



# KURANDA<sup>®</sup> GLUTEN FREE

FROM OUR HUMBLE BEGINNINGS IN A COTTAGE KITCHEN IN FAR NORTH QUEENSLAND AUSTRALIA, OUR GOAL HAS ALWAYS REMAINED THE SAME, TO NEVER COMPROMISE ON QUALITY AND TO ALWAYS DELIVER NUTRITIOUS AND DELICIOUS PRODUCTS TO OUR FAMILY AND FRIENDS.

EVERYTHING IS MADE LOVINGLY IN-HOUSE BY OUR TEAM OF HEALTH NUTS AND DESIGNED TO SUIT A VARIETY OF DIETARY NEEDS. WITH SELECTED PRODUCTS TO SUIT VEGAN, LOW GI, LOW SUGAR, LOW SALT DIETS AND MORE.

## NEW & DELICIOUSLY IMPROVED ENERGY BARS

Packed with wholefood ingredients from nature's best sources. Available in six delicious flavours including Fruit Free & Vegan options. There are now 5 bars per pack, new pack net weight is now 175g. 10% Better value to consumers at no extra cost.

### NUTRITIONAL ENHANCEMENTS:

Now with added protein sourced from Organic Amaranth

Low GI rating on pack - great for conscious consumers seeking a Low GI alternative.

### NEW ATTRACTIVE DESIGN ENHANCEMENTS:

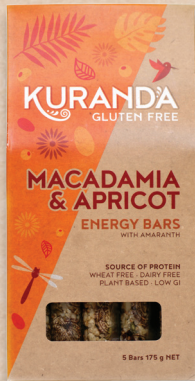
New Kuranda Gluten Free logo highlighting new branding design and enhancements.

New Australian Made logo clearly highlighting percentage of Australian ingredients used in our products.

Capturing nature's abundance with native Indigenous Australian undertones.

Kuranda Wholefoods - Unit 15/7 Inglewood Place, Baulkham Hills NSW 2153 - P:(02) 8883 0884

[www.kurandawholefoods.com.au](http://www.kurandawholefoods.com.au)



### NUTRITION INFORMATION

Servings per package: 5  
Serving Size: 35 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	718 kJ	2051 kJ
Protein	5.3 g	15.1 g
Gluten	Not Detected	Not Detected
Fat (total)	12.2 g	34.9 g
- Saturated	1.6 g	4.7 g
- Trans	0.0 g	0.0 g
Carbohydrate (total)	10.4 g	29.8 g
Sugars	5.1 g	14.5 g
- Dietary Fibre	2.6 g	7.5 g
Sodium	4 mg	12 mg

**Ingredient List:** Sunflower Seeds, Pepitas, Sesame Seeds, Macadamia (10%), Organic Rice Syrup, Organic Apricots (8%), Puffed Rice, Honey, Rice Flour, Tahini, Puffed Organic Amaranth, Vanilla

DESCRIPTION	CATEGORY	PK CONFIG
Macadamia & Apricot	Energy	5x35g

SHIPPER QTY	PACK SIZE	EAN CODE	TUN CODE
8	175g	9324414000571	19324414000578



FRUIT FREE

### NUTRITION INFORMATION

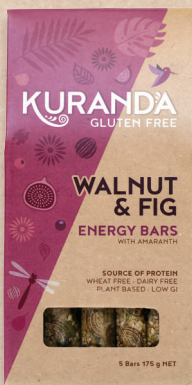
Servings per package: 5  
Serving Size: 35 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	771 kJ	2202 kJ
Protein	6.1 g	17.4 g
Gluten	Not Detected	Not Detected
Fat (total)	13.5 g	38.7 g
- Saturated	2.1 g	5.9 g
- Trans	0.0 g	0.0 g
Carbohydrate (total)	9.5 g	27.2 g
Sugars	4.1 g	11.8 g
- Dietary Fibre	2.7 g	7.8 g
Sodium	2 mg	6 mg

**Ingredient List:** Sunflower Seeds, Almonds (17%), Pepitas, Sesame Seeds, Organic Rice Syrup, Puffed Rice, Honey, Rice Flour, Tahini, Puffed Organic Amaranth, Vanilla

DESCRIPTION	CATEGORY	PK CONFIG
Almond Nut Snax	Energy	5x35g

SHIPPER QTY	PACK SIZE	EAN CODE	TUN CODE
8	175g	9324414000557	19324414000554



### NUTRITION INFORMATION

Servings per package: 5  
Serving Size: 35 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	719 kJ	2055 kJ
Protein	5.4 g	15.5 g
Gluten	Not Detected	Not Detected
Fat (total)	12.0 g	34.3 g
- Saturated	1.5 g	4.2 g
- Trans	0.0 g	0.0 g
Carbohydrate (total)	10.5 g	30.0 g
Sugars	5.3 g	15.2 g
- Dietary Fibre	2.6 g	7.3 g
Sodium	4 mg	13 mg

**Ingredient List:** Sunflower Seeds, Pepitas, Sesame Seeds, Walnuts (10%), Organic Rice Syrup, Dried Figs (8%), Puffed Rice, Honey, Rice Flour, Tahini, Puffed Organic Amaranth, Vanilla

DESCRIPTION	CATEGORY	PK CONFIG
Walnut & Fig	Energy	5x35g

SHIPPER QTY	PACK SIZE	EAN CODE	TUN CODE
8	175g	9324414000526	19324414000523



VEGAN & FRUIT FREE

### NUTRITION INFORMATION

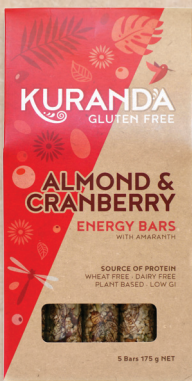
Servings per package: 5  
Serving Size: 35 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	760 kJ	2171 kJ
Protein	5.8 g	16.6 g
Gluten	Not Detected	Not Detected
Fat (total)	13.9 g	39.8 g
- Saturated	1.6 g	4.7 g
- Trans	0.0 g	0.0 g
Carbohydrate (total)	8.3 g	23.8 g
Sugars	3.1 g	8.9 g
- Dietary Fibre	2.6 g	7.5 g
Sodium	3 mg	10 mg

**Ingredient List:** Sunflower Seeds, Sesame Seeds, Pepitas, Pecans(11%), Organic Rice Syrup, Pure Maple Syrup (5%), Puffed Rice, Rice Flour, Tahini, Puffed Organic Amaranth, Vanilla

DESCRIPTION	CATEGORY	PK CONFIG
Pecan & Maple	Energy	5x35g

SHIPPER QTY	PACK SIZE	EAN CODE	TUN CODE
8	175g	9324414000564	19324414000561



### NUTRITION INFORMATION

Servings per package: 5  
Serving Size: 35 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	716 kJ	2047 kJ
Protein	5.5 g	15.6 g
Gluten	Not Detected	Not Detected
Fat (total)	11.7 g	33.5 g
- Saturated	1.5 g	4.2 g
- Trans	0.0 g	0.0 g
Carbohydrate (total)	11.4 g	32.6 g
Sugars	5.8 g	16.6 g
- Dietary Fibre	2.6 g	7.5 g
Sodium	3 mg	9 mg

**Ingredient List:** Sunflower Seeds, Pepitas, Sesame Seeds, Almonds(10%), Organic Rice Syrup, Cranberries(8%), Puffed Rice, Honey, Rice Flour, Tahini, Puffed Organic Amaranth, Vanilla

DESCRIPTION	CATEGORY	PK CONFIG
Almond & Cranberry	Energy	5x35g

SHIPPER QTY	PACK SIZE	EAN CODE	TUN CODE
8	175g	9324414000540	19324414000547



### NUTRITION INFORMATION

Servings per package: 5  
Serving Size: 35 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	722 kJ	2063 kJ
Protein	5.4 g	15.4 g
Gluten	Not Detected	Not Detected
Fat (total)	12.0 g	34.2 g
- Saturated	1.8 g	5.2 g
- Trans	0.0 g	0.0 g
Carbohydrate (total)	10.8 g	30.9 g
Sugars	5.7 g	16.2 g
- Dietary Fibre	2.5 g	7.0 g
Sodium	4 mg	10 mg

**Ingredient List:** Sunflower Seeds, Pepitas, Sesame Seeds, Brazil Nuts (10%), Organic Rice Syrup, Dates (8%), Puffed Rice, Honey, Rice Flour, Tahini, Puffed Organic Amaranth, Vanilla

DESCRIPTION	CATEGORY	PK CONFIG
Brazil Nut & Date	Energy	5x35g

SHIPPER QTY	PACK SIZE	EAN CODE	TUN CODE
8	175g	9324414000533	19324414000530