saturés 0 g 0 %			
+ Trans / trans 0 g 0 %			
<b>Cholesterol / Cholestérol 0 mg</b>			
<b>Sodium / Sodium 3 mg 3 %</b>			
<b>Carbohydrate / Glucides 7 g 2 %</b>			
Fibre / Fibres 4 g 16 %			
Sugars / Sucres 0 g			
<b>Protein / Protéines 7 g</b>			
Vitamin A / Vitamine A 0 %			
Vitamin C / Vitamine C 0 %			
Calcium / Calcium 4 %			
Iron / Fer 6 %			

JIVA CODE: EVR-10170 UPC: 0 59443 10170 6

## Brewers Yeast, DeBittered

**INGREDIENTS:** DRIED INACTIVE YEAST

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS. \*CERTIFIED ORGANIC INGREDIENTS





Nutrition Facts Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz.)	
Amount	% Daily Value % valeur quotidienne
<b>Calories 132</b>	
<b>Fat / Lipides</b> 7.37 g	10%
Saturated / saturés 4.37 g	22%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 19.3 g	6%
Fibre / Fibres 1.43 g	5%
Sugars / Sucres 16.5 g	17%
<b>Protein / Protéines</b> 1 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 0.47 mg	0%
<b>Potassium</b> 93.9 mg	2%
<b>Calcium</b> 8.46 mg	1%
<b>Iron / Fer</b> 1.23 mg	7%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-10148 UPC: 0 59443 10148 5

## Chocolate Chips Dark 400g

**INGREDIENTS:** CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOYA LECHITCHIN)

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz.)	
Amount	% Daily Value % valeur quotidienne
<b>Calories 164</b>	
<b>Fat / Lipides</b> 10.8 g	14%
Saturated / saturés 6.64 g	33%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 15.1 g	5%
Fibre / Fibres 1.34 g	5%
Sugars / Sucres 12.9 g	13%
<b>Protein / Protéines</b> 1.5 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 4.9 mg	0%
<b>Potassium</b> 80 mg	2%
<b>Calcium</b> 16.7 mg	1%
<b>Iron / Fer</b> 0.77 mg	4%
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

JIVA CODE: EVR-10381 UPC: 0 59443 10381 6

## Chocolate Chips Dark (55%), Organic 227g

**INGREDIENTS:** ORGANIC CHOCOLATE CHIPS (ORGANIC COCOA LIQUOR, ORGANIC CANE SUGAR, ORGANIC COCO BUTTER, ORGANIC COCOA POWDER)

**ALLERGY ALERT: MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1 tbsp. (5.4 g) Pour 1 cuil. à soupe (5,4 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 12	
<b>Fat / Lipides</b> 0.7 g	1%
Saturated / saturés 0.4 g	2%
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 1 mg	0%
<b>Carbohydrate / Glucides</b> 3 g	1%
Fibre / Fibres 1.6 g	6%
Sugars / Sucres 0.1 g	
<b>Protein / Protéines</b> 1 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	1%
Iron / Fer	5%

JIVA CODE: EVR-10127 UPC: 0 59443 10127 0

## Cocoa Powder Organic Fair Trade

**INGREDIENTS:** ORGANIC COCOA POWDER

**ALLERGY ALERT: CONTAINS** PEANUTS. **MAY CONTAIN** OTHER NUTS AND SESAME SEEDS.





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P: (604) 254-9480



@everlandfoods



## Spices and Seasonings

Oyr Everland nutritional yeast is 100% vegan and packed with vitamin B12 (produced through natural fermentation, NOT synthetic or animal sources), vitamin B6, protein and more





Nutrition Facts Valeur nutritive	
Serving size 16 g / Portions 16 g Servings per container 15 Portions par contenant 15	
Amount % Teneur %	Daily Value valeur quotidienne
<b>Calories / Calories 62</b>	
<b>Fat / Lipides 1 g</b>	<b>1 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 11 mg</b>	<b>0 %</b>
<b>Carbohydrate / Glucides 6 g</b>	<b>2 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines 8 g</b>	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	0%
Thiamine / Thiamine	780 %
Riboflavin / Riboflavine	630 %
Niacin / Niacine	260 %
Vitamin B <sub>6</sub> / Vitamine B <sub>6</sub>	530 %
Folate / Folate	330 %
Vitamin B <sub>12</sub> / Vitamine B <sub>12</sub>	400 %

JIVA CODE: EVR-10027 UPC: 0 59443 10027 3

## Nutritional Yeast Flakes 250g

**INGREDIENTS:** DRIED YEAST, NIACIN, PYRIDOXINE, HYDROCHLORIDE, RIBOFLAVIN, THIAMIN HYDROCHLORIDE FOLIC ACID, COBALAMIN (B12)

**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Serving size 16 g / Portions 16 g Servings per container 18 Portions par contenant 18	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 57</b>	
<b>Fat / Lipides 1 g</b>	<b>2 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 6 mg</b>	<b>0 %</b>
<b>Carbohydrate / Glucides 6 g</b>	<b>2 %</b>
Fibre / Fibres 3 g	<b>12 %</b>
Sugars / Sucres 2 g	
<b>Protein / Protéines 7 g</b>	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	0%
Thiamine (B1) / Thiamine (B1)	37%
Riboflavin (B2) / Riboflavine (B2)	390%
Niacin (B3) / Niacine (B3)	74%
Folate / Folate	103%

JIVA CODE: EVR-10006 UPC: 0 59443 10006 8

## Engevita Yeast 285g

**INGREDIENTS:** DRIED INACTIVE YEAST

**ALLERGY ALERT:** CONTAINS PEANUTS. MAY CONTAIN OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz)	
Calories 164	% Daily Value % valeur quotidienne
<b>Fat / Lipides 10.8 g</b>	<b>14 %</b>
Saturated / saturés 6.64 g + Trans / trans 0 g	<b>33 %</b>
<b>Carbohydrate / Glucides 15.1 g</b>	<b>5 %</b>
Fibre / Fibres 1.34 g	<b>5 %</b>
Sugars / Sucres 12.9 g	<b>13 %</b>
<b>Protein / Protéines 1.5 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 4.9 mg</b>	<b>0 %</b>
<b>Potassium 80 mg</b>	<b>2 %</b>
<b>Calcium 16.7 mg</b>	<b>1 %</b>
<b>Iron / Fer 0.77 mg</b>	<b>4 %</b>
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-10025 UPC: 0 59443 10025 3

## Nutritional Yeast Flakes 100g

**INGREDIENTS:** DRIED YEAST, NIACIN, PYRIDOXINE, HYDROCHLORIDE, RIBOFLAVIN, THIAMIN HYDROCHLORIDE FOLIC ACID, COBALAMIN (B12)

**ALLERGY ALERT:** MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1g (0.3oz) / par 1g (0.3oz)	
Calories 0	% Daily Value % valeur quotidienne
<b>Fat / Lipides 0g</b>	<b>0 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Carbohydrate / Glucides 0 g</b>	<b>0 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	<b>0 %</b>
<b>Protein / Protéines 0 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 390 mg</b>	<b>16 %</b>
<b>Potassium 0 mg</b>	<b>0 %</b>
<b>Calcium 0 mg</b>	<b>0 %</b>
<b>Iron / Fer 0 mg</b>	<b>0 %</b>
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-01991 UPC: 0 59443 01991 3

## Pure Sea Salt 1kg

**INGREDIENTS:** 100% PURE SEA SALT

**ALLERGY ALERT:** CONTAINS PEANUTS. MAY CONTAIN OTHER NUTS AND SESAME SEEDS.





## Organic Honey

We hope to make your day a little sweeter with our honey that contains absolutely NO artificial flavours, chemical additives or preservatives. Enjoy with yogurt, bread, and tea, or try it in stir-fries, roasted vegetables, tofu, and sauces!





Nutrition Facts Valeur nutritive		
Per 1 tbsp. (20 g) / par portion de 20 g (1 c. à soupe)		
Amount Teneur		% Daily Value % valeur quotidienne
<b>Calories / Calories 60</b>		
<b>Fat / Lipides 0 g</b>		
Saturated / saturés 0 g		
+ Trans / trans 0 g		
<b>Cholesterol / Cholestérol 0 mg</b>		
<b>Sodium / Sodium 0 mg</b>		
<b>Potassium / Potassium 0 mg</b>		
<b>Carbohydrate / Glucides 17 g</b>		
Fibre / Fibres 0 g		
Sugars / Sucres 16 g		
<b>Protein / Protéines 0 g</b>		
Vitamin A / Vitamine A 0 % Calcium / Calcium 0 %		

JIVA CODE: EVR-21392 UPC: 0 59443 21392 2



Nutrition Facts Valeur nutritive		
Per 1 tbsp. (20 g) / par portion de 20 g (1 c. à soupe)		
Amount Teneur		% Daily Value % valeur quotidienne
<b>Calories / Calories 60</b>		
<b>Fat / Lipides 0 g</b>		
Saturated / saturés 0 g		
+ Trans / trans 0 g		
<b>Cholesterol / Cholestérol 0 mg</b>		
<b>Sodium / Sodium 0 mg</b>		
<b>Potassium / Potassium 0 mg</b>		
<b>Carbohydrate / Glucides 17 g</b>		
Fibre / Fibres 0 g		
Sugars / Sucres 16 g		
<b>Protein / Protéines 0 g</b>		
Vitamin A / Vitamine A 0 % Calcium / Calcium 0 %		

JIVA CODE: EVR-21394 UPC: 0 59443 21394 2

## Honey with Cranberries, Organic

**INGREDIENTS:** ORGANIC HONEY, ORGANIC CRANBERRIES

**ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.**

## Honey with Lemon and Ginger, Organic

**INGREDIENTS:** ORGANIC HONEY, ORGANIC LEMON JUICE, ORGANIC GINGER

**ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.**



Nutrition Facts Valeur nutritive		
Per 1 tbsp. (20 g) / par portion de 20 g (1 c. à soupe)		
Amount Teneur		% Daily Value % valeur quotidienne
<b>Calories / Calories 60</b>		
<b>Fat / Lipides 0 g</b>		
Saturated / saturés 0 g		
+ Trans / trans 0 g		
<b>Cholesterol / Cholestérol 0 mg</b>		
<b>Sodium / Sodium 0 mg</b>		
<b>Potassium / Potassium 0 mg</b>		
<b>Carbohydrate / Glucides 17 g</b>		
Fibre / Fibres 0 g		
Sugars / Sucres 16 g		
<b>Protein / Protéines 0 g</b>		
Vitamin A / Vitamine A 0 % Calcium / Calcium 0 %		

JIVA CODE: EVR-21393 UPC: 0 59443 21393 3



Nutrition Facts Valeur nutritive		
Per 1 tbsp. (20 g) / par portion de 20 g (1 c. à soupe)		
Amount Teneur		% Daily Value % valeur quotidienne
<b>Calories / Calories 60</b>		
<b>Fat / Lipides 0 g</b>		
Saturated / saturés 0 g		
+ Trans / trans 0 g		
<b>Cholesterol / Cholestérol 0 mg</b>		
<b>Sodium / Sodium 0 mg</b>		
<b>Potassium / Potassium 0 mg</b>		
<b>Carbohydrate / Glucides 17 g</b>		
Fibre / Fibres 0 g		
Sugars / Sucres 16 g		
<b>Protein / Protéines 0 g</b>		
Vitamin A / Vitamine A 0 % Calcium / Calcium 0 %		
Vitamin C / Vitamine C 0 % Iron / Fer 0 %		

JIVA CODE: EVR-21391 UPC: 0 59443 21391 2

## Honey with Turmeric, Organic

**INGREDIENTS:** ORGANIC HONEY, ORGANIC TURMERIC

**ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.**

## Honey with Cinnamon, Organic

**INGREDIENTS:** ORGANIC HONEY, ORGANIC CINNAMON

**ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.**







## Organic Chocolate Barks 113g

A vegan snack made with only organic ingredients, these delicious bites feature 70% dark chocolate and coconut





Nutrition Facts		Valeur nutritive	
Per serving 28 g / Portion 28 g			
Calories 137		% Daily Value % valeur quotidienne	
Fat / Lipides	8 g	13%	
Saturated / saturés	3 g	16%	
+ Trans / trans	0 g		
Carbohydrate / Glucides	16 g	0%	
Fibre / Fibres	2 g	7%	
Sugars / Sucres	11 g	11%	
Protein / Protéines	2 g		
Cholesterol / Cholestérol	0 mg		
Sodium	40 mg	2%	
Potassium	95 mg	2%	
Calcium	8 mg	1%	
Iron / Fer	1 mg	6%	

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

JIVA CODE: EVR-25383 UPC: 0 59443 25383 2

## Chocolate Almond Bark Organic

**INGREDIENTS:** ORGANIC 55% DARK CHOCOLATE (\*ORGANIC CANE SUGAR, \*ORGANIC COCOA LIQUOR, \*ORGANIC COCOA POWDER, \*ORGANIC COCOA BUTTER) • ORGANIC ALMONDS • ORGANIC RICE CRISPS (ORGANIC BROWN RICE FLOUR, ORGANIC EVAPORATED CANE JUICE, SEA SALT, ORGANIC MOLASSES.) **ALLERGY ALERT: CONTAINS** TREENUTS. PACKED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS



Nutrition Facts		Valeur nutritive	
Per serving 28 g / Portion 28 g			
Calories 138		% Daily Value % valeur quotidienne	
Fat / Lipides	8 g	13%	
Saturated / saturés	3 g	17%	
+ Trans / trans	0 g		
Carbohydrate / Glucides	17 g	0%	
Fibre / Fibres	2 g	6%	
Sugars / Sucres	13 g	13%	
Protein / Protéines	2 g		
Cholesterol / Cholestérol	0 mg		
Sodium	40 mg	2%	
Potassium	95 mg	2%	
Calcium	8 mg	1%	
Iron / Fer	1 mg	6%	

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

JIVA CODE: EVR-25381 UPC: 0 59443 25381 8

## Chocolate Hazelnut Bark Organic

**INGREDIENTS:** ORGANIC 55% DARK CHOCOLATE (\*ORGANIC CANE SUGAR, \*ORGANIC COCOA LIQUOR, \*ORGANIC COCOA POWDER, \*ORGANIC COCOA BUTTER) • ORGANIC HAZELNUTS • ORGANIC RICE CRISPS (ORGANIC BROWN RICE FLOUR, ORGANIC EVAPORATED CANE JUICE, SEA SALT, ORGANIC MOLASSES.) **ALLERGY ALERT: CONTAINS** TREENUTS. PACKED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS



Nutrition Facts		Valeur nutritive	
Per serving 28 g / Portion 28 g			
Calories 144		% Daily Value % valeur quotidienne	
Fat / Lipides	10 g	15%	
Saturated / saturés	7 g	36%	
+ Trans / trans	0 g		
Carbohydrate / Glucides	16 g	0%	
Fibre / Fibres	2 g	9%	
Sugars / Sucres	13 g	13%	
Protein / Protéines	2 g		
Cholesterol / Cholestérol	0 mg		
Sodium	40 mg	2%	
Potassium	95 mg	2%	
Calcium	8 mg	1%	
Iron / Fer	1 mg	6%	

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

JIVA CODE: EVR-25382 UPC: 0 59443 25382 5

## Chocolate Coconut Bark Organic

**INGREDIENTS:** ORGANIC 70% DARK CHOCOLATE (\*ORGANIC CANE SUGAR, \*ORGANIC COCOA LIQUOR, \*ORGANIC COCOA POWDER, \*ORGANIC COCOA BUTTER) • ORGANIC COCONUT • ORGANIC RICE CRISPS (ORGANIC BROWN RICE FLOUR, ORGANIC EVAPORATED CANE JUICE, SEA SALT, ORGANIC MOLASSES.) **ALLERGY ALERT: CONTAINS** TREENUTS. PACKED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS





## Chocolate Nuts 113g

These chocolate hazelnuts are the marriage of delicious Belgian Chocolate and flavourful roasted hazelnuts. Made in Vancouver.





Nutrition Facts Valeur nutritive	
Per serving 28 g / Portion 28 g	
<b>Calories 163</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Fat / Lipides 14 g</b>	<b>21%</b>
Saturated / saturés 4 g	14%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 10 g</b>	<b>0%</b>
Fibre / Fibres 2 g	12%
Sugars / Sucres 7 g	7%
<b>Protein / Protéines 3 g</b>	
<b>Cholesterol / Cholestérol 3 mg</b>	
<b>Sodium 0 mg</b>	<b>0%</b>
Potassium 156 mg	3%
Calcium 47 mg	4%
Iron / Fer 1.12 mg	6%
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-10276 UPC: 0 59443 10276 5

## Dark Chocolate Hazelnuts

**INGREDIENTS:** ROASTED HAZELNUTS, DARK CHOCOLATE (\*UNSWEETENED CHOCOLATE, SUGAR, \*COCOA BUTTER, \*SOY LECITHIN, NATURAL VANILLA). **ALLERGY ALERT: CONTAINS** TREE NUTS. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per serving 28 g / Portion 28 g	
<b>Calories 151</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Fat / Lipides 12 g</b>	<b>18%</b>
Saturated / saturés 3 g	13%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 12 g</b>	<b>0%</b>
Fibre / Fibres 3 g	10%
Sugars / Sucres 7 g	7%
<b>Protein / Protéines 4 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	<b>0%</b>
Potassium 156 mg	3%
Calcium 47 mg	4%
Iron / Fer 1.12 mg	6%
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-10275 UPC: 0 59443 10275 8

## Dark Chocolate Almonds

**INGREDIENTS:** ROASTED ALMONDS, DARK CHOCOLATE (\*UNSWEETENED CHOCOLATE, SUGAR, \*COCOA BUTTER, \*SOY LECITHIN, NATURAL VANILLA). **ALLERGY ALERT: CONTAINS** TREE NUTS. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per serving 28 g / Portion 28 g	
<b>Calories 151</b>	<b>% Daily Value % valeur quotidienne</b>
<b>Fat / Lipides 11 g</b>	<b>17%</b>
Saturated / saturés 4 g	18%
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 13 g</b>	<b>0%</b>
Fibre / Fibres 1 g	5%
Sugars / Sucres 7 g	7%
<b>Protein / Protéines 3 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 3 mg</b>	<b>0%</b>
Potassium 156 mg	3%
Calcium 47 mg	4%
Iron / Fer 1.12 mg	6%
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-10277 UPC: 0 59443 10277 2

## Dark Chocolate Cashews

**INGREDIENTS:** ROASTED CASHEWS, DARK CHOCOLATE (\*UNSWEETENED CHOCOLATE, SUGAR, \*COCOA BUTTER, \*SOY LECITHIN, NATURAL VANILLA). **ALLERGY ALERT: CONTAINS** TREE NUTS. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS AND SESAME SEEDS.







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