

Dr. Fuhrman foods *for superior health*

VegiZest and **MatoZest**

Organic Soup Base & Vegetable Seasoning Mix

They're great tasting, certified organic and kosher. These extraordinary products are nutrient-rich, organic vegetable supplements that have been painstakingly designed to taste great.

- Flavor soups, salad dressings and dips
- Use alone in hot water as a weight-loss aid and phytochemical food supplement
- Sprinkle on any dish as a seasoning
- No Sodium (Great Salt Alternative)



Dr. Fuhrman's VegiZest is a super-green food supplement with a mild blend of spices.

Dr. Fuhrman's MatoZest is tomato based with more of a zesty Italian flare featuring sun-dried tomatoes, garlic, and onion.

Get phytonutrients, amino acids, antioxidants, plant enzymes and trace minerals in these unique products designed to complement your healthy lifestyle.

These supplements have been formulated without the addition of possible allergy producing ingredients such as: sugar, starch, salt, honey, lactose, eggs, milk, colors, and fructose.

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MatoZest

Soup Base & Seasoning Mix

Nutrition Facts

Serving Size 1 teaspoon (3 grams)		
Servings Per Container: 70		
Amount Per Serving	%Daily Value*	
Calories	10	
Calories from Fat	0	
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	Less than 1g	
Dietary Fiber	0g	0%
Sugars	Less than 1g	
Protein	Less than 1g	
Vitamin A	6%	
Vitamin C	2%	
Calcium	0%	
Iron	2%	

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

	Calories	2,000	2,500
Total Fat	Less than 65g		80g
Sat Fat	Less than 20g		25g
Cholesterol	Less than 300mg		300mg
Sodium	Less than 2,400mg		2,400mg
Total Carbohydrate	300g		375g
Dietary Fiber	25g		30g
Calories per gram:			
Fat	9	 Carbohydrate	4 Protein 4

Ingredients: Dried Vegetables (Tomato (including Sundried Tomato), Carrots, Organic Onion, Organic Spinach, Organic Garlic), Organic Soy Grits, Organic Date Sugar, Nutritional Yeast, Spices, Organic Canola Oil, Organic Parsley, with not more than 2% Silicon Dioxide added as a processing aid.

Contains the following allergen: Soy.

VegiZest

Soup Base & Seasoning Mix

Nutrition Facts

Serving Size 1 teaspoon (3 grams)		
Servings Per Container: 70		
Amount Per Serving	%Daily Value*	
Calories	10	
Calories from Fat	0	
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	1g	1%
Dietary Fiber	0g	0%
Sugars	less than 1g	
Protein	less than 1g	
Vitamin A	6%	
Vitamin C	4%	
Calcium	0%	
Iron	2%	

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

	Calories	2,000	2,500
Total Fat	Less than 65g		80g
Sat Fat	Less than 20g		25g
Cholesterol	Less than 300mg		300mg
Sodium	Less than 2,400mg		2,400mg
Total Carbohydrate	300g		375g
Dietary Fiber	25g		30g
Calories per gram:			
Fat	9	 Carbohydrate	4 Protein 4

Ingredients: Dehydrated Vegetables (green pea, organic spinach, carrots, organic broccoli, organic celery, organic kale, broccoli sprouts), Organic Soy Flour, Organic Date Sugar, Dehydrated Organic Onion, Dehydrated Garlic, Spices, Nutritional Yeast, Green Tea, Organic Canola Oil, Organic Parsley.

Contains the following allergen: Soy.