



> The Pure Bean

A lightly salted snack: Pure soybeans or choice pumpkin seeds containing valuable omega3 and omega6 fatty acids. Also available as a snack mix with soybeans, pumpkin seeds and sunflower seeds.

> Organic Snacks from Landgarten: The Fresh Energy Boosters



The Pure Bean

The roasted soybean forms the basis for all of our products. The beans are harvested, machine-sorted and cooked. Then they are gently roasted at 150°C (300°F) using our special fat-free, hot air method, hand selected and packed for freshness. Our **Soy Snack** is crispy, firm, lightly salted and contains 40 percent less fat than peanuts. The **pumpkin seeds** we use in our Pumpkin Seed Snack are taken from the Styrian oilseed pumpkin whose special feature is that the gray-green seeds grow without a shell. Landgarten's **Snack Mix** is a mixture of roasted soybeans, roasted pumpkin seeds and sunflower seeds.

> The Soybean

contains a large amount of isoflavons (or vegetable "hormones"). Isoflavons reduce the risk of osteoporosis, coronary heart disease and breast cancer, and ease symptoms associated with menopause. Our soybeans have 148 mg isoflavons per 100 g (in each flavor) after roasting. Soybeans also contain a great deal of healthy protein (35-40 percent) without the cholesterol. In addition to having all of the essential amino acids, soy also boasts a number of healthy nutrients, such as flavonoids, phytoestrogens, saponins, phytosterols, tocopherol, sterol, iron, potassium, magnesium, manganese, zinc, as well the vitamins E and B, making soy an important source of nutrition, especially for vegetarians.

> The Pumpkin Seed

is rich in protein (ca. 35 percent), potassium, magnesium, calcium, zinc, selenium, and the vitamins A, B, D and E. The fat found in pumpkin seeds is one of the healthiest vegetable fats with ca. 80 percent unsaturated fatty acids and high levels of phytosterols which help reduce cholesterol and have a positive effect on bladder and prostate functions.

> The Sunflower Seed

contains up to 60 percent fat and up to 40 percent protein. It is rich in essential amino

acids, phosphorous, fluorine, iron, copper, calcium, magnesium, niacin and the vitamins A, B and E. Sunflower seeds help guard against gingivitis and paradontosis, keep our blood vessels healthy and protect against anemia. The linoleic acid found in sunflower seeds is said to have a positive effect on vascular diseases, and their vitamin B and magnesium are good for the body's nervous system.

> General Information

All Landgarten products are certified organic and guaranteed free from genetic engineering. The soybeans we use are produced exclusively on our farm in Austria. All other ingredients are also grown in Austria.

Our products are certified by:
Lacón: AT-O-02-Bio 10667899
Knospe: CH-SCES 004

Nutrition Information-Roasted Soybeans

Nutrients per 100 g:

Calories	372 kcal / 1559 kJ
Protein	33,8 g
Carbohydrates	17 g
Total fat	18,8 g
Saturated fat	1,3 g
Monounsaturated fat	3,8 g
Polyunsaturated fat	13,7 g
Cholesterol	0 g
Fiber	19,4 g
Sodium	1,88 g

Minerals:

Magnesium	205 mg
Zinc	3 mg
Calcium	225 mg
Iron	6,6 mg
Phosphorous	687 mg
Isoflavons	148 mg

Nutrition Information-Pumpkin Seeds

Nutrients per 100 g:

Calories	567 kcal / 2370 kJ
Protein	36,2 g
Carbohydrates	2,2 g
Total fat	46,5 g
Saturated fat	8,4 g
Unsaturated fat	21,9 g
Omega 6 fatty acids	21,8 g
Cholesterol	0 g
Fiber	7,2 g
Sodium	0,4 g
Minerals:	
Magnesium	560 mg
Zinc	8 mg
Iron	4,2 mg

Imported & distributed by: Landgarten USA, LLC
P.O. Box 357
South Elgin, IL 60177
Phone: 630-862-1176
Fax: 847-551-1677
E-mail: info@landgartenusa.com

