



SOYA BEANS: THE SECRET OF OUR GREAT LANDGARTEN ORGANIC SNACKS.



The ingredients used to make **LUCY SOJA®** and **ANDY SOJA®** are – just like all the other fine Landgarten products – certified organically grown produce and are guaranteed to contain no genetically modified products. All of the soya beans we use in our snack bars were grown exclusively on our own fields in Austria.

Our products are certified by Lacon: AT-O-02-BIO 10667899

> Landgarten has turned soya beans into an aroma sensation: soya is crispy, firm and contains 40 % less fat than peanuts. We developed a unique pure-air roasting process that enhances the taste of soya. This

fat-free, and exceptionally gentle roasting method, only uses purified hot air to ensure that all the ingredients are retained. After the roasting is completed the soya beans are hand-selected and then processed together with other valuable ingredients to make our soya snack bars.

> The soya bean is a miniature natural power plant and – without exaggeration – shames all other snacks because of its outstanding nutritional profile. Soya contains a high percentage (35–40 %) of valuable protein, yet no cholesterine. Soya also contains carbohydrates, fiber, oil, iron, phosphorous, magnesium, calcium and isoflavone. Tests have

proven that this plant hormone reduces cholesterine. Isoflavone also reduces the risk of osteoporosis, coronary heart disease, breast cancer and menopause symptoms. After roasting, our soya beans contain 561 mg isoflavone per 100 g.

Soya is – above all – an important source of nutrition for vegetarians.

> Have you already tried the other delicious Landgarten energy-boosters? Organic snacks made from roasted soya beans, pumpkin seeds, or sunflower seeds – either mixed or separate, slightly salted or enriched with finest chocolate.

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LUCY SOJA® & ANDY SOJA® LANDGARTEN'S TWO NEW SOYA SNACK BARS.

The natural way to recharge your energy – made from the best organic ingredients. Healthy snacks for sports and fun to eat all day long.



- > Organic soya from Austria
- > GMO free
- > rich in soya protein
- > rich in fibre
- > transfat free



A crispy mix of berries and soya.

Lucy Soja charms us with the most natural pleasures on earth: like a light and crispy snack. Or she'll tell us about her sweet bits. And anyone who wants to nibble on her will find her ripe berries first ... made to be loved!

LUCY SOJA®
Organic soya snack bar with roasted soya beans and wild berries
4 bars / 23 g each

Sales packaging: Carton containing 14 boxes with 4 snack bars per box

Lucy Soja is very special because her ingredients are special:
Soya beans 34 %*, crisp rice, glucose syrup*, honey*, palm oil*, raw cane sugar*, dried blueberries, dried cranberries, dried blackberries*, blueberry powder*, natural berry aroma*
Emulsifier: Soya lecithin

* from organic farming

Nutrition information per 100 g:	
Energy	412 kcal / 1731 kJ
Protein	14,0 g
Carbohydrates	53,0 g
of which sugar	23,0 g
Total Fat	17,6 g
of which saturates	5,3 g
mono-unsaturates	5,4 g
polyunsaturates	6,7 g
Omega 9 fatty acids	5,3 g
Fibre	10,0 g
Sodium	0,65 g
Minerals	
Magnesium	107 mg / 36 % RDA
Iron	3 mg / 21 % RDA
Manganese	1,6 mg / 32 % RDA
Potassium	470 mg / 24 % RDA
Isoflavones	120 mg

Lucy Soja's "inner values" make her particularly lovable:
Landgarten's famous Austrian soya beans, rich amounts of soya protein (isoflavones), Omega 9 fatty acids, magnesium and iron



- > Organic soya from Austria
- > GMO free
- > rich in soya protein
- > rich in fibre



A power pack of soy, chocolate and oranges.

Andy Soja has what we'd all like to have: natural talent. To be specific: he's robust, yet still loves chocolate. And that's why he keeps on going when other snack bars lose their energy – because that's when he shows us the power of genuine oranges!

ANDY SOJA®
Organic soya snack bar with roasted soya beans, chocolate and oranges
4 bars / 23 g each

Sales packaging: Carton containing 14 boxes with 4 snack bars per box

Andy Soja is very special because his ingredients are special:
Soya beans 35 %*, glucose syrup*, cocoa crisp rice*, honey*, palm oil*, orange bites*, crisp rice*, dark chocolate drops*, raw cane sugar*, cocoa powder*, orange oil*
Emulsifier: Soya lecithin

* from organic farming

Nutrition information per 100 g:	
Energy	414 kcal / 1737 kJ
Protein	15,1 g
Carbohydrates	47,6 g
of which sugar	26,0 g
Total Fat	19,1 g
of which saturates	7,1 g
mono-unsaturates	6,0 g
polyunsaturates	5,7 g
Omega 9 fatty acids	6,0 g
Fibre	10,5 g
Sodium	0,74 g
Minerals	
Magnesium	135 mg / 45 % RDA
Iron	4,1 mg / 29 % RDA
Manganese	1,3 mg / 26 % RDA
Potassium	620 mg / 31 % RDA
Isoflavones	120 mg

Andy Soja has special "inner values" that make him especially strong:
Landgarten's famous Austrian soya beans, rich amounts of soya protein (isoflavones), Omega 9 fatty acids, magnesium and iron

