



Almondie almond spread is an all-natural product made from top quality, sustainably-grown, raw California almonds.

What's Our Secret? A patented, chemical-free method removes the thin brown skin from the kernels and then, we grind them immediately using a cold press process.

Deliciously Digestible - Peeling the thin, brown skin eliminates acids while retaining the almonds' nutrients and naturally sweet, delicious taste in an **easily digestible** form.

Easy to Eat... Easy to Digest...

Almondie is a staple food. It is a dietary supplement for patients recovering from surgery and those with sensitive digestive systems. Elderly people at risk for inadequate caloric intake find *Almondie* easy to eat without chewing.

Almondie also wards off health problems by promoting healthy circulation and lowering cholesterol levels.

Almondie's calcium content makes it easy to digest and healthy, essential for children's development and adult bone density - it helps prevent osteoporosis.

EZ Fast Plan

Eat 3 heaping Tbsp. *Almondie* with 1 glass of water prior to fasting and 2 Tbsp. with 1 glass of water when breaking the fast.

To Treat Indigestion:

Eat 1 heaping tsp. *Almondie* with 1 glass water, alternating between *Almondie* and sips of water. Switching to *Almondie* almond milk, may alleviate your child's ear infections. The ingestion of milk products has often been associated with frequent or chronic ear infections and increased mucus production.

* This product is not intended to diagnose, treat, cure or prevent any disease.

Other Nutrients

In addition to calcium, *Almondie* is rich in protein, potassium, iron, zinc, copper, magnesium, riboflavin, Vitamins B2 & E.

Almondie
Contains Absolutely
NO Sugar or Additives!

Multi Purpose Almondie

Milk and Formula Substitute: Children and adults who are lactose-intolerant or allergic to cow and/or soy milk will thrive on 100% lactose free *Almondie* milk.

100% Pure Almondie Milk

Only *Almondie* contains 100% pure, peeled, chemical free ground almonds. *Almondie* milk is made by diluting pure *Almondie* with water into a fresh beverage. Other "almond milk" brands are actually a mixture of almonds, sugar, water, emulsifier and a stabilizer.

Blend 2-3 level tsp. of *Almondie* with one cup of Lukewarm water that has been boiled at high speed **OR:** Mix 2-3 level tsp. of *Almondie* with 2 oz. of Lukewarm water, stir vigorously and add 6 oz. of Lukewarm water.



Serving Suggestions

Almondie is Great As...

- A peanut butter substitute
- An alternative to cream in coffee or a milk enricher
- A tasty thickener in oatmeal, soups, yogurts & dips
- A quick protein source for physical activities
- Try Almondie by itself or on crackers

***No refrigeration required!**

Milk-Formula Substitute

Babies who are lactose intolerant or allergic to cow's and soy milk often use Rice Dream formula. Your baby will be less hungry and more content by adding 2 Tbs. *Almondie* to 32 oz. Rice Dream. (Whole rice drink) Just mix in blender at high speed and keep refrigerated. It should be discarded after 48 hours.

To Serve: Mix 4 oz. of Rice Dream / *Almondie* Formula with 2 oz. lukewarm water in bottle. Shake well. Cool to appropriate temperature.

*Always consult your Pediatrician before changing your baby's diet.

Quiet Nights & Bottle Babies

Doctors and mothers highly recommend adding *Almondie* to the diet of babies 3 months & up.

Almondie supplementation is a quick, guaranteed way for today's on-the-go busy mothers to be reassured that their babies are receiving adequate calories and protein for proper growth & development. *Almondie* may be added to babies' bottles according to the **nutritional supplement for Bottle-Fed Babies** at www.almondie.com in Benefits & Uses by children section.



Feedback from Breastfeeding Moms

"My infant, who was not gaining weight, gained a pound 2 week after I started eating Almondie."

"Almondie relieved my son's colic."

"My baby's constipation ended 3 days after I began eating Almondie."

Nursing Moms & Breastfeed Babies

Add 2-3 Tbsp. of *Almondie* to your daily diet for more abundant, thicker breast milk that will help your baby gain weight and be satisfied and content.

Eating *Almondie* regularly helps balance your digestive system, thereby eliminating acid from your milk; nursing acid-free milk alleviates baby discomfort, constipation and colic.



Almondie
ALMOND BUTTER

For more information visit www.almondie.com to learn more about *Almondie's* health benefits & the many ways to enjoy it.

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SUSTAINABLY GROWN

