

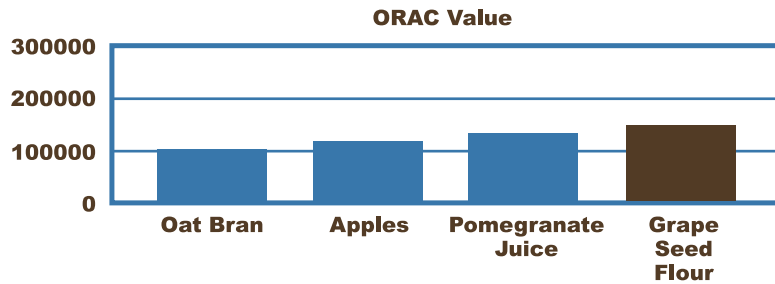
Why Grape Seed Flour?

...because it's the best!

In more ways than one...

Sharing man of the health benefits of Red Wine, no other gluten-free baking item combines flavor and nutrition like Grape Seed Flour.

Did we mention that it is **NATURALLY GLUTEN-FREE !!??**



Source: USDA Database for ORAC values per 100g of selected foods

NUTRITION FACTS	
Serving Size 1 tbsp (7 g)	
Calories 28	Calories from fat 3.5
% Daily Value	
Total Fat 0.4g	0.6%
Saturated Fat 0.05g	0.3%
Total Carbohydrates 5.5g	1.8%
Sugars 0g	0.0%
Dietary Fiber 5 g	19.6%
Soluble Fiber 0.3g	9.3%
Protein 0.08g	1.7%
Calcium 0.04 g	4.4%
Iron 0.08g	4.6%
Antioxidants 4,200 ORAC units	140%**
*Above nutritional data is based on 2000 calorie diet	
**USDA published article by Guohua Cuo and Ronald Prior	

Antioxidants

1 tablespoon of Grape Seed Flour has a whopping 4200 ORAC units and provides 140% of FDA suggested daily value of antioxidants!

Calcium

1 tablespoon of Grape Seed Flour contains 5990 parts per million of calcium!

Fiber

1 tablespoon of Grape Seed Flour contains 20% of the daily value of dietary fiber and 9% of the daily value of soluble fiber!

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BMT WEISER LLC.

530 Fifth Avenue, 24th Floor, New York, New York 10036

Ned Weiser 212.326.9864, Ned@bmtweiser.com

Kira Kology 212.326.9843, Kira@bmtweiser.com