



Everland®



E: sales@everland.ca W: everland.ca P: (604) 254-9480



@everlandfoods

Welcome to Everland!

Our Story

Everland Natural Foods was founded in Burnaby BC in 2005 by the Bagga and Walia family who shared the passion for making healthy, organic and delicious plant based foods. Everland's range of foods is so vast that it can meet the needs of any occasion be it breakfast lunch, between meals snack or dinner. Everland is a Burnaby Business Excellence Award Winner and has been ranked in the list of fastest growing firms in Canada. The company is still a family owned enterprise true to her mission of providing value to the consumers and stakeholders, while growing sustainably and responsibly with her people to better serve the community.

Our philosophy

All our products are made without irradiation, GMOs, food colouring or chemical preservatives, and are packed in eco-friendly ways that reduce their carbon footprint. Everland's wide range of certified organic, natural and Kosher products are purchased by health-conscious consumers looking for allergen and gluten-free foods, as well as vegan, raw and Fair Trade products. Our manufacturing facility uses a Food Safety Program in accordance with HACCP principles to ensure product safety. We manufacture over 400 Canadian grown and processed health foods, including healthy snacks, nut butters, granola, super foods, nuts, dried fruit, seeds, and oils available at over 2000 retail stores in North America.





Organic Cooking Sauces 355g

Made in Vancouver with real ingredients only.
Absolutely NO MSG, preservatives, or nasty ingredients.



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Nutrition Facts Valeur nutritive	
Per serving 15 g / Portion 15 g	
	% Daily Value % valeur quotidienne
Calories 20	
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	0%
Carbohydrate / Glucides 5 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 4 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 120 mg	5%
Potassium 70 mg	2%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-22223 UPC: 0 59443 22223

Thai Chili Sauce Organic

INGREDIENTS: FILTERED WATER, EVAPORATED SUGAR CANE JUICE*, BROWN RICE VINEGAR*, SEA SALT, GARLIC*, CHILI*, XANTHAN GUM.

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS. *CERTIFIED ORGANIC INGREDIENTS



Nutrition Facts Valeur nutritive	
Per serving 15 g / Portion 15 g	
	% Daily Value % valeur quotidienne
Calories 10	
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	0%
Carbohydrate / Glucides 1 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 90 mg	4%
Potassium 70 mg	2%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-22221 UPC: 0 59443 22221

Thai Curry Sauce Organic

INGREDIENTS: FILTERED WATER, TOMATOES*, PEANUTS*, EVAPORATED SUGAR CANE JUICE*, APPLE CIDER VINEGAR*, ONIONS*, COCONUT*, MISO* (WHITE RICE, SOY BEANS, SEA SALT, FILTERED WATER, CULTURE ASPERGILLUS ORYZAE), SEA SALT*, GARLIC*, CURRY*, GUAR GUM*, GINGER*, CAYENNE PAPER*.

ALLERGY ALERT: CONTAINS PEANUTS AND SOY. **MAY CONTAIN** OTHER NUTS AND SESAME SEEDS. *CERTIFIED ORGANIC INGREDIENTS



Nutrition Facts Valeur nutritive	
Per serving 15 g / Portion 15 g	
	% Daily Value % valeur quotidienne
Calories 15	
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	0%
Carbohydrate / Glucides 4 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 3 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 130 mg	5%
Potassium 70 mg	2%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

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*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-22207 UPC: 0 59443 22207

Honey Garlic Sauce Organic

INGREDIENTS: FILTERED WATER, HONEY*, PEANUTS*, EVAPORATED SUGAR CANE JUICE*, APPLE VINEGAR*, SEA SALT, GARLIC*, GINGER*, GUAR GUM*, LEMON JUICE*

ALLERGY ALERT: CONTAINS PEANUTS. **MAY CONTAIN** OTHER NUTS AND SESAME SEEDS. *CERTIFIED ORGANIC INGREDIENTS



Nutrition Facts Valeur nutritive	
Per serving 15 g / Portion 15 g	
	% Daily Value % valeur quotidienne
Calories 20	
Fat / Lipides 0.5 g	1%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	0%
Carbohydrate / Glucides 3 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 3 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 120 mg	5%
Potassium 70 mg	2%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

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*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-22209 UPC: 0 59443 22209

Sweet & Sour Sauce Organic

INGREDIENTS: FILTERED WATER, EVAPORATED SUGAR CANE JUICE*, RICE VINEGAR*, TOMATO PASTE*, SUNFLOWER OIL*, SEA SALT, GARLIC*, ONION*, GINGER*, XANTHAN GUM.

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS. *CERTIFIED ORGANIC INGREDIENTS



Nutrition Facts Valeur nutritive	
Per serving 15 g / Portion 15 g	
	% Daily Value % valeur quotidienne
Calories 15	
Fat / Lipides 1 g	1%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	0%
Carbohydrate / Glucides 2 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 1 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 125 mg	5%
Potassium 70 mg	2%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-22204 UPC: 0 59443 22204

Thai Peanut Sauce Organic

INGREDIENTS: FILTERED WATER, MISO (WHITE RICE, SOY BEANS, SEA SALT, FILTERED WATER, CULTURE ASPERGILLUS ORYZAE)*, PEANUTS*, EVAPORATED SUGAR CANE JUICE*, SUNFLOWER OIL*, ONION*, COCONUT*, SEA SALT, GARLIC*, GINGER*, GUAR GUM*,

ALLERGY ALERT: CONTAINS PEANUTS AND SOY. **MAY CONTAIN** OTHER NUTS AND SESAME SEEDS. *CERTIFIED ORGANIC INGREDIENTS



Nutrition Facts Valeur nutritive	
Per serving 15 g / Portion 15 g	
	% Daily Value % valeur quotidienne
Calories 20	
Fat / Lipides 1 g	2%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	0%
Carbohydrate / Glucides 2 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 1 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 200 mg	8%
Potassium 70 mg	2%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-22206 UPC: 0 59443 22206

Black Bean Sauce Organic

INGREDIENTS: FILTERED WATER, BLACK BEANS*, MISO (WHITE RICE, SOY BEANS, SEA SALT, FILTERED WATER, CULTURE ASPERGILLUS ORYZAE)*, EVAPORATED SUGAR CANE JUICE*, SUNFLOWER OIL*, APPLE CIDER VINEGAR*, TAMARI SOY SAUCE (WATER, SOY BEANS, WHEAT, SEA SALT, BREWING STARTER ASPERGILLUS SOJAE)*, SEA SALT, ONION*, GARLIC*, GINGER*, GUAR GUM*. **ALLERGY ALERT: CONTAINS** SOY. **MAY CONTAIN** TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS. *CERTIFIED ORGANIC INGREDIENTS



Organic Pasta Sauces 739ml

Proudly Canadian, this sauce is made in small batches - that way we can ensure that each and every jar is filled with pure, tasty, quality sauce!



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Nutrition Facts		Valeur nutritive	
Per 1/2 cup (125ml) / portion de (125 ml)			
		% Daily Value	% valeur quotidienne
Calories	60		
Fat / Lipides	1 g	1%	
Saturated / saturés	0 g	0%	
+ Trans / trans	0 g		
Carbohydrate / Glucides	8 g	3%	
Fibre / Fibres	2 g	7%	
Sugars / Sucres	4 g	4%	
Protein / Protéines	2 g		
Cholesterol / Cholestérol	0 mg		
Sodium	340 mg	15%	
Potassium	340 mg	7%	
Calcium	29 mg	2%	
Iron / Fer	0.83 mg	5%	

*5% or less is a **little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-21201 UPC: 0 59443 21201

Italian Herb Pasta Sauce Organic

INGREDIENTS: ORGANIC TOMATOES, (FRESH ORGANIC TOMATOES, ORGANIC TOMATO JUICE, CALCIUM CHLORIDE AND CITRIC ACID), ORGANIC TOMATO PASTE, ORGANIC ONION, ORGANIC EXTRA VIRGIN OLIVE OIL, ORGANIC EVAPORATED SUGAR CANE JUICE, SEA SALT, ORGANIC APPLE CIDER VINEGAR, ORGANIC GARLIC, ORGANIC BASIL, ORGANIC OREGANO, ORGANIC FENNEL SEEDS, ORGANIC BLACK PEPPER

ALLERGY ALERT: CONTAINS PEANUTS AND SOY. MAY CONTAIN OTHER NUTS AND SESAME SEEDS. *CERTIFIED ORGANIC INGREDIENTS



Nutrition Facts		Valeur nutritive	
Per 1/2 cup (125ml) / portion de (125 ml)			
		% Daily Value	% valeur quotidienne
Calories	60		
Fat / Lipides	1 g	1%	
Saturated / saturés	0 g	0%	
+ Trans / trans	0 g		
Carbohydrate / Glucides	8 g	3%	
Fibre / Fibres	2 g	7%	
Sugars / Sucres	4 g	4%	
Protein / Protéines	2 g		
Cholesterol / Cholestérol	0 mg		
Sodium	340 mg	15%	
Potassium	340 mg	7%	
Calcium	29 mg	2%	
Iron / Fer	0.83 mg	5%	

*5% or less is a **little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-21205 UPC: 0 59443 21205

Tomato Basil Pasta Sauce Organic

INGREDIENTS: ORGANIC TOMATOES, (FRESH ORGANIC TOMATOES, ORGANIC TOMATO JUICE, CALCIUM CHLORIDE AND CITRIC ACID), ORGANIC TOMATO PASTE, ORGANIC ONION, ORGANIC EXTRA VIRGIN OLIVE OIL, ORGANIC EVAPORATED SUGAR CANE JUICE, SEA SALT, ORGANIC APPLE CIDER VINEGAR, ORGANIC GARLIC, ORGANIC BASIL, ORGANIC OREGANO, ORGANIC FENNEL SEEDS, ORGANIC BLACK PEPPER

ALLERGY ALERT: CONTAINS PEANUTS AND SOY. MAY CONTAIN OTHER NUTS AND SESAME SEEDS. *CERTIFIED ORGANIC INGREDIENTS



Nutrition Facts		Valeur nutritive	
Per 1/2 cup (125ml) / portion de (125 ml)			
		% Daily Value	% valeur quotidienne
Calories	60		
Fat / Lipides	1 g	1%	
Saturated / saturés	0 g	0%	
+ Trans / trans	0 g		
Carbohydrate / Glucides	8 g	3%	
Fibre / Fibres	2 g	7%	
Sugars / Sucres	4 g	4%	
Protein / Protéines	2 g		
Cholesterol / Cholestérol	0 mg		
Sodium	340 mg	15%	
Potassium	340 mg	7%	
Calcium	29 mg	2%	
Iron / Fer	0.83 mg	5%	

*5% or less is a **little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-21202 UPC: 0 59443 21202

Roasted Garlic Pasta Sauce Organic

INGREDIENTS: ORGANIC TOMATOES, ORGANIC TOMATO PASTE (FRESH ORGANIC TOMATOES, ORGANIC TOMATO JUICE, CALCIUM CHLORIDE AND CITRIC ACID), ORGANIC ONION, ORGANIC EXTRA VIRGIN OLIVE OIL, ORGANIC GARLIC, ORGANIC EVAPORATED SUGAR CANE JUICE, ORGANIC APPLE CIDER VINEGAR, ORGANIC BASIL, ORGANIC OREGANO, ORGANIC FENNEL SEEDS, SEA SALT

ALLERGY ALERT: CONTAINS PEANUTS AND SOY. MAY CONTAIN OTHER NUTS AND SESAME SEEDS. *CERTIFIED ORGANIC INGREDIENTS



Organic Salsas 500ml

Tomatoes with organic vegetables, herbs and spices. Free from fats, cholesterol, artificial colors, flavors or preservatives. This flavorful salsa is a delicious accompaniment to chips, snacks, rice, grains, vegetables, Mexican dishes, pasta and salads.





Nutrition Facts		Valeur nutritive	
Per 2 tablespoons (30 mL) Par 2 c. à table (30 mL)			
Calories 15	% Daily Value*		
	% valeur quotidienne*		
Fat / Lipides 0 g	0 %		
Saturated / saturés 0 g			
+ Trans / trans 0 g	0 %		
Carbohydrate / Glucides 3 g			
Fibre / Fibres 1 g	3 %		
Sugars / Sucres 0 g	0 %		
Protein / Protéines 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium 130 mg	5 %		
Potassium 70 mg	2 %		
Calcium 0 mg	0 %		
Iron / Fer 0 mg	0 %		
5% or less is a little , 15% or more is a lot / * 5% ou moins c'est peu , 15% ou plus c'est beaucoup			

JIVA CODE: EVR-21254 UPC: 0 59443 21254

Hot Salsa Organic

INGREDIENTS: ORGANIC TOMATO PASTE (ORGANIC TOMATOES, ORGANIC TOMATO JUICE, CALCIUM CHLORIDE AND

CITRIC ACID), ORGANIC TOMATOES, ORGANIC ONION, ORGANIC JALAPENO PEPPERS, ORGANIC HOT PEPPERS, ORGANIC APPLE CIDER VINEGAR, ORGANIC GARLIC, SEA SALT, ORGANIC PARSLEY AND ORGANIC GUAR GUM.

ALLERGY ALERT: CONTAINS PEANUTS AND SOY. MAY CONTAIN OTHER NUTS AND SESAME SEEDS. *CERTIFIED ORGANIC INGREDIENTS



Nutrition Facts		Valeur nutritive	
Per 2 tablespoon (30 mL) Par 2 c. à table (30 mL)			
Calories 15	% Daily Value*		
	% valeur quotidienne*		
Fat / Lipides 0 g	0 %		
Saturated / saturés 0 g			
+ Trans / trans 0 g	0 %		
Carbohydrate / Glucides 3 g			
Fibre / Fibres 1 g	3 %		
Sugars / Sucres 0 g	0 %		
Protein / Protéines 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium 130 mg	5 %		
Potassium 0 mg	0 %		
Calcium 0 mg	0 %		
Iron / Fer 0 mg	0 %		
5% or less is a little , 15% or more is a lot / * 5% ou moins c'est peu , 15% ou plus c'est beaucoup			

JIVA CODE: EVR-21255 UPC: 0 59443 21255

Medium Salsa Organic

INGREDIENTS: ORGANIC TOMATO PASTE (ORGANIC TOMATOES, ORGANIC TOMATO JUICE, CALCIUM CHLORIDE

AND CITRIC ACID), ORGANIC TOMATOES, ORGANIC ONION, ORGANIC JALAPENO PEPPERS, ORGANIC HOT PEPPERS, ORGANIC APPLE CIDER VINEGAR, ORGANIC GARLIC, SEA SALT, ORGANIC PARSLEY AND ORGANIC GUAR GUM.

ALLERGY ALERT: CONTAINS PEANUTS AND SOY. MAY CONTAIN OTHER NUTS AND SESAME SEEDS. *CERTIFIED ORGANIC INGREDIENTS



Nutrition Facts		Valeur nutritive	
Per 2 tablespoon (30 mL) Par 2 c. à table (30 mL)			
Calories 15	% Daily Value*		
	% valeur quotidienne*		
Fat / Lipides 0 g	0 %		
Saturated / saturés 0 g			
+ Trans / trans 0 g	0 %		
Carbohydrate / Glucides 3 g			
Fibre / Fibres 1 g	3 %		
Sugars / Sucres 0 g	0 %		
Protein / Protéines 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium 130 mg	5 %		
Potassium 0 mg	0 %		
Calcium 0 mg	0 %		
Iron / Fer 0 mg	0 %		
5% or less is a little , 15% or more is a lot / * 5% ou moins c'est peu , 15% ou plus c'est beaucoup			

JIVA CODE: EVR-21256 UPC: 0 59443 21256

Mild Salsa Organic

INGREDIENTS: ORGANIC TOMATO PASTE (ORGANIC TOMATOES, ORGANIC TOMATO JUICE, CALCIUM CHLORIDE

AND CITRIC ACID), ORGANIC TOMATOES, ORGANIC ONION, ORGANIC JALAPENO PEPPERS, ORGANIC APPLE CIDER VINEGAR, ORGANIC GARLIC, SEA SALT, ORGANIC PARSLEY AND ORGANIC GUAR GUM.

ALLERGY ALERT: CONTAINS PEANUTS AND SOY. MAY CONTAIN OTHER NUTS AND SESAME SEEDS. *CERTIFIED ORGANIC INGREDIENTS



Oats

Everland's organic oats are the perfect base for all of your beautiful breakfast creations. They're 100% organic, with nothing added whatsoever, so that you can get that extra serving of fibre without any of the nasties!



*Applies to selected products



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Nutrition Facts Valeur nutritive	
Per 45 g / Pour 45 g	
Calories 170	% Daily Value % valeur quotidienne
Fat / Lipides 3 g	5%
Saturated / saturés 0.5 g	3%
+ Trans / trans 0 g	
Carbohydrate / Glucides 31 g	10%
Fibre / Fibres 5 g	20%
Sugars / Sucres 0 g	0%
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0%
Potassium 172 mg	6%
Calcium 23.4 mg	2%
Iron / Fer 1.71 mg	3%
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

JIVA CODE: EVR-91546 UPC: 0 59443 91546

Oats Large Rolled Organic 908g

INGREDIENTS: ORGANIC ROLLED OATS. NATURALLY CONTAINS OAT BRAIN.

ALLERGY ALERT: CONTAINS PEANUTS AND SOY. MAY CONTAIN OTHER NUTS AND SESAME SEEDS. *CERTIFIED ORGANIC INGREDIENTS



Nutrition Facts Valeur nutritive	
Per 45 g / Pour 45 g	
Calories 170	% Daily Value % valeur quotidienne
Fat / Lipides 3 g	5%
Saturated / saturés 0.5 g	3%
+ Trans / trans 0 g	
Carbohydrate / Glucides 31 g	10%
Fibre / Fibres 5 g	20%
Sugars / Sucres 0 g	0%
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0%
Potassium 172 mg	6%
Calcium 23.4 mg	2%
Iron / Fer 1.71 mg	3%
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

JIVA CODE: EVR-91544 UPC: 0 59443 91544

Oats Small Rolled Organic 908g

INGREDIENTS: ORGANIC ROLLED OATS

ALLERGY ALERT: CONTAINS PEANUTS AND SOY. MAY CONTAIN OTHER NUTS AND SESAME SEEDS. *CERTIFIED ORGANIC INGREDIENTS



Nutrition Facts Valeur nutritive	
Per 45 g / Pour 45 g	
Calories 170	% Daily Value* % valeur quotidienne*
Fat / Lipides 3 g	5%
Saturated / saturés 0.5 g	3%
+ Trans / trans 0 g	
Carbohydrate / Glucides 31 g	20%
Fibre / Fibres 5 g	
Fibre soluble 2 g	
Fibre insoluble 2 g	
Sugars / Sucres 1 g	0%
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0%
Potassium 165 mg	5%
Calcium 2%	
Iron / Fer	10%
5% or less is a little , 15% or more is a lot / * 5% ou moins c'est peu , 15% ou plus c'est beaucoup	

JIVA CODE: EVR-11818 UPC: 0 59443 11818

Quick Oats 2.27kg

INGREDIENTS: 100% ROLLED OATS. NATURALLY CONTAINS OAT BRAIN.

ALLERGY ALERT: CONTAINS PEANUTS AND SOY. MAY CONTAIN OTHER NUTS AND SESAME SEEDS.



Organic Seeds

Whether you've just finished a workout, working hard at school, in the office, or are setting out on a hike, be sure to take a bag of Everland Organic Seeds along. Comes in a convenient resealable bag!





Nutrition Facts Valeur nutritive	
Per 14 g (1/2 oz.) / pour 14 g (1/2 oz.)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 7 g	10 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 2 mg	0 %
Carbohydrate / Glucides 4 g	1 %
Fibre / Fibres 1 g	3 %
Sugars / Sucres 0 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	14 %
Iron / Fer	12 %

JIVA CODE: EVR-91858 UPC: 0 59443 91858

Chia Seeds Black Organic 340g

INGREDIENTS: ORGANIC RAW BLACK CHIA SEEDS (SALVIA HISPANICA)

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Serving size 13 g (2 Tbsp) / Portion 13 g (2 cuillères à soupe)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 60	
Fat / Lipides 3,5 g	5 %
Saturated / saturés 0,3 g	2 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 2,5 g	
Omega-3 / Oméga-3 0,5 g	
Omega-6 / Oméga-6 2,0 g	
Monounsaturated / monoinsaturés 0,5 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 5 mg	0 %
Carbohydrate / Glucides 5 g	2 %
Fibre / Fibres 4 g	16 %
Sugars / Sucres 0 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

JIVA CODE: EVR-85071 UPC: 0 59443 85071

Flax Seeds Brown Organic 454g

INGREDIENTS: ORGANIC BROWN FLAX SEEDS.

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Serving size 13 g (2 Tbsp) / Portion 13 g (2 cuillères à soupe)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 60	
Fat / Lipides 3,5 g	5 %
Saturated / saturés 0,3 g	2 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 2,5 g	
Omega-3 / Oméga-3 0,5 g	
Omega-6 / Oméga-6 2,0 g	
Monounsaturated / monoinsaturés 0,5 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 5 mg	0 %
Carbohydrate / Glucides 5 g	2 %
Fibre / Fibres 4 g	16 %
Sugars / Sucres 0 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

JIVA CODE: EVR-40070 UPC: 0 59443 40070

Flax Seeds Golden Organic 454g

INGREDIENTS: ORGANIC GOLDEN FLAX SEEDS.

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 2 Tbsp (30 g) / Pour 2 cuil., à soupe	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 9,8 g	15 %
Saturated / saturés 0,7 g	3 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 8,2 g	
Omega-3 / Oméga-3 6,2 g	
Omega-6 / Oméga-6 2,0 g	
Monounsaturated / monoinsaturés 0,8 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 15 mg	0 %
Carbohydrate / Glucides 7 g	2 %
Fibre / Fibres 1 g	0 %
Sugars / Sucres 1 g	
Protein / Protéines 11 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	20 %

JIVA CODE: EVR-85061 UPC: 0 59443 85061

Hemp Seed Nuts Organic 227g

INGREDIENTS: ORGANIC RAW HEMP SEEDS.

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz.)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories 157	
Fat / Lipides 14 g	18 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 3 g	1 %
Fibre / Fibres 2 g	6 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 0 mg	
Sodium 2 mg	0 %
Potassium 227 mg	5 %
Calcium 12,9 mg	1 %
Iron / Fer 2,47 mg	14 %

JIVA CODE: NEW-85065 UPC: 0 59443 85065

Pumpkin Seeds Organic 340g

INGREDIENTS: ORGANIC PUMPKIN SEEDS.

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1 oz (28 g) Par 1 oz (28 g)	
Amount Teneur	% Daily Value* % valeur quotidienne*
Calories 160	
Fat / Lipides 14 g	22 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 3 g	
Fibre / Fibres 2 g	8 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 0 mg	
Sodium 2 mg	0 %
Potassium 220 mg	6 %
Calcium 10 mg	1 %
Iron / Fer 2 mg	11 %

JIVA CODE: EVR-85077 UPC: 0 59443 85066

Pumpkin Seeds Roasted Organic 227g

INGREDIENTS: ORGANIC PUMPKIN SEEDS.

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 14 g (1/2 oz.) / pour 14 g (1/2 oz.)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 7 g	10 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 2 mg	0 %
Carbohydrate / Glucides 4 g	1 %
Fibre / Fibres 1 g	3 %
Sugars / Sucres 0 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	14 %
Iron / Fer	12 %

JIVA CODE: EVR-918528 UPC: 0 59443 918528

Sesame Seeds Black Organic 400g

INGREDIENTS: ORGANIC BLACK SESAME SEEDS

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz.)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories 157	
Fat / Lipides 14 g	2%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Carbohydrate / Glucides 3 g	0%
Fibre / Fibres 2 g	6%
Sugars / Sucres 0 g	0%
Protein / Protéines 8 g	
Cholesterol / Cholestérol 0 mg	
Sodium 2 mg	0%
Potassium 227 mg	5%
Calcium 12.9 mg	1%
Iron / Fer 2.47 mg	14%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-91526 UPC: 0 59443 91526 6

Popping Corn Organic 681g

INGREDIENTS: ORGANIC POPPING CORN

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 15 g (1/2 oz.) / pour 15 g (1/2 oz.)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 72.9	
Fat / Lipides 7 g	6 %
Saturated / saturés 0.5 g	2 %
+ Trans / trans 0.5 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 2 mg	0 %
Carbohydrate / Glucides 6.32 g	2 %
Fibre / Fibres 5.16 g	18 %
Sugars / Sucres 0 g	
Protein / Protéines 2.48 g	
Vitamin A / Vitamine A	0 %
Potassium	1 %
Calcium / Calcium	7 %
Iron / Fer	6 %

JIVA CODE: EVR-91538 UPC: 0 59443 91538 9

Sesame Seeds Black Organic 340g

INGREDIENTS: ORGANIC WHITE SESAME SEEDS

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz.)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories 157	
Fat / Lipides 14 g	2%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Carbohydrate / Glucides 3 g	0%
Fibre / Fibres 2 g	6%
Sugars / Sucres 0 g	0%
Protein / Protéines 8 g	
Cholesterol / Cholestérol 0 mg	
Sodium 2 mg	0%
Potassium 227 mg	5%
Calcium 12.9 mg	1%
Iron / Fer 2.47 mg	14%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-91810 UPC: 0 59443 91810

Sunflower Seeds Organic 454g

INGREDIENTS: ORGANIC SUNFLOWER SEEDS

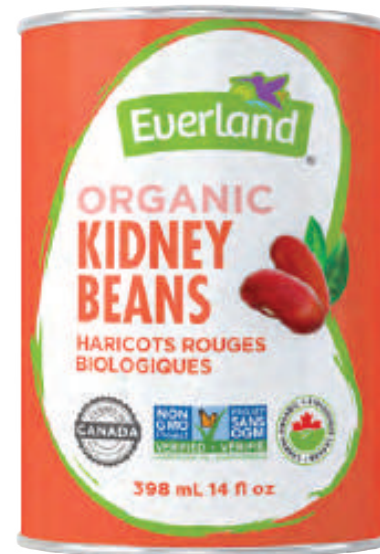
ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.





Organic Beans 398ml

Our Everland Canned Beans are Certified Organic, Non GMO and canned in Canada.





Nutrition Facts Valeur nutritive	
Per 1/2 cup (125 ml) Pour 1/2 tasse (125 ml)	
Calories 110	% Daily Value*
Fat / Lipides 1 g	1%
Saturated / saturé 0.1 g	1%
+ Trans / trans 0 g	
Carbohydrate / Glucides 19 g	
Fibre / Fibres 6 g	21%
Sugars / Sucres 2 g	2%
Protein / Protéines 7 g	
Cholesterol / Cholestérol 0 mg	
Sodium 125 mg	5%
Potassium 300 mg	6%
Calcium 40 mg	3%
Iron / Fer 1.5 mg	8%

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-80500 UPC: 0 59443 80500

Cannellini Beans, Organic

INGREDIENTS: ORGANIC CANNELLINI BEANS, WATER, SEA SALT.



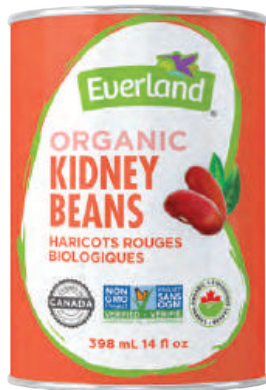
Nutrition Facts Valeur nutritive	
Per 1/2 cup (125 ml) Pour 1/2 tasse (125 ml)	
Calories 180	% Daily Value*
Fat / Lipides 3.5 g	5%
Saturated / saturé 0.3 g	2%
+ Trans / trans 0 g	
Carbohydrate / Glucides 29 g	
Fibre / Fibres 8 g	29%
Sugars / Sucres 5 g	5%
Protein / Protéines 9 g	
Cholesterol / Cholestérol 0 mg	
Sodium 125 mg	5%
Potassium 175 mg	4%
Calcium 50 mg	4%
Iron / Fer 1.5 mg	8%

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-80501 UPC: 0 59443 80501

Chick Peas Organic

INGREDIENTS: ORGANIC CHICKPEAS, WATER, SEA SALT.



Nutrition Facts Valeur nutritive	
Per 1/2 cup (125 ml) Pour 1/2 tasse (125 ml)	
Calories 160	% Daily Value*
Fat / Lipides 1.5 g	2%
Saturated / saturé 0.2 g	1%
+ Trans / trans 0 g	
Carbohydrate / Glucides 28 g	
Fibre / Fibres 7 g	25%
Sugars / Sucres 5 g	5%
Protein / Protéines 10 g	
Cholesterol / Cholestérol 0 mg	
Sodium 135 mg	6%
Potassium 350 mg	7%
Calcium 75 mg	6%
Iron / Fer 2 mg	11%

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-80502 UPC: 0 59443 80502

Kidney Beans Organic

INGREDIENTS: ORGANIC KIDNEY BEANS, WATER, SEA SALT.



Nutrition Facts Valeur nutritive	
Per 1/2 cup (125 ml) Pour 1/2 tasse (125 ml)	
Calories 120	% Daily Value*
Fat / Lipides 0.4 g	1%
Saturated / saturé 0.1 g	1%
+ Trans / trans 0 g	
Carbohydrate / Glucides 22 g	
Fibre / Fibres 9 g	32%
Sugars / Sucres 0 g	0%
Protein / Protéines 8 g	
Cholesterol / Cholestérol 0 mg	
Sodium 125 mg	5%
Potassium 400 mg	9%
Calcium 50 mg	4%
Iron / Fer 3.5 mg	19%

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-80503 UPC: 0 59443 80503

Black Beans Organic

INGREDIENTS: ORGANIC BLACK BEANS, WATER, SEA SALT.



Nutrition Facts Valeur nutritive	
Per 1/2 cup (125 ml) Pour 1/2 tasse (125 ml)	
Calories 150	% Daily Value*
Fat / Lipides 1 g	1%
Saturated / saturé 0.2 g	1%
+ Trans / trans 0 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 7 g	25%
Sugars / Sucres 1 g	1%
Protein / Protéines 9 g	
Cholesterol / Cholestérol 0 mg	
Sodium 125mg	5%
Potassium 350 mg	7%
Calcium 75 mg	6%
Iron / Fer 1.75 mg	10%

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-80504 UPC: 0 59443 80504

Pinto Beans Organic

INGREDIENTS: ORGANIC PINTO BEANS, WATER, SEA SALT.



Nutrition Facts Valeur nutritive	
Per 1/2 cup (125 ml) Pour 1/2 tasse (125 ml)	
Calories 150	% Daily Value*
Fat / Lipides 0.5 g	1%
Saturated / saturé 0.1 g	1%
+ Trans / trans 0 g	
Carbohydrate / Glucides 27 g	
Fibre / Fibres 7 g	25%
Sugars / Sucres 0 g	0%
Protein / Protéines 10 g	
Cholesterol / Cholestérol 0 mg	
Sodium 125 mg	5%
Potassium 350 mg	7%
Calcium 50 mg	4%
Iron / Fer 2.5 mg	14%

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-80505 UPC: 0 59443 80505

Navy Beans Organic

INGREDIENTS: ORGANIC NAVY BEANS, WATER, SEA SALT.



Coconut Sugar 454g

This Everland pure organic coconut sugar (also called coconut palm sugar) is 100% vegan, unrefined, and unprocessed. Made from fresh organic coconut sap.



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Nutrition Facts		Valeur nutritive	
Per 1 tsp. (4 g) / Portion 1 tsp (4 g)			
		% Daily Value	% valeur quotidienne
Calories	15		
Fat / Lipides	0.05 g	0%	
Saturated / saturés	0 g		0%
+ Trans / trans	0 g		0%
Carbohydrate / Glucides	4 g	1%	
Fibre / Fibres	0 g		0%
Sugars / Sucres	4 g		4%
Protein / Protéines	0 g		
Cholesterol / Cholestérol	0 mg		
Sodium	0 mg		0%
Potassium	33 mg		1%
Calcium	10 mg		1%
Iron / Fer	0.05 mg		23%
*5% or less is a little , 15% or more is a lot			
*5% ou moins c'est peu , 15% ou plus c'est beaucoup			

JIVA CODE: EVR-91008 UPC: 0 59443 91008

Coconut Sugar Organic

INGREDIENTS: ORGANIC COCONUT SUGAR.

ALLERGY ALERT: CONTAINS COCONUT. PACKAGED IN A FACILITY THAT ALSO PROCESSES TREE NUTS, PEANUTS, SESAME SEEDS AND GRAINS.



Coconut Milk and Cream

Hit a flavour slump in the kitchen? Let Everland Organic Premium Coconut Milk and Cream elevate the taste of your everyday meals.





Nutrition Facts Valeur nutritive	
Per 4 tablespoons (60 ml) / Par 4 cuillères à soupe cul (60 g)	
Calories 55	% Daily Value % valeur quotidienne
Fat / Lipides 5 g	6%
Saturated / saturés 4 g + Trans / trans 0 g	20%
Carbohydrate / Glucides 2 g	0%
Fibre / Fibres 0 g Sugars / Sucres 1 g	0%
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 4 mg	<1%
Potassium 62 mg	1%
Calcium 1 mg	<1%
Iron / Fer 0.35 mg	2%
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

JIVA CODE: EVR-20014 UPC: 0 59443 20014

Coconut Milk Organic, Premium & Light 400ml

INGREDIENTS: ORGANIC COCONUT EXTRACT, WATER, ORGANIC GUAR GUM (E412).
ALLERGY ALERT: CONTAINS COCONUTS



Nutrition Facts Valeur nutritive	
Per 4 tablespoons (60 ml) / Par 4 cuillères à soupe cul (60 g)	
Calories 110	% Daily Value % valeur quotidienne
Fat / Lipides 11 g	14%
Saturated / saturés 10 g + Trans / trans 0 g	52%
Carbohydrate / Glucides 2 g	0%
Fibre / Fibres 0 g Sugars / Sucres 1 g	0%
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 6 mg	<1%
Potassium 86 mg	2%
Calcium 1 mg	<1%
Iron / Fer 0.37 mg	2%
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

JIVA CODE: EVR-20015 UPC: 0 59443 20015

Coconut Milk Organic, Rich & Creamy 400ml

INGREDIENTS: ORGANIC COCONUT EXTRACT, WATER, ORGANIC GUAR GUM (E412).
ALLERGY ALERT: CONTAINS COCONUTS



Nutrition Facts Valeur nutritive	
Per 4 tablespoons (60 ml) / Par 4 cuillères à soupe cul (60 g)	
Calories 140	% Daily Value % valeur quotidienne
Fat / Lipides 13 g	17%
Saturated / saturés 12 g + Trans / trans 0 g	60%
Carbohydrate / Glucides 5 g	2%
Fibre / Fibres 0 g Sugars / Sucres 0 g	0%
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 14 mg	1%
Potassium 108 mg	2%
Calcium 8 mg	1%
Iron / Fer 2 mg	11%
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

JIVA CODE: EVR-20015 UPC: 0 59443 20015

Coconut Cream Organic 200ml

INGREDIENTS: ORGANIC COCONUT EXTRACT, WATER, ORGANIC GUAR GUM (E412).
ALLERGY ALERT: CONTAINS COCONUTS



Coconut Water 520ml

Naturally sweet and refreshing, it is our go-to healthy drink to power us through the day. Let this coconut water be your study companion, your post-workout hydrator, your midday pick-me-up, and your healthy beverage alternative.



To support small scale farmers,

WE DONATE

1% for every can you buy

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Nutrition Facts
Valeur nutritive

Serving size 240 ml (8 fl. oz) /
Portions 240 ml (8 fl oz)
Servings per container: 2
Portions par contenant: 2

Calories 60	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Carbohydrate / Glucides 15 mg	6%
Fibre / Fibres 0 g	0%
Sugars / Sucres 11.5 g	
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 70 mg	3%
Potassium 400 mg	7.5%
Calcium 31 mg	2%
Iron/Fer 0 mg	0%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-20021 UPC: 0 59443 20021 8

Coconut Water 100% Natural

INGREDIENTS: NATURAL COCONUT WATER



Organic Coconut Oils 100% Pure

Expeller pressed and naturally refined, it has a neutral taste along with a high smoke point which makes it perfect for cooking or blending into any dish.



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Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. a soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 14 g	22 %
Saturated / saturés 13 g + Trans / trans 0 g	65 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20001 UPC: 0 59443 20001 0

Coconut Oil Organic 500ml

INGREDIENTS: 100% PURE ORGANIC REFINED COCONUT OIL.
ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.

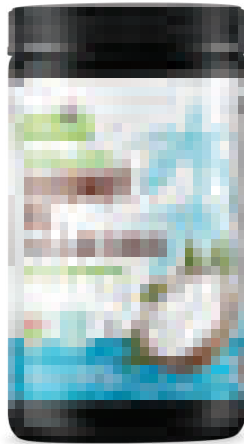


Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. a soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 14 g	22 %
Saturated / saturés 13 g + Trans / trans 0 g	65 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20018 UPC: 0 59443 20018 8

Coconut Oil Organic 750ml

INGREDIENTS: 100% PURE ORGANIC REFINED COCONUT OIL.
ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.

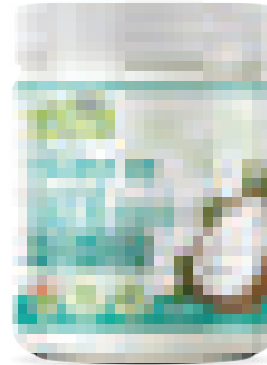


Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. a soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 14 g	22 %
Saturated / saturés 13 g + Trans / trans 0 g	65 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20002 UPC: 0 59443 20002 7

Coconut Oil Organic 1L

INGREDIENTS: 100% PURE ORGANIC REFINED COCONUT OIL.
ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.

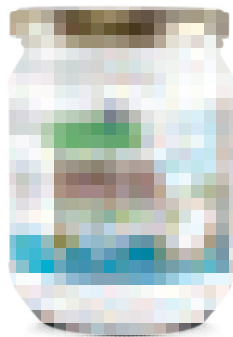


Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. a soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 14 g	22 %
Saturated / saturés 13 g + Trans / trans 0 g	65 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20019 UPC: 0 59443 20019 5

Coconut Oil Organic 500ml

INGREDIENTS: 100% PURE ORGANIC REFINED COCONUT OIL.
ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. a soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 14 g	22 %
Saturated / saturés 13 g + Trans / trans 0 g	65 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-2005 UPC: 0 59443 20005 8

Organic Coconut Oil 250ml

INGREDIENTS: 100% PURE ORGANIC REFINED COCONUT OIL.
ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. a soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 14 g	22 %
Saturated / saturés 13 g + Trans / trans 0 g	65 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20003 UPC: 0 59443 20003 4

Coconut Oil Organic 1.75ml

INGREDIENTS: 100% PURE ORGANIC REFINED COCONUT OIL.
ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1 tbsp, (15 ml) / par c, a soupe 1 tbsp, (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 14 g	22 %
Saturated / saturés 13 g + Trans / trans 0 g	65 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20004 UPC: 0 59443 20004 1

Coconut Oil Pail Organic 10L

INGREDIENTS: 100% PURE ORGANIC REFINED COCONUT OIL.

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.



*Yum! Pancakes made with Everland's
Extra Virgin Coconut Oil*

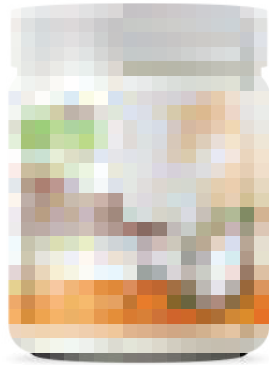




Organic Coconut Oil Virgin

Expeller pressed and naturally refined, it has a neutral taste along with a high smoke point which makes it perfect for cooking or blending into any dish.





Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. à soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 14 g	22 %
Saturated / saturés 13 g + Trans / trans 0 g	65 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20006 UPC: 0 59443 20006 5

Coconut Oil Virgin 500ml

INGREDIENTS: 100% PURE ORGANIC UNREFINED COLD PRESSED VIRGIN COCONUT OIL.

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.



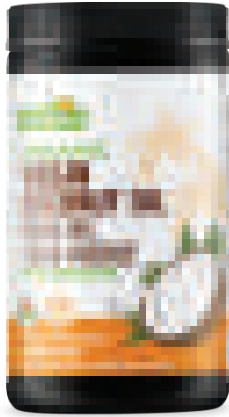
Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. à soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 14 g	22 %
Saturated / saturés 13 g + Trans / trans 0 g	65 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20023 UPC: 0 59443 20023 2

Coconut Oil Virgin 720ml

INGREDIENTS: 100% PURE ORGANIC UNREFINED COLD PRESSED VIRGIN COCONUT OIL.

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. à soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 14 g	22 %
Saturated / saturés 13 g + Trans / trans 0 g	65 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20007 UPC: 0 59443 20007 2

Coconut Oil Virgin 1L

INGREDIENTS: 100% PURE ORGANIC UNREFINED COLD PRESSED VIRGIN COCONUT OIL.

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. à soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 14 g	22 %
Saturated / saturés 13 g + Trans / trans 0 g	65 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20023 UPC: 0 59443 20023 2

Coconut Oil Virgin 2L

INGREDIENTS: 100% PURE ORGANIC UNREFINED COLD PRESSED VIRGIN COCONUT OIL.

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. à soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 14 g	22 %
Saturated / saturés 13 g + Trans / trans 0 g	65 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20011 UPC: 0 59443 20011 9

Coconut Oil Virgin 250ml

INGREDIENTS: 100% PURE ORGANIC UNREFINED COLD PRESSED VIRGIN COCONUT OIL.

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1 tbsp. (15 ml) / par c. à soupe 1 tbsp. (15 ml)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 14 g	22 %
Saturated / saturés 13 g + Trans / trans 0 g	65 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

JIVA CODE: EVR-20003 UPC: 0 59443 20003 4

Extra Virgin Coconut Oil Pail 10L

INGREDIENTS: EXTRA VIRGIN COCONUT OIL

ALLERGY ALERT: CONTAINS COCONUTS



Organic Dried Fruits

We only source the best quality of fruits for Everland Dried Fruit Range. All fruits are raw.





Nutrition Facts Valeur nutritive	
Serving size 1/3 cup (40g)	
Amount	% Daily Value % valeur quotidienne
Calories 110	
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	0%
Carbohydrate / Glucides 25 g	8%
Fibre / Fibres 2 g	7%
Sugars / Sucres 17.1 g	17%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0%
Potassium 520 mg	11%
Calcium 20 mg	2%
Iron / Fer 1 mg	6%

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-10660 UPC: 0 59443 10660 2

Dried Apricots Organic 227g

INGREDIENTS: ORGANIC UNSULPHURED DRIED APRICOTS

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1/2 cup (40 g) / pour 1/2 tasse (40 g)	
Amount	% Daily Value % valeur quotidienne
Calories 130	
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	0%
Carbohydrate / Glucides 29 g	10%
Fibre / Fibres 3 g	14%
Sugars / Sucres 26 g	26%
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0%
Potassium 278 mg	6%
Calcium 15.2 mg	1%
Iron / Fer 0.48 mg	3%

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-10501 UPC: 0 59443 10501 8

Premium Pitted Dates 908g

INGREDIENTS: PITTED SAYER DATES (99.7%), SUNFLOWER OIL (0.3%) .

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1/2 cup 48 g / pour 1/2 tasse 48 g	
Amount	% Daily Value % valeur quotidienne
Calories / Calories 260	
Fat / Lipides 25 g	38 %
Saturated / saturés 22 g	110%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 10 g	3 %
Fibre / Fibres 7 g	28 %
Sugars / Sucres 3 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	5 %

JIVA CODE: EVR-85077 UPC: 0 59443 85066

Shredded Coconut Organic 227g

INGREDIENTS: ORGANIC DRIED COCONUT.

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1/2 cup (40 g) / pour 1/2 tasse (40 g)	
Amount	% Daily Value % valeur quotidienne
Calories 130	
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	0%
Carbohydrate / Glucides 29 g	10%
Fibre / Fibres 3 g	14%
Sugars / Sucres 26 g	26%
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0%
Potassium 278 mg	6%
Calcium 15.2 mg	1%
Iron / Fer 0.48 mg	3%

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-10502 UPC: 0 59443 10502 8

Premium Pitted Dates 454g

INGREDIENTS: PITTED SAYER DATES (99.7%), SUNFLOWER OIL (0.3%) .

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1/2 cup 48 g / pour 1/2 tasse 48 g	
Amount	% Daily Value % valeur quotidienne
Calories / Calories 260	
Fat / Lipides 25 g	38 %
Saturated / saturés 22 g	110%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 10 g	3 %
Fibre / Fibres 7 g	28 %
Sugars / Sucres 3 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	5 %

JIVA CODE: EVR-1607 UPC: 0 59443 1607

Flaked Coconut Organic 227g

INGREDIENTS: ORGANIC DRIED COCONUT.

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz.)	
Amount	% Daily Value % valeur quotidienne
Calories 100	
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	0%
Carbohydrate / Glucides 21 g	7%
Fibre / Fibres 3 g	0%
Sugars / Sucres 0 g	0%
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 75 mg	3%
Potassium 0 mg	0%
Calcium 40 mg	4%
Iron / Fer 2 mg	10%

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-85102 UPC: 0 59443 85102 1

Goji Berries Organic 227g

INGREDIENTS: ORGANIC RAW GOJI BERRIES (FRUCTUS LYCIUM BARBARUM)

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1/2 cup (42 g) Pour 1/2 tasse (42 g)	
Calories 105	% Daily Value*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 27 g	11 %
Fibre / Fibres 3 g	11 %
Sugars / Sucres 16 g	16 %
Protein / Protéines 1 g	0 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 305 mg	6 %
Calcium 18 mg	1 %
Iron / Fer 0,38 mg	2 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-10658 UPC: 0 59443 10658 9

Pitted Prunes Organic 227g

INGREDIENTS: ORGANIC PITTED PRUNES

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 40 g Par 40 g	
Calories 120	% Daily Value*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 28 g	24 %
Fibre / Fibres 6 g	24 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 1 g	0 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium 5 mg	0 %
Potassium 240 mg	7 %
Calcium 10 mg	10 %
Iron / Fer 6 mg	6 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-10656-12 UPC: 0 59443 10656 5

Sundried Figs Organic 227g

INGREDIENTS: ORGANIC UNSULFURED FIGS.

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz) / pour 28 g (1 oz)	
Calories 145	% Daily Value
Fat / Lipides 9 g	14 %
Saturated / saturés 8 g	41 %
+ Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 2 mg	0 %
Carbohydrate / Glucides 16 g	5 %
Fibre / Fibres 2 g	9 %
Sugars / Sucres 10 g	20 %
Protein / Protéines 1 g	0 %
Vitamin A / Vitamine A 0 mg	0 %
Vitamin C / Vitamine C 3 mg	3 %
Calcium / Calcium 1 mg	1 %
Iron / Fer 2 mg	2 %

JIVA CODE: EVR-10382 UPC: 0 59443 10382 3

Banana Chips Organic 227g

INGREDIENTS: ORGANIC BANANAS, ORGANIC COCONUT OIL, ORGANIC SUGAR.

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES TREE NUTS, PEANUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Serving size 40 g (1.4 oz) / Par portion 40 g (1.4 oz)	
Calories 130	% Daily Value
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 31 g	10 %
Fibre / Fibres 2 g	11 %
Sugars / Sucres 29 g	29 %
Protein / Protéines 1 g	0 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium 10 mg	0 %
Potassium 210 mg	6 %
Calcium 2 mg	2 %
Iron / Fer 6 mg	6 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-10387 UPC: 0 59443 10387 8

Crystallized Ginger Organic 227g

INGREDIENTS: ORGANIC GINGER ROOT SLICES, ORGANIC CANE SUGAR.

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1/2 cup (40 g) / pour 1/2 tasse (40 g)	
Calories 123	% Daily Value
Fat / Lipides 0.55 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 32.9 g	11 %
Fibre / Fibres 2.26 g	8 %
Sugars / Sucres 26 g	26 %
Protein / Protéines 0.3 g	0 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium 1.2 mg	0 %
Potassium 16 mg	0 %
Calcium 4 mg	0 %
Iron / Fer 21 mg	1 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-91706 UPC: 0 59443 91706 2

Cranberries Organic 340g

INGREDIENTS: ORGANIC CRANBERRIES, ORGANIC APPLE JUICE CONCENTRATE, ORGANIC SUNFLOWER OIL (LESS THAN 1.0%)

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES TREE NUTS, PEANUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz) Pour 28 g (1 oz)	
Calories 90	% Daily Value*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 22 g	7 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 21 g	21 %
Protein / Protéines 0 g	0 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 5 mg	0 %
Potassium 365 mg	10 %
Calcium 0 mg	0 %
Iron / Fer 2 mg	10 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-85077 UPC: 0 59443 85066

Thompson Raisins Organic 454g

INGREDIENTS: ORGANIC RAISINS LESS THAN 1% ORGANIC SUNFLOWER OIL

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per 28 g (1 oz)			
Pour 28 g (1 oz)			
Calories	90	% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides	0 g	0 %	
Saturated / saturés	0 g	0 %	
+ Trans / trans	0 g	0 %	
Carbohydrate / Glucides	22 g	7 %	
Fibre / Fibres	0 g	0 %	
Sugars / Sucres	21 g		
Protein / Protéines	0 g		
Cholesterol / Cholestérol	0 mg		
Sodium / Sodium	5 mg	0 %	
Potassium	365 mg	10 %	
Calcium	0 mg	0 %	
Iron/Fer	2 mg	10 %	
*5% or less is a little, 15% or more is a lot			
*5% ou moins c'est peu, 15% ou plus c'est beaucoup			

JIVA CODE: EVR-91715 UPC: 0 59443 91715 1

Thompson Raisins Organic 908g

INGREDIENTS: ORGANIC RAISINS LESS THAN 1% ORGANIC SUNFLOWER OIL

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Serving size 1/3 cup (40 g) /			
Portions 1/3 cup (40 g)			
Calories	110	% Daily Value	
		% valeur quotidienne	
Fat / Lipides	0 g	0 %	
Saturated / saturés	0 g	0 %	
+ Trans / trans	0 g	0 %	
Carbohydrate / Glucides	28g	10%	
Fibre / Fibres	2 g	7%	
Sugars / Sucres	20g	20%	
Protein / Protéines	2g		
Cholesterol / Cholestérol	0mg	0%	
Sodium	0 mg	0%	
Potassium	170 mg	4%	
Calcium	20 mg	2%	
Iron / Fer	1.8 mg	10%	
*5% or less is a little, 15% or more is a lot			
*5% ou moins c'est peu, 15% ou plus c'est beaucoup			

JIVA CODE: EVR-10360 UPC: 0 59443 10360 1

Dried Mango Organic 150g

INGREDIENTS: ORGANIC DRIED MANGO

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Organic and Natural Nuts

We only source the best quality of nuts for Everland Nut Range Range. The healthy perfect snack for on the go!



*applicable to select products



E: sales@everland.ca

W: everland.ca

P: (604) 254-9480



@everlandfoods



Nutrition Facts		Valeur nutritive	
Serving size 1/3 cup (28g)			
Calories	162	% Daily Value	% valeur quotidienne
Fat / Lipides	14 g	19%	
Saturated / saturés	1.06 g		5%
+ Trans / trans	1.06 g		
Carbohydrate / Glucides	6.03 g	2%	
Fibre / Fibres	3.5 g		13%
Sugars / Sucres	1.22 g		1%
Protein / Protéines	5.92 g		
Cholesterol / Cholestérol	0 mg		
Sodium	0.28 mg		0%
Potassium	205 mg		4%
Calcium	75.3 mg		6%
Iron / Fer	1.04 mg		6%

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-10677 UPC: 0 59443 106770

Almonds Raw Organic 340g

INGREDIENTS: ORGANIC UNPASTEURIZED ALMONDS

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per 28 g (1 oz) / Pour 28 g (1 oz)			
Calories	162	% Daily Value	% valeur quotidienne
Fat / Lipides	14 g	19%	
Saturated / saturés	1.06 g		5%
+ Trans / trans	1.06 g		
Carbohydrate / Glucides	6 g	2%	
Fibre / Fibres	3.5 g		13%
Sugars / Sucres	1.22 g		1%
Protein / Protéines	6 g		
Cholesterol / Cholestérol	0 mg		
Sodium	0.28 mg		0%
Potassium	205 mg		4%
Calcium	75.3 mg		6%
Iron / Fer	1.04 mg		6%

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-10558 UPC: 0 59443 10558 8

Almonds Whole, 100% Natural 454g

INGREDIENTS: 100% NATURAL WHOLE ALMONDS.

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per 28 g (1 oz) / Pour 28 g (1 oz)			
Calories	162	% Daily Value	% valeur quotidienne
Fat / Lipides	14 g	21%	
Saturated / saturés	1 g		5%
+ Trans / trans	0 g		
Carbohydrate / Glucides	6 g	2%	
Fibre / Fibres	3 g		14%
Sugars / Sucres	1 g		
Protein / Protéines	6 g		
Cholesterol / Cholestérol	0 mg	0%	
Sodium	0 mg		0%
Potassium	205 mg		6%
Calcium			7%
Iron / Fer			6%

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-10601 UPC: 0 59443 10601 5

Almonds Organic 454g

INGREDIENTS: ORGANIC ALMONDS.

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per 28 g (1 oz) / Pour 28 g (1 oz)			
Calories	162	% Daily Value	% valeur quotidienne
Fat / Lipides	14 g	19%	
Saturated / saturés	1.06 g		5%
+ Trans / trans	1.06 g		
Carbohydrate / Glucides	6 g	2%	
Fibre / Fibres	3.5 g		13%
Sugars / Sucres	1.22 g		1%
Protein / Protéines	6 g		
Cholesterol / Cholestérol	0 mg		
Sodium	0.28 mg		0%
Potassium	205 mg		4%
Calcium	75.3 mg		6%
Iron / Fer	1.04 mg		6%

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-10557 UPC: 0 59443 10557 5

Almonds Whole, 100% Natural 681g

INGREDIENTS: 100% NATURAL WHOLE ALMONDS.

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per 28 g (1 oz) / Pour 28 g (1 oz)			
Calories	162	% Daily Value	% valeur quotidienne
Fat / Lipides	14 g	19%	
Saturated / saturés	1.06 g		5%
+ Trans / trans	1.06 g		
Carbohydrate / Glucides	6 g	2%	
Fibre / Fibres	3.5 g		13%
Sugars / Sucres	1.22 g		1%
Protein / Protéines	6 g		
Cholesterol / Cholestérol	0 mg		
Sodium	0.28 mg		0%
Potassium	205 mg		4%
Calcium	75.3 mg		6%
Iron / Fer	1.04 mg		6%

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-10559 UPC: 0 59443 10559 9

Almonds Whole, 100% Natural 908g

INGREDIENTS: 100% NATURAL WHOLE ALMONDS.

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz.)			
Calories	155	% Daily Value	% valeur quotidienne
Fat / Lipides	0 g	0%	
Saturated / saturés	0 g		0%
+ Trans / trans	0 g		
Carbohydrate / Glucides	9 g	7%	
Fibre / Fibres	3 g		0%
Sugars / Sucres	2 g		0%
Protein / Protéines	4 g		
Cholesterol / Cholestérol	0 mg		
Sodium	3 mg		3%
Potassium	185 mg		2%
Calcium	10.4 mg		1%
Iron / Fer	1.87 mg		10%

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-91875 UPC: 0 59443 91875 5

Whole Cashews Organic 340g

INGREDIENTS: ORGANIC RAW WHOLE CASHEWS

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Serving size 1/3 cup (28g)			
		% Daily Value	% valeur quotidienne
Calories	162		
Fat / Lipides	14 g	21%	
Saturated / saturés	2 g		10%
+ Trans / trans	0 g		
Carbohydrate / Glucides	0 mg	2%	
Fibre / Fibres	2 g		13%
Sugars / Sucres	1 g		1%
Protein / Protéines	7 g		
Cholesterol / Cholestérol	0 mg		
Sodium	0.28 mg	0%	
Poassium	205 mg		4%
Calcium	75.3 mg		6%
Iron / Fer	1.04 mg		6%

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-91875 UPC: 0 59443 91875 5

Dry Roasted Peanuts Organic 400g

INGREDIENTS: ORGANIC ROASTED PEANUTS

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per 28 g (1 oz) / Pour 28 g (1 oz)			
		% Daily Value	% valeur quotidienne
Calories	162		
Fat / Lipides	14 g	19%	
Saturated / saturés	1.06 g		5%
+ Trans / trans			
Carbohydrate / Glucides	6 g	2%	
Fibre / Fibres	3.5 g		13%
Sugars / Sucres	1.22 g		1%
Protein / Protéines	6 g		
Cholesterol / Cholestérol	0 mg		
Sodium	0.28 mg	0%	
Potassium	205 mg		4%
Calcium	75.3 mg		6%
Iron / Fer	1.04 mg		6%

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-10329 UPC: 0 59443 10329 8

Roasted Peanuts Organic 400g

INGREDIENTS: ORGANIC ROASTED PEANUTS, ORGANIC SEA SALT

ALLERGY ALERT: CONTAINS PEANUTS AND MAY CONTAIN OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz.)			
Amount		% Daily Value	% valeur quotidienne
Teneur			
Calories / Calories	180		
Fat / Lipides	18 g	28%	
Saturated / saturés	1.5 g		7%
+ Trans / trans	0 g		
Cholesterol / Cholestérol	0 mg		
Sodium / Sodium	0 mg	0%	
Carbohydrate / Glucides	4 g	1%	
Fibre / Fibres	2 g		8%
Sugars / Sucres	1 g		
Protein / Protéines	4 g		
Vitamin A / Vitamine A			0%
Vitamin C / Vitamine C			0%
Calcium / Calcium			2%
Iron / Fer			4%

JIVA CODE: EVR-10603 UPC: 0 59443 10603 9

Walnuts Organic 340g

INGREDIENTS: ORGANIC WALNUTS

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.





Nutrition Facts Valeur nutritive

Per 15 ml / pour 15 ml

		% Daily Value % valeur quotidienne
Calories 10		
Fat / Lipides 0 g		0%
Saturated / saturés 0 g		
+ Trans / trans 0 g		0%
Carbohydrate / Glucides 0 g		0%
Fibre / Fibres 0 g		0%
Sugars / Sucres 0 g		0%
Protein / Protéines 2 g		
Cholesterol / Cholestérol 0 mg		
Sodium 740 mg		31%
Potassium 0 mg		0%
Calcium 0 mg		0%
Iron / Fer 0 mg		0%

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-60101 UPC: 0 59443 60101 5

Tamari Soy Sauce Organic 500ml

INGREDIENTS: FILTERED WATER, ORGANIC WHOLE SOYBEANS, ORGANIC WHEAT, SEA SALT, BREWING STARTER (ASPERGILLUS SOJAE) **ALLERGY ALERT: CONTAINS WHEAT.** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive

Per 15 ml / pour 15 ml

		% Daily Value % valeur quotidienne
Calories 15		
Fat / Lipides 0 g		0%
Saturated / saturés 0 g		
+ Trans / trans 0 g		0%
Carbohydrate / Glucides 2 g		1%
Fibre / Fibres 0 g		0%
Sugars / Sucres 0 g		0%
Protein / Protéines 2 g		
Cholesterol / Cholestérol 0 mg		
Sodium 860 mg		36%
Potassium 0 mg		0%
Calcium 0 mg		0%
Iron / Fer 0 mg		0%

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-60221 UPC: 0 59443 60221 0

Tamari Soy Sauce Wheat Free Organic 500ml

INGREDIENTS: WATER, ORGANIC WHOLE SOYBEANS, SEA SALT, ORGANIC GRAIN ALCOHOL, KOJI. **ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Organic Chocolate Barks 113g

A vegan snack made with only organic ingredients, these delicious bites feature 70% dark chocolate and coconut



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Nutrition Facts		Valeur nutritive	
Per serving 28 g / Portion 28 g			
Calories 137		% Daily Value % valeur quotidienne	
Fat / Lipides	8 g	13%	
Saturated / saturés	3 g	16%	
+ Trans / trans	0 g		
Carbohydrate / Glucides	16 g	0%	
Fibre / Fibres	2 g	7%	
Sugars / Sucres	11 g	11%	
Protein / Protéines	2 g		
Cholesterol / Cholestérol	0 mg		
Sodium	40 mg	2%	
Potassium	95 mg	2%	
Calcium	8 mg	1%	
Iron / Fer	1 mg	6%	

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-25383 UPC: 0 59443 25383 2

Chocolate Almond Bark Organic

INGREDIENTS: ORGANIC 55% DARK CHOCOLATE (*ORGANIC CANE SUGAR, *ORGANIC COCOA LIQUOR, *ORGANIC COCOA POWDER, *ORGANIC COCOA BUTTER) • ORGANIC ALMONDS • ORGANIC RICE CRISPS (ORGANIC BROWN RICE FLOUR, ORGANIC EVAPORATED CANE JUICE, SEA SALT, ORGANIC MOLASSES.) **ALLERGY ALERT: CONTAINS** TREENUTS. PACKED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS



Nutrition Facts		Valeur nutritive	
Per serving 28 g / Portion 28 g			
Calories 138		% Daily Value % valeur quotidienne	
Fat / Lipides	8 g	13%	
Saturated / saturés	3 g	17%	
+ Trans / trans	0 g		
Carbohydrate / Glucides	17 g	0%	
Fibre / Fibres	2 g	6%	
Sugars / Sucres	13 g	13%	
Protein / Protéines	2 g		
Cholesterol / Cholestérol	0 mg		
Sodium	40 mg	2%	
Potassium	95 mg	2%	
Calcium	8 mg	1%	
Iron / Fer	1 mg	6%	

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-25381 UPC: 0 59443 25381 8

Chocolate Hazelnut Bark Organic

INGREDIENTS: ORGANIC 55% DARK CHOCOLATE (*ORGANIC CANE SUGAR, *ORGANIC COCOA LIQUOR, *ORGANIC COCOA POWDER, *ORGANIC COCOA BUTTER) • ORGANIC HAZELNUTS • ORGANIC RICE CRISPS (ORGANIC BROWN RICE FLOUR, ORGANIC EVAPORATED CANE JUICE, SEA SALT, ORGANIC MOLASSES.) **ALLERGY ALERT: CONTAINS** TREENUTS. PACKED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS



Nutrition Facts		Valeur nutritive	
Per serving 28 g / Portion 28 g			
Calories 144		% Daily Value % valeur quotidienne	
Fat / Lipides	10 g	15%	
Saturated / saturés	7 g	36%	
+ Trans / trans	0 g		
Carbohydrate / Glucides	16 g	0%	
Fibre / Fibres	2 g	9%	
Sugars / Sucres	13 g	13%	
Protein / Protéines	2 g		
Cholesterol / Cholestérol	0 mg		
Sodium	40 mg	2%	
Potassium	95 mg	2%	
Calcium	8 mg	1%	
Iron / Fer	1 mg	6%	

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-25382 UPC: 0 59443 25382 5

Chocolate Coconut Bark Organic

INGREDIENTS: ORGANIC 70% DARK CHOCOLATE (*ORGANIC CANE SUGAR, *ORGANIC COCOA LIQUOR, *ORGANIC COCOA POWDER, *ORGANIC COCOA BUTTER) • ORGANIC COCONUT • ORGANIC RICE CRISPS (ORGANIC BROWN RICE FLOUR, ORGANIC EVAPORATED CANE JUICE, SEA SALT, ORGANIC MOLASSES.) **ALLERGY ALERT: CONTAINS** TREENUTS. PACKED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS



Chocolate Nuts 113g

These chocolate hazelnuts are the marriage of delicious Belgian Chocolate and flavourful roasted hazelnuts. Made in Vancouver.



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Nutrition Facts		Valeur nutritive	
Per serving 28 g / Portion 28 g			
Calories 163		% Daily Value	
% valeur quotidienne			
Fat / Lipides	14 g	21%	
Saturated / saturés 4 g		14%	
+ Trans / trans 0 g			
Carbohydrate / Glucides	10 g	0%	
Fibre / Fibres 2 g		12%	
Sugars / Sucres 7 g		7%	
Protein / Protéines	3 g		
Cholesterol / Cholestérol	3 mg		
Sodium	0 mg	0%	
Potassium	156 mg	3%	
Calcium	47 mg	4%	
Iron / Fer	1.12 mg	6%	

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-10276 UPC: 0 59443 10276 5

Dark Chocolate Hazelnuts

INGREDIENTS: ROASTED HAZELNUTS, DARK CHOCOLATE (*UNSWEETENED CHOCOLATE, SUGAR, *COCOA BUTTER, *SOY LECITHIN, NATURAL VANILLA). **ALLERGY ALERT: CONTAINS** TREE NUTS. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per serving 28 g / Portion 28 g			
Calories 151		% Daily Value	
% valeur quotidienne			
Fat / Lipides	12 g	18%	
Saturated / saturés 3 g		13%	
+ Trans / trans 0 g			
Carbohydrate / Glucides	12 g	0%	
Fibre / Fibres 3 g		10%	
Sugars / Sucres 7 g		7%	
Protein / Protéines	4 g		
Cholesterol / Cholestérol	0 mg		
Sodium	0 mg	0%	
Potassium	156 mg	3%	
Calcium	47 mg	4%	
Iron / Fer	1.12 mg	6%	

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-10275 UPC: 0 59443 10275 8

Dark Chocolate Almonds

INGREDIENTS: ROASTED ALMONDS, DARK CHOCOLATE (*UNSWEETENED CHOCOLATE, SUGAR, *COCOA BUTTER, *SOY LECITHIN, NATURAL VANILLA). **ALLERGY ALERT: CONTAINS** TREE NUTS. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Per serving 28 g / Portion 28 g			
Calories 151		% Daily Value	
% valeur quotidienne			
Fat / Lipides	11 g	17%	
Saturated / saturés 4 g		18%	
+ Trans / trans 0 g			
Carbohydrate / Glucides	13 g	0%	
Fibre / Fibres 1 g		5%	
Sugars / Sucres 7 g		7%	
Protein / Protéines	3 g		
Cholesterol / Cholestérol	0 mg		
Sodium	3 mg	0%	
Potassium	156 mg	3%	
Calcium	47 mg	4%	
Iron / Fer	1.12 mg	6%	

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-10277 UPC: 0 59443 10277 2

Dark Chocolate Cashews

INGREDIENTS: ROASTED CASHEWS, DARK CHOCOLATE (*UNSWEETENED CHOCOLATE, SUGAR, *COCOA BUTTER, *SOY LECITHIN, NATURAL VANILLA). **ALLERGY ALERT: CONTAINS** TREE NUTS. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS AND SESAME SEEDS.



Cooking Oils 500ml

Everland Organic Oils are perfect for everyday cooking, stir-frying, and roasting. You can also make healthy salad dressings and marinades with it!



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Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
	% Daily Value % valeur quotidienne
Calories 126	
Fat / Lipides 14 g	22%
Saturated / saturés 1.3 g	
+ Trans / trans 0 g	5%
Carbohydrate / Glucides 0 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0%
Potassium 0 mg	0%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11445 UPC: 0 59443 20001 0

Hemp Oil Organic 500ml

INGREDIENTS: ORGANIC COLD PRESSED HEMP SEED OIL.

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS



Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
	% Daily Value % valeur quotidienne
Calories 129	
Fat / Lipides 14 g	20%
Saturated / saturés 14 g	75%
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0%
Potassium 0 mg	0%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11447 UPC: 0 59443 11447 8

MCT Oil Organic 500ml

INGREDIENTS: MEDIUM CHAIN TRIGLYCERIDES DERIVED FROM ORGANIC EXTRA VIRGIN COCONUT OIL (60% CAPRYLIC ACID AND 40% CAPRIC ACID)

ALLERGY ALERT: CONTAINS COCONUTS. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER



Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
	% Daily Value % valeur quotidienne
Calories 120	
Fat / Lipides 14 g	21%
Saturated / saturés 2 g	
+ Trans / trans 0 g	10%
Carbohydrate / Glucides 2 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0%
Potassium 0 mg	0%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11444 UPC: 0 59443 11444 7

Avocado Oil Natural 500ml

INGREDIENTS: PURE NATURALLY REFINED AVOCADO OIL. **ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS



Nutrition Facts Valeur nutritive	
Per 10 ml / pour 10 ml	
	% Daily Value % valeur quotidienne
Calories 80	
Fat / Lipides 9 g	14%
Saturated / saturés 1 g	
+ Trans / trans 0 g	5%
Carbohydrate / Glucides 0 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 2 mg	0%
Potassium 0 mg	0%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11448 UPC: 0 59443 11448 5

Flax Oil Organic 500ml

INGREDIENTS: ORGANIC UNREFINED VIRGIN FLAX OIL **ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



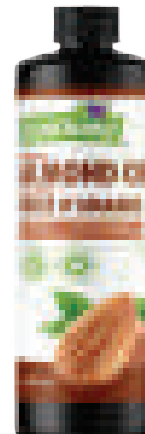
Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
	% Daily Value % valeur quotidienne
Calories 128	
Fat / Lipides 14 g	21%
Saturated / saturés 2 g	
+ Trans / trans 0 g	11%
Carbohydrate / Glucides 0 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0%
Potassium 0 mg	0%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11443 UPC: 0 59443 11443 8

Extra Virgin Macadamia Oil 500ml

INGREDIENTS: PURE COLD PRESSED EXTRA VIRGIN MACADAMIA OIL. **ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
	% Daily Value % valeur quotidienne
Calories 120	
Fat / Lipides 14 g	21%
Saturated / saturés 1 g	
+ Trans / trans 0 g	5%
Carbohydrate / Glucides 0 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0%
Potassium 0 mg	0%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11434 UPC: 0 59443 11434 4

Sweet Almond Oil 500ml

INGREDIENTS: PURE EXPELLER PRESSED SWEET REFINED ALMOND OIL. **ALLERGY ALERT: CONTAINS TREE NUTS.** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Infused Butters 480g

Everland Infused Nut Butters are made in Canada with NO palm oil. It is rich yet refreshing with organic coconut, organic extra virgin coconut oil, and a hint of agave.



*Applicable to select products



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Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	
Calories	85
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2 g	10%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 40 mg	2%
Total Carbohydrate 3 g	1%
Dietary Fiber 1 g	4%
Total Sugars 2 g	
Includes 1 g Added Sugars	0%
Protein 3 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0.36 mg	2%
Potassium 100 mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories.

JIVA CODE: EVR-75001 UPC: 0 59443 75001 0

Coconut Peanut Butter Organic - Crunchy

INGREDIENTS: ORGANIC PEANUTS, ORGANIC COCONUT, ORGANIC VIRGIN COCONUT OIL, ORGANIC AGAVE SYRUP, SEA SALT
ALLERGY ALERT: CONTAINS PEANUTS. MAY CONTAIN OTHER NUTS AND SESAME SEEDS.



Nutrition Facts	
33 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 8 g	12%
Saturated Fat 2 g	10%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Total Carbohydrate 4 g	1%
Dietary Fiber 2 g	8%
Total Sugars 1 g	
Includes 0g Added Sugars	0%
Protein 3 g	
Vitamin D 0 mcg	0%
Calcium 10 mg	1%
Iron 0.36 mg	2%
Potassium 100 mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories.

JIVA CODE: EVR-75095 UPC: 0 59443 75095 5

Superfood Peanut Butter 480g

INGREDIENTS: NON GMO PEANUTS, ORGANIC VIRGIN COCONUT OIL, TAPIOCO ROOT STARCH, ORGANIC BROWN FLAX SEEDS, ORGANIC BLACK CHIA SEEDS, MACADAMIA OIL.
ALLERGY ALERT: CONTAINS PEANUTS. MAY CONTAIN OTHER NUTS AND SESAME SEEDS.



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2 g	10%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 40 mg	2%
Total Carbohydrate 3 g	1%
Dietary Fiber 2 g	8%
Total Sugars 1 g	
Includes 0g Added Sugars	0%
Protein 5 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0.36 mg	2%
Potassium 100 mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories.

JIVA CODE: EVR-75010 UPC: 0 59443 75010 2

Protein Peanut Butter 480g

INGREDIENTS: ORGANIC PEANUTS, ORGANIC VIRGIN COCONUT OIL, ORGANIC ALGAE OIL, ORGANIC PEA PROTEIN ORGANIC COCONUT.
ALLERGY ALERT: CONTAINS PEANUTS. MAY CONTAIN OTHER NUTS AND SESAME SEEDS.



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	
Calories	85
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2 g	10%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 40 mg	2%
Total Carbohydrate 3 g	1%
Dietary Fiber 1 g	4%
Total Sugars 2 g	
Includes 1 g Added Sugars	0%
Protein 3 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0.36 mg	2%
Potassium 100 mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories.

JIVA CODE: EVR-75005 UPC: 0 59443 75005 8

Tumeric Coconut Peanut Butter Organic 480g

INGREDIENTS: ORGANIC PEANUTS, ORGANIC COCONUT, ORGANIC VIRGIN COCONUT OIL, ORGANIC ALGAE SYRUP, ORGANIC TURMERIC POWDER, CARDAMOM, SEA SALT.
ALLERGY ALERT: CONTAINS PEANUTS. MAY CONTAIN OTHER NUTS AND SESAME SEEDS.



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2 g	10%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Total Carbohydrate 5 g	2%
Dietary Fiber 1 g	4%
Total Sugars 2 g	
Includes 0g Added Sugars	0%
Protein 3 g	
Vitamin D 0 mcg	0%
Calcium 7 mg	0%
Iron 0.36 mg	2%
Potassium 80 mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories.

JIVA CODE: EVR-75015 UPC: 0 59443 75015 7

Chocolate Coconut Peanut Butter Organic 480g

INGREDIENTS: ORGANIC PEANUTS, ORGANIC FAIRTRADE CHOCOLATE
ALLERGY ALERT: CONTAINS PEANUTS. MAY CONTAIN OTHER NUTS AND SESAME SEEDS.



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 8 g	12%
Saturated Fat 2 g	10%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Total Carbohydrate 4 g	1%
Dietary Fiber 2 g	8%
Total Sugars 1 g	
Includes 0g Added Sugars	0%
Protein 3 g	
Vitamin D 0 mcg	0%
Calcium 10 mg	1%
Iron 0.36 mg	2%
Potassium 100 mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories.

JIVA CODE: EVR-75020 UPC: 0 59443 75020

Super Food Peanut Crunchy Organic 490g

INGREDIENTS: ORGANIC PEANUTS, ORGANIC VIRGIN COCONUT OIL, ORGANIC COCONUT NECTAR, ORGANIC AVOCADO OIL, ORGANIC COCONUT, ORGANIC CHIA SEEDS, ORGANIC FLAX SEEDS, ORGANIC MACA, MCT.
ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Natural Almond Butters 480g

Made of nothing but 100% pure almonds, Everland Crunchy Almond Butter is going to be your new guilt-free addiction.



E: sales@everland.ca

W: everland.ca

P: (604) 254-9480



@everlandfoods



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 9 g	13%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 3 g	1%
Dietary Fiber 1 g	4%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 4 g	
Vitamin D 0 mcg	0%
Calcium 56 mg	5%
Iron 0.57 mg	3%
Potassium 120 mg	3%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

UPC: 0 59443 705050 8

JIVA CODE: 705050

Natural Almond Butter Raw 480g

INGREDIENTS: ALMONDS, ALMOND OIL

ALLERGY ALERT: CONTAINS TREE NUTS. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS AND SESAME SEEDS.



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 8 g	12%
Saturated Fat 0.5 g	3%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 3 g	1%
Dietary Fiber 1 g	4%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 4 g	
Vitamin D 0 mcg	0%
Calcium 56 mg	5%
Iron 0.57 mg	3%
Potassium 120 mg	3%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

UPC: 0 59443 75080 5

JIVA CODE: EVR-75080

Natural Almond Butter Smooth 480g

INGREDIENTS: NATURAL DRY ROASTED ALMONDS

ALLERGY ALERT: CONTAINS TREE NUTS. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS AND SESAME SEEDS.



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 8 g	12%
Saturated Fat 0.5 g	3%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 3 g	1%
Dietary Fiber 1 g	4%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 4 g	
Vitamin D 0 mcg	0%
Calcium 56 mg	5%
Iron 0.57 mg	3%
Potassium 120 mg	3%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

UPC: 0 59443 75055 5

JIVA CODE: EVR-75055

Natural Almond Butter Crunchy 480g

INGREDIENTS: NATURAL DRY ROASTED ALMONDS

ALLERGY ALERT: CONTAINS TREE NUTS. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS AND SESAME SEEDS.



Organic Tahini Butters 480g

Everland Organic Coconut Tahini brings together the perfect pair, (coconut & sesame seeds, who knew?) in an organic, gmo free, Kosher, and vegan spread.





Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	Calories 110
	% Daily Value*
Total Fat 9 g	13%
Saturated Fat 1 g	5%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 5 g	2%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes 0g Added Sugars	0%
Protein 3 g	
Vitamin D 0 mcg	0%
Calcium 64 mg	6%
Iron 0.38 mg	2%
Potassium 63 mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

JIVA CODE: EVR-75040 UPC: 0 59443 75040 0

Organic Tahini 480g

INGREDIENTS: ORGANIC HULLED SESAME SEEDS, ORGANIC SESAME OIL

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	Calories 85
	% Daily Value*
Total Fat 7 g	11%
Saturated Fat 2 g	10%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrate 4 g	1%
Dietary Fiber 1 g	4%
Total Sugars 2 g	
Includes 1 g Added Sugars	0%
Protein 2 g	
Vitamin D 0 mcg	0%
Calcium 30 mg	3%
Iron 0.72 mg	4%
Potassium 50 mg	1%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

JIVA CODE: EVR-75035 UPC: 0 59443 75035 5

Organic Coconut Tahini 480g

INGREDIENTS: ORGANIC HULLED SESAMES, ORGANICS COCONUT NECTAR, ORGANIC COCONUT OIL

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	Calories 110
	% Daily Value*
Total Fat 9 g	13%
Saturated Fat 1 g	5%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 5 g	2%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes 0g Added Sugars	0%
Protein 3 g	
Vitamin D 0 mcg	0%
Calcium 64 mg	6%
Iron 0.38 mg	2%
Potassium 63 mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

JIVA CODE: EVR-75045 UPC: 0 59443 75045 4

Organic Tahini Raw 480g

INGREDIENTS: ORGANIC HULLED SESAME SEEDS, ORGANIC SESAME OIL

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	Calories 110
	% Daily Value*
Total Fat 8 g	12%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 14 mg	1%
Total Carbohydrate 5 g	2%
Dietary Fiber 1 g	4%
Total Sugars 2 g	
Includes 2 g Added Sugars	0%
Protein 2 g	
Vitamin D 0 mcg	0%
Calcium 50 mg	5%
Iron 1 mg	6%
Potassium 50 mg	1%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

JIVA CODE: EVR-75030 UPC: 0 59443 75030 8

Organic Chocolate Coconut Tahini 480g

INGREDIENTS: ORGANIC HULLED SESAME SEEDS, ORGANIC FAIRTRADE DARK CHOCOLATE, ORGANIC COCONUT.

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Organic Pumpkin Seed Butter 480g

This organic, raw pumpkin seed butter is our way of expressing our love for pumpkin seeds! Enjoy this nutty pumpkin seed butter in your sauces, baked goods, smoothies, and oatmeal, or on bread and vegetables





Nutrition Facts	
32 servings per container	
Serving size 1 tbsp (15g)	
Amount per serving	
Calories	90
<small>% Daily Value*</small>	
Total Fat 7 g	11%
Saturated Fat 1.5 g	8%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 2 g	1%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 5 g	
Vitamin D 0 mcg	0%
Calcium 8 mg	0%
Iron 1.2 mg	6%
Potassium 120 mg	3%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories</small>	

JIVA CODE: EVR-75060 UPC:0 59443 75060 8

Organic Pumpkin Seed Butter Raw 480g

INGREDIENTS: ORGANIC PUMPKIN SEEDS, ORGANIC SUNFLOWER OIL

ALLERGY ALERT: CONTAINS PEANUTS. MAY CONTAIN OTHER NUTS AND SESAME SEEDS.



Organic Soy Sauces

Everland Organic Tamari soy Sauce is a premium quality, soy sauce specially brewed in Canada using organic ingredients.



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 @everlandfoods



Organic Maple Syrup 250/500ml

This 100% pure, organic Canadian maple syrup is here to sweeten up your day! Organically harvested in Canada, this maple syrup is unrefined and has NO artificial flavours, colours, or additives.





Nutrition Facts Valeur nutritive	
Per 1/4 cup (60 mL) Par 1/4 tasse (60 mL)	
Calories 220	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 54 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 48 g	
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 10 mg	0 %
Potassium 180 mg	5 %
Calcium 4 mg	4 %
Iron / Fer	0 %
5% or less is a little, 15% or more is a lot / + 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-21359 UPC: 0 59443 21359 1

Maple Syrup Amber Rich Grade A Organic 250ml

INGREDIENTS: PURE ORGANIC MAPLE SYRUP

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per 1/4 cup (60 mL) Par 1/4 tasse (60 mL)	
Calories 220	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 54 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 48 g	
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 10 mg	0 %
Potassium 180 mg	5 %
Calcium 4 mg	4 %
Iron / Fer	0 %
5% or less is a little, 15% or more is a lot / + 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-21361 UPC: 0 59443 21361 4

Maple Syrup Dark Robust Grade A Organic 500ml

INGREDIENTS: PURE ORGANIC MAPLE SYRUP

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per 1/4 cup (60 mL) Par 1/4 tasse (60 mL)	
Calories 220	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 54 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 48 g	
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 10 mg	0 %
Potassium 180 mg	5 %
Calcium 4 mg	4 %
Iron / Fer	0 %
5% or less is a little, 15% or more is a lot / + 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-21360 UPC: 0 59443 21360 7

Maple Syrup Amber Rich Grade A Organic 500ml

INGREDIENTS: PURE ORGANIC MAPLE SYRUP

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per 1/4 cup (60 mL) Par 1/4 tasse (60 mL)	
Calories 220	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 54 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 48 g	
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 10 mg	0 %
Potassium 180 mg	5 %
Calcium 4 mg	4 %
Iron / Fer	0 %
5% or less is a little, 15% or more is a lot / + 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

JIVA CODE: EVR-21363 UPC: 0 59443 21363 8

Maple Syrup Very Dark Strong Grade A Organic 500ml

INGREDIENTS: PURE ORGANIC MAPLE SYRUP

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Organic Maple Syrup 1L

This 100% pure, organic Canadian maple syrup is here to sweeten up your day! Organically harvested in Canada, this maple syrup is unrefined and has NO artificial flavours, colours, or additives.





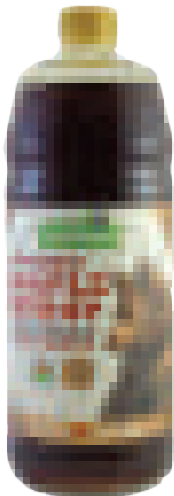
Nutrition Facts	
Valeur nutritive	
Per 1/4 cup (60 mL) Par 1/4 tasse (60 mL)	
Calories 220	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 54 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 48 g	
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 10 mg	0 %
Potassium 180 mg	5 %
Calcium	4 %
Iron / Fer	0 %
5% or less is a little , 15% or more is a lot / * 5% ou moins c'est peu , 15% ou plus c'est beaucoup	

JIVA CODE: EVR-21366
UPC: 0 59443 21366 9

Maple Syrup Amber Rich Grade A Organic 1L

INGREDIENTS: PURE ORGANIC MAPLE SYRUP

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts	
Valeur nutritive	
Per 1/4 cup (60 mL) Par 1/4 tasse (60 mL)	
Calories 220	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 54 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 48 g	
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 10 mg	0 %
Potassium 180 mg	5 %
Calcium	4 %
Iron / Fer	0 %
5% or less is a little , 15% or more is a lot / * 5% ou moins c'est peu , 15% ou plus c'est beaucoup	

JIVA CODE: EVR-21362
UPC: 0 59443 21362 1

Maple Syrup Dark Robust Grade A Organic 1L

INGREDIENTS: PURE ORGANIC MAPLE SYRUP

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts	
Valeur nutritive	
Per 1/4 cup (60 mL) Par 1/4 tasse (60 mL)	
Calories 220	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 54 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 48 g	
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 10 mg	0 %
Potassium 180 mg	5 %
Calcium	4 %
Iron / Fer	0 %
5% or less is a little , 15% or more is a lot / * 5% ou moins c'est peu , 15% ou plus c'est beaucoup	

JIVA CODE: EVR-21362
UPC: 0 59443 21362 1

Maple Syrup Dark Robust Grade A Organic 1L

INGREDIENTS: PURE ORGANIC MAPLE SYRUP

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



*Flatbreads topped with Peanut Butter, Dried Figs,
Pumpkin Seeds and Shredded Coconut*





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Cooking Oils 375ml

Everland Organic Oils are perfect for everyday cooking, stir-frying, and roasting. You can also make healthy salad dressings and marinades with it!



*Applicable to select products



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W: everland.ca

P: (604) 254-9480



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Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
	% Daily Value % valeur quotidienne
Calories 128	
Fat / Lipides 14 g	21%
Saturated / saturés 2 g	11%
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0%
Potassium 0 mg	0%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11419 UPC: 0 59443 1149

Extra Virgin Macadamia Oil

INGREDIENTS: PURE COLD PRESSED EXTRA VIRGIN MACADAMIA OIL.

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS. STORE IN A COOL DARK PLACE. SHAKE WELL BEFORE USE.

ORIGIN: AUSTRALIA



Nutrition Facts Valeur nutritive	
Per 1 tbsp (15ml) / par 1 cuillère à soupe (15ml)	
	% Daily Value % valeur quotidienne
Calories 120	
Fat / Lipides 14 g	21%
Saturated / saturés 2 g	11%
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	10%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0%
Potassium 0 mg	0%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11408 UPC: 0 59443 11408

Organic Sesame Oil

INGREDIENTS: ORGANIC EXPELLER PRESSED UNREFINED SESAME OIL.

ALLERGY ALERT: CONTAINS SESAME. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS AND TREE NUTS.

MEXICO. ORGNE: MEXIQUE.



Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
	% Daily Value % valeur quotidienne
Calories 120	
Fat / Lipides 14 g	21%
Saturated / saturés 1.5 g	8%
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0%
Potassium 0 mg	0%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11413 UPC: 0 59443 11413

Organic Sunflower Oil

INGREDIENTS: ORGANIC EXPELLER PRESSED NATURALLY REFINED SUNFLOWER OIL.

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
	% Daily Value % valeur quotidienne
Calories 120	
Fat / Lipides 14 g	21%
Saturated / saturés 3.5 g	18%
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0%
Potassium 0 mg	0%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11424 UPC: 0 59443 11424

Rice Bran Oil

INGREDIENTS: PURE NATURALLY REFINED RICE BRAN OIL. **ALLERGY ALERT:** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
	% Daily Value % valeur quotidienne
Calories 120	
Fat / Lipides 14 g	21%
Saturated / saturés 1.5 g	8%
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0%
Potassium 0 mg	0%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11414 UPC: 0 59443 11414

Organic Extra Virgin Olive Oil

INGREDIENTS: ORGANIC EXPELLER PRESSED NATURALLY REFINED SUNFLOWER OIL.

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.

STORE IN A COOL DARK PLACE.



Nutrition Facts Valeur nutritive	
Per 15 ml / pour 15 ml	
	% Daily Value % valeur quotidienne
Calories 120	
Fat / Lipides 14 g	21%
Saturated / saturés 1 g	5%
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0%
Potassium 0 mg	0%
Calcium 0 mg	0%
Iron / Fer 0 mg	0%

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11412 UPC: 0 59443 11412

Sweet Almond Oil

INGREDIENTS: PURE EXPELLER PRESSED SWEET REFINED ALMOND OIL. **ALLERGY ALERT: CONTAINS TREE NUTS.** PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts		Valeur nutritive	
Per 15 ml / pour 15 ml			
		% Daily Value	% valeur quotidienne
Calories 126			
Fat / Lipides 14 g		22%	
Saturated / saturés 1.3 g			5%
+ Trans / trans 0 g			
Carbohydrate / Glucides 0 g		0%	
Fibre / Fibres 0 g		0%	
Sugars / Sucres 0 g		0%	
Protein / Protéines 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium 0 mg		0%	
Potassium 0 mg		0%	
Calcium 0 mg		0%	
Iron / Fer 0 mg		0%	

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11433 UPC: 0 59443 11433

Organic Hemp Oil

INGREDIENTS: ORGANIC COLD PRESSED HEMP SEED OIL

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts		Valeur nutritive	
Per 1 tbsp (15ml) / par 1 cuillère à soupe (15ml)			
		% Daily Value	% valeur quotidienne
Calories 120			
Fat / Lipides 14 g		21%	
Saturated / saturés 2 g			11%
+ Trans / trans 0 g			
Carbohydrate / Glucides 0 g		10%	
Fibre / Fibres 0 g		0%	
Sugars / Sucres 0 g		0%	
Protein / Protéines 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium 0 mg		0%	
Potassium 0 mg		0%	
Calcium 0 mg		0%	
Iron / Fer 0 mg		0%	

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11408 UPC: 0 59443 11408

Natural Grapeseed Oil

INGREDIENTS: PURE EXPELLER PRESSED GRAPESSEED OIL.

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts		Valeur nutritive	
Per 10 ml / pour 10 ml			
		% Daily Value	% valeur quotidienne
Calories 80			
Fat / Lipides 9 g		14%	
Saturated / saturés 1 g			5%
+ Trans / trans 0 g			
Carbohydrate / Glucides 0 g		0%	
Fibre / Fibres 0 g		0%	
Sugars / Sucres 0 g		0%	
Protein / Protéines 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium 2 mg		0%	
Potassium 0 mg		0%	
Calcium 0 mg		0%	
Iron / Fer 0 mg		0%	

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11436 UPC: 0 59443 11436

Organic Flax Oil

INGREDIENTS: ORGANIC UNREFINED VIRGIN FLAX OIL

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts		Valeur nutritive	
Per 15 ml / pour 15 ml			
		% Daily Value	% valeur quotidienne
Calories 120			
Fat / Lipides 14 g		21%	
Saturated / saturés 2 g			10%
+ Trans / trans 0 g			
Carbohydrate / Glucides 2 g		0%	
Fibre / Fibres 0 g		0%	
Sugars / Sucres 0 g		0%	
Protein / Protéines 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium 0 mg		0%	
Potassium 0 mg		0%	
Calcium 0 mg		0%	
Iron / Fer 0 mg		0%	

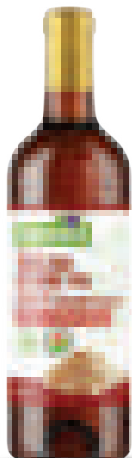
*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11423 UPC: 0 59443 11423

Natural Avocado Oil

INGREDIENTS: PURE NATURALLY REFINED AVOCADO OIL.

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts		Valeur nutritive	
Per 1 tbsp (15ml) / par 1 cuillère à soupe (15ml)			
		% Daily Value	% valeur quotidienne
Calories 120			
Fat / Lipides 14 g		21%	
Saturated / saturés 2 g			11%
+ Trans / trans 0 g			
Carbohydrate / Glucides 0 g		10%	
Fibre / Fibres 0 g		0%	
Sugars / Sucres 0 g		0%	
Protein / Protéines 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium 0 mg		0%	
Potassium 0 mg		0%	
Calcium 0 mg		0%	
Iron / Fer 0 mg		0%	

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: EVR-11407 UPC: 0 59443 11407

Toasted Sesame Seed Oil

INGREDIENTS: ORGANIC EXPELLER PRESSED UNREFINED TOASTED SESAME OIL.

ALLERGY ALERT: CONTAINS SESAME. PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS AND TREE NUTS.



Cooking Syrups

Free from animal by-products, artificial colours & preservatives, it also provides vitamins & minerals found in the sugarcane plant. We love enjoying it as a sweet source of iron.





Nutrition Facts		Valeur nutritive	
Per 1 tbsp. (20 g) / par c. à soupe (20 g)			
		% Daily Value	% valeur quotidienne
Calories 60			
Fat / Lipides 0 g		0%	
Saturated / saturés 0 g		0%	
+ Trans / trans 0 g			
Carbohydrate / Glucides 15.1 g	5%		
Fibre / Fibres 0 g	0%		
Sugars / Sucres 15.1 g	15%		
Protein / Protéines 0.06 g			
Cholesterol / Cholestérol 0 mg			
Sodium 5 mg		0%	
Potassium 175 mg		4%	
Calcium 44 mg		3%	
Iron / Fer 0.6 mg		3%	

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: SWE-21326 UPC: 0 59443 21326 3

Barbados Molasses, Organic

INGREDIENTS: ORGANIC LIGHT UNSULPHERED MOLASSES

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts		Valeur nutritive	
Per 1 tbsp. (20 g) / par c. à soupe (20 g)			
		% Daily Value	% valeur quotidienne
Calories 53			
Fat / Lipides 0 g		0%	
Saturated / saturés 0 g		0%	
+ Trans / trans 0 g			
Carbohydrate / Glucides 13.4 g	4%		
Fibre / Fibres 0 g	0%		
Sugars / Sucres 13.4 g	13%		
Protein / Protéines 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium 38.4 mg		2%	
Potassium 278 mg		6%	
Calcium 103 mg		8%	
Iron / Fer 4 mg		22%	

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: SWE-21321 UPC: 0 59443 21321 8

Blackstrap Molasses, Organic

INGREDIENTS: ORGANIC LIGHT UNSULPHERED BLACKSTRAP MOLASSES

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts		Valeur nutritive	
Per 1 tbsp. (20 g) / par c. à soupe (20 g)			
		% Daily Value	% valeur quotidienne
Calories 62			
Fat / Lipides 0 g		0%	
Saturated / saturés 0 g		0%	
+ Trans / trans 0 g			
Carbohydrate / Glucides 15.4 g	5%		
Fibre / Fibres 1.4 g	5%		
Sugars / Sucres 14 g	14%		
Protein / Protéines 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium 5 mg		0%	
Potassium 0 mg		0%	
Calcium 0 mg		0%	
Iron / Fer 0 mg		0%	

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: SWE-21352 UPC: 0 59443 21352 2

Agave (Blue) Syrup, Organic

INGREDIENTS: ORGANIC BLUE RAW AGAVE SYRUP

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.



Nutrition Facts		Valeur nutritive	
Per 1 tbsp. (20 g) / par c. à soupe (20 g)			
		% Daily Value	% valeur quotidienne
Calories 62			
Fat / Lipides 0 g		0%	
Saturated / saturés 0 g		0%	
+ Trans / trans 0 g			
Carbohydrate / Glucides 15.4 g	5%		
Fibre / Fibres 1.4 g	5%		
Sugars / Sucres 14 g	14%		
Protein / Protéines 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium 5 mg		0%	
Potassium 0 mg		0%	
Calcium 0 mg		0%	
Iron / Fer 0 mg		0%	

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JIVA CODE: SWE-21341 UPC: 0 59443 21341 6

Agave Syrup, Organic

INGREDIENTS: ORGANIC RAW AGAVE SYRUP

ALLERGY ALERT: PACKAGED IN A FACILITY THAT ALSO PROCESSES PEANUTS, OTHER TREE NUTS, SESAME SEEDS AND GRAINS.





Amount / Teneur	% DV / % VD *	Amount / Teneur	% DV / % VD *
Nutrition Facts Valeur nutritive		Amount / Teneur	% DV / % VD *
Serving Size / Portion (100g)	100g	Carbohydrate / Glucides	75g 23%
Total Fat / Matière grasse	1.0g	Fiber / Fibres	8.0g 32%
Saturated Fat / Acides gras saturés	0.0g	Sugars / Sucres	1.0g 2%
Trans Fat / Acides gras trans	0.0g	Protein / Protéines	10.0g 20%
Cholesterol / Cholestérol	0.0mg		
Sodium / Sodium	2.0mg		
Calcium	33.3mg		

* % Daily Value / % valeur quotidienne: VFA 0% • VFC 0% • Calcium 2% • Iron / Fer 20%

JIVA CODE: EVR-91572 UPC: 0 59443 91572 3

Wheat Flour, 100% Whole Pastry Organic 2kg

INGREDIENTS: ORGANIC WHOLE GRAIN SOFT WHITE WHEAT

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Amount / Teneur	% DV / % VD *	Amount / Teneur	% DV / % VD *
Nutrition Facts Valeur nutritive		Amount / Teneur	% DV / % VD *
Serving Size / Portion (100g)	100g	Carbohydrate / Glucides	79g 23%
Total Fat / Matière grasse	2.9g	Fiber / Fibres	11.0g 44%
Saturated Fat / Acides gras saturés	0.0g	Sugars / Sucres	0.0g 0%
Trans Fat / Acides gras trans	0.0g	Protein / Protéines	15.0g 30%
Cholesterol / Cholestérol	0.0mg		
Sodium / Sodium	0.0mg		
Calcium	34.0mg		

* % Daily Value / % valeur quotidienne: VFA 0% • VFC 0% • Calcium 2% • Iron / Fer 30%

JIVA CODE: EVR-91579 UPC: 0 59443 91579 2

Spelt Flour, Whole Organic 2kg

INGREDIENTS: ORGANIC WHOLE GRAIN SPELT FLOUR

ALLERGY ALERT: CONTAINS PEANUTS. MAY CONTAIN OTHER NUTS AND SESAME SEEDS.



Amount / Teneur	% DV / % VD *	Amount / Teneur	% DV / % VD *
Nutrition Facts Valeur nutritive		Amount / Teneur	% DV / % VD *
Serving Size / Portion (100g)	100g	Carbohydrate / Glucides	70g 23%
Total Fat / Matière grasse	2.9g	Fiber / Fibres	3.0g 12%
Saturated Fat / Acides gras saturés	0.0g	Sugars / Sucres	0.0g 0%
Trans Fat / Acides gras trans	0.0g	Protein / Protéines	13.0g 26%
Cholesterol / Cholestérol	0.0mg		
Sodium / Sodium	0.0mg		
Calcium	34.0mg		

* % Daily Value / % valeur quotidienne: VFA 0% • VFC 0% • Calcium 2% • Iron / Fer 20%

JIVA CODE: EVR-91582 UPC: 0 59443 91582 2

Spelt Flour, Sifted (Fine) Organic 2kg

INGREDIENTS: ORGANIC LIGHT SPELT FLOUR

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Amount / Teneur	% DV / % VD *	Amount / Teneur	% DV / % VD *
Nutrition Facts Valeur nutritive		Amount / Teneur	% DV / % VD *
Serving Size / Portion (100g)	100g	Carbohydrate / Glucides	74.0g 23%
Total Fat / Matière grasse	2.9g	Fiber / Fibres	12.0g 48%
Saturated Fat / Acides gras saturés	0.0g	Sugars / Sucres	1.0g 2%
Trans Fat / Acides gras trans	0.0g	Protein / Protéines	15.0g 30%
Cholesterol / Cholestérol	0.0mg		
Sodium / Sodium	2.0mg		
Calcium	33.0mg		

* % Daily Value / % valeur quotidienne: VFA 0% • VFC 0% • Calcium 2% • Iron / Fer 30%

JIVA CODE: EVR-91571 UPC: 0 59443 91571 4

White Flour, Unbleached White Organic 2kg

INGREDIENTS: ORGANIC WHOLE GRAIN HARD RED WHEAT FLOUR, NIACIN, IRON, THIAMIN MONITRITE, RIBOFLAVIN, FOLIC ACID

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS. *CERTIFIED ORGANIC INGREDIENTS





Organic Flours

Our organic flours are free from artificial ingredient





Almond Meal, Raw, Organic 340g

INGREDIENTS: ORGANIC ALMONDS

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.

JIVA CODE: EVR-10602 UPC: 0 59443 10602 2



Coconut Flour Organic 454g

INGREDIENTS: ORGANIC COCONUT FLOUR

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.

Nutrition Facts Valeur nutritive	
Per 1/2 cup (40 g) / pour 1/2 tasse (40 g)	
	% Daily Value % valeur quotidienne
Calories 60	
Fat / Lipides 2 g	3%
Saturated / saturés 2 g	
+ Trans / trans 0 g	10%
Carbohydrate / Glucides 8 g	3%
Fibre / Fibres 6 g	24%
Sugars / Sucres 1 g	1%
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 30 mg	1%
Potassium 187 mg	4%
Calcium 1.31 mg	0%
Iron / Fer 0.92 mg	5%

*5% or less is a **little**, 15% or more is a **lot**
 *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

JIVA CODE: EVR-10609 UPC: 0 59443 10609 1



Chickpea Flour Organic 500g

INGREDIENTS: ORGANIC CHICKPEA FLOUR

ALLERGY ALERT: CONTAINS PEANUTS. **MAY CONTAIN** OTHER NUTS AND SESAME SEEDS.

Nutrition Facts Valeur nutritive	
Serving size 1 cup (90 g) Porion 1 tasse (90 g)	
Amount / Teneur	% DV / % VO *
Fat / Lipides 5 g	9%
Saturated / saturés 1 g	
+ Trans / trans 0 g	3%
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 2 mg	2%
Carbohydrate / Glucides 53 g	18%
Fibre / Fibres 10 g	40%
Sugar / Sucres 10 g	
Protein / Protéines 21 g	

* % Daily Value / % valeur quotidienne: *VA (%). . . Vit C (%). . . Calcium (%). . . Iron / Fer 25%

JIVA CODE: EVR-91585 UPC: 0 59443 91585 3



Wheat Flour, 100% Whole Organic 2kg

INGREDIENTS: ORGANIC WHOLE GRAIN HARD RED WHEAT FLOUR

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS. *CERTIFIED ORGANIC INGREDIENTS

Nutrition Facts Valeur nutritive	
Serving size 1 cup (100 g) Porion 1 tasse (100 g)	
Amount / Teneur	% DV / % VO *
Fat / Lipides 2 g	3%
Saturated / saturés 0 g	
+ Trans / trans 0 g	0%
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 2 mg	0%
Carbohydrate / Glucides 74 g	28%
Fibre / Fibres 12 g	44%
Sugar / Sucres 1 g	
Protein / Protéines 15 g	

* % Daily Value / % valeur quotidienne: *VA (%). . . Vit C (%). . . Calcium 2%. . . Iron / Fer 30%

JIVA CODE: EVR-91571 UPC: 0 59443 91571 6





Baking Ingredients

Made in Vancouver with real ingredients only.
Absolutely NO MSG, preservatives, or nasty ingredients.



Nutrition Facts		Valeur nutritive	
Serving size 1/4 cup (32 g) / Portion 1/4 tasse (32 g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories 110			
Fat / Lipides 0 g 0 %			
Saturated / saturés 0 g 0 %			
+ Trans / trans 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 0 mg 0 %			
Carbohydrate / Glucides 28 g 9 %			
Fibre / Fibres 1 g 4 %			
Sugars / Sucres 0 g			
Protein / Protéines 0 g			
Vitamin A / Vitamine A 0 %			
Vitamin C / Vitamine C 0 %			
Calcium / Calcium 0 %			
Iron / Fer 0 %			

JIVA CODE: EVR-10165 UPC: 0 59443 10165 2



Nutrition Facts		Valeur nutritive	
Per 1/4 tsp. (1 g) / Portion 1/4 cuillère (1 g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories 0			
Fat / Lipides 0 g 0 %			
Saturated / saturés 0 g 0 %			
+ Trans / trans 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 270 mg 11 %			
Carbohydrate / Glucides 0 g 0 %			
Fibre / Fibres 0 g 0 %			
Sugars / Sucres 0 g			
Protein / Protéines 8 g			
Vitamin A / Vitamine A 0 %			
Vitamin C / Vitamine C 0 %			
Calcium / Calcium 0 %			
Iron / Fer 0 %			

JIVA CODE: EVR-10181 UPC: 0 59443 10181 2

Arrowroot Powder 350g

INGREDIENTS: ARROWROOT POWDER

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Serving size 1 tsp (4 g) / Portion 1 cuillère (4 g)			
Servings per container: 113 Portions par contenant: 113			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories 5			
Fat / Lipides 0 g 0 %			
Saturated / saturés 0 g 0 %			
+ Trans / trans 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 590 mg 25 %			
Carbohydrate / Glucides 1 g 0 %			
Fibre / Fibres 0 g 0 %			
Sugars / Sucres 0 g			
Protein / Protéines g			
Vitamin A / Vitamine A 0 %			
Vitamin C / Vitamine C 0 %			
Calcium / Calcium 4 %			
Iron / Fer 0 %			

JIVA CODE: EVR-10162 UPC: 0 59443 10162 1

Baking Powder Aluminum Free 400g

INGREDIENTS: SODIUM PHOSPHATE, BICARBONATE OF SODA, CORN STARCH AND CALCIUM PHOSPHATE

ALLERGY ALERT: CONTAINS PEANUTS. **MAY CONTAIN** OTHER NUTS AND SESAME SEEDS.

Baking Soda 400g

INGREDIENTS: SODIUM BICARBONATE.

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts		Valeur nutritive	
Serving size 2 tsp (16 g) / Portion 2 cuillère à soupe (16 g)			
Servings per container: 28 Portions par contenant: 28			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories 60			
Fat / Lipides 0 g 0 %			
Saturated / saturés 0 g 0 %			
+ Trans / trans 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 3 mg 3 %			
Carbohydrate / Glucides 7 g 2 %			
Fibre / Fibres 4 g 16 %			
Sugars / Sucres 0 g			
Protein / Protéines 7 g			
Vitamin A / Vitamine A 0 %			
Vitamin C / Vitamine C 0 %			
Calcium / Calcium 4 %			
Iron / Fer 6 %			

JIVA CODE: EVR-10170 UPC: 0 59443 10170 6

Brewers Yeast, DeBittered

INGREDIENTS: DRIED INACTIVE YEAST

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS. *CERTIFIED ORGANIC INGREDIENTS





Carob Chips & Powder

Adding something delicious and sweet to your baking with our Everland Carob Chips & Powder using only natural ingredients



Applies to selected products





Nutrition Facts Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz)	
Calories 132	% Daily Value % valeur quotidienne
Fat / Lipides 7.37 g	10%
Saturated / saturés 4.37 g	
+ Trans / trans 0 g	22%
Carbohydrate / Glucides 19.3 g	6%
Fibre / Fibres 1.43 g	5%
Sugars / Sucres 16.5 g	17%
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0.47 mg	0%
Potassium 93.9 mg	2%
Calcium 8.46 mg	1%
Iron / Fer 1.23 mg	7%
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

JIVA CODE: EVR-10148 UPC:0 59443 10148 5

Chocolate Chips Dark 400g

INGREDIENTS: CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOYA LECITHIN)

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz)	
Calories 164	% Daily Value % valeur quotidienne
Fat / Lipides 10.8 g	14%
Saturated / saturés 6.64 g	
+ Trans / trans 0 g	33%
Carbohydrate / Glucides 15.1 g	5%
Fibre / Fibres 1.34 g	5%
Sugars / Sucres 12.9 g	13%
Protein / Protéines 1.5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 4.9 mg	0%
Potassium 80 mg	2%
Calcium 16.7 mg	1%
Iron / Fer 0.77 mg	4%
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

JIVA CODE: EVR-10381 UPC:0 59443 10381 6

Chocolate Chips Dark (55%), Organic 227g

INGREDIENTS: ORGANIC CHOCOLATE CHIPS (ORGANIC COCOA LIQUOR, ORGANIC CANE SUGAR, ORGANIC COCO BUTTER, ORGANIC COCOA POWDER)

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 1 tbsp. (5.4 g) Pour 1 cuil. à soupe (5.4 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 12	
Fat / Lipides 0.7 g	1%
Saturated / saturés 0.4 g	
+ Trans / trans 0 g	2%
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 1 mg	0%
Carbohydrate / Glucides 3 g	1%
Fibre / Fibres 1.6 g	6%
Sugars / Sucres 0.1 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	1%
Iron / Fer	5%

JIVA CODE: EVR-10127 UPC: 0 59443 10127 0

Cocoa Powder Organic Fair Trade

INGREDIENTS: ORGANIC COCOA POWDER

ALLERGY ALERT: CONTAINS PEANUTS. MAY CONTAIN OTHER NUTS AND SESAME SEEDS.





Yeast Flakes

This Everland nutritional yeast is 100% vegan and packed with vitamin B12 (produced through natural fermentation, NOT synthetic or animal sources), vitamin B6, protein and more





Nutrition Facts Valeur nutritive	
Serving size 16 g / Portions 16 g Servings per container 15 Portions par contenant 15	
Amount % Teneur %	Daily Value valeur quotidienne
Calories / Calories 62	
Fat / Lipides 1 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 11 mg	0 %
Carbohydrate / Glucides 6 g	2 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 8 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	0%
Thiamine / Thiamine	780 %
Riboflavin / Riboflavine	630 %
Niacin / Niacine	260 %
Vitamin B ₆ / Vitamine B ₆	530 %
Folate / Folate	330 %
Vitamin B ₁₂ / Vitamine B ₁₂	400 %

JIVA CODE: EVR-10027 UPC: 0 59443 10027 3

Nutritional Yeast Flakes 250g

INGREDIENTS: DRIED YEAST, NIACIN, PYRIDOXINE, HYDROCHLORIDE, RIBOFLAVIN, THIAMIN HYDROCHLORIDE FOLIC ACID, COBALAMIN (B12)

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Per 28 g (1 oz.) / pour 28 g (1 oz)	
Amount % Teneur %	Daily Value valeur quotidienne
Calories 164	
Fat / Lipides 10.8 g	14 %
Saturated / saturés 6.64 g	33%
+ Trans / trans 0 g	
Carbohydrate / Glucides 15.1 g	5 %
Fibre / Fibres 1.34 g	5%
Sugars / Sucres 12.9 g	13%
Protein / Protéines 1.5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 4.9 mg	0 %
Potassium 80 mg	2 %
Calcium 16.7 mg	1 %
Iron / Fer 0.77 mg	4 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Nutritional Yeast Flakes 100g

INGREDIENTS: DRIED YEAST, NIACIN, PYRIDOXINE, HYDROCHLORIDE, RIBOFLAVIN, THIAMIN HYDROCHLORIDE FOLIC ACID, COBALAMIN (B12)

ALLERGY ALERT: MAY CONTAIN TRACES OF PEANUTS, OTHER NUTS AND SESAME SEEDS.



Nutrition Facts Valeur nutritive	
Serving size 16 g / Portions 16 g Servings per container 18 Portions par contenant 18	
Amount % Teneur %	Daily Value valeur quotidienne
Calories / Calories 57	
Fat / Lipides 1 g	2 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 6 mg	0 %
Carbohydrate / Glucides 6 g	2 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 2 g	
Protein / Protéines 7 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %
Thiamine (B1) / Thiamine (B1)	37 %
Riboflavin (B2) / Riboflavine (B2)	390 %
Niacin (B3) / Niacine (B3)	74 %
Folate / Folate	103 %

JIVA CODE: EVR-10006 UPC: 0 59443 10006 8

Engevita Yeast 285g

INGREDIENTS: DRIED INACTIVE YEAST

ALLERGY ALERT: CONTAINS PEANUTS. **MAY CONTAIN** OTHER NUTS AND SESAME SEEDS.

