



**Salba Olé**<sup>®</sup>  
FULL OF LIFE

# Soy Butter made with **Salba**<sup>®</sup>

**Salba Olé:** Isn't it time you discovered Mother Nature's best kept secret – the super seed known as Salba<sup>®</sup>?

Rooted in the past, with a legendary history that dates back to the Aztec civilization, Salba<sup>®</sup> has been unearthed for the future.

Harvested in the unspoiled beauty of South America, this nutritional wonder is captivating modern attention for its health benefits.

Now, hundreds of years later, Salba Olé<sup>®</sup> is bringing new life and vitality into delicious, essential foods and beverages with the natural whole goodness of Salba<sup>®</sup>.

For more information on Salba Olé<sup>®</sup> and Salba<sup>®</sup>, please visit [www.salbaole.ca](http://www.salbaole.ca)

Comparison	Soy Butter with Salba <sup>®</sup>	Typical Peanut Butter
Nut Allergy Free	Yes	No
Source of Omega 3	Yes (0.6g)	No (0g)
Complete Protein	Yes (4g) Complete Protein significant amounts of 9 essential amino acids	No (4g) significant amounts of only 6 essential amino acids
Dietary Fibre	Higher (1.2g)	Lower (1.1g)
Saturated Fat	Lower (1.5g)	Higher (1.6g)
Total Fat	Lower (7g)	Higher (7.5g)
Sodium	Lower (60mg)	Higher (70mg)
Contains Nature's Perfect Whole Food <sup>™</sup>	Yes	No

NUTRITION FACTS	
Per 1 tbsp (16g)	
Amount	% Daily Value
<b>Calories</b>	100
<b>Fat/Lipides</b>	7g 11%
Saturated	1.5g 8%
Trans	0%
Polyunsaturated	4g
Omega - 6	3.5g
Omega - 3	0.6g
Monounsaturated	1.5g
Cholesterol	0mg
<b>Sodium</b>	60mg 2%
<b>Carbohydrate</b>	4g 1%
<b>Fiber</b>	1g 4%
<b>Sugars</b>	2g
<b>Protein</b>	4g
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	4%

**Ingredients:** Soybeans, Soybean Oil, Granulated Cane Sugar, Salba<sup>®</sup> (Salvia Hispanica L.), Monoglyceride, Salt

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