

# THE SAVIOUR



## NZ'S HEALTHIEST PIZZA

### NUTRITION INFORMATION

SERVINGS PER PACK: 4  
SERVING SIZE: 204.5g

	AVG QUANTITY PER SERVING	% DAILY INTAKE PER SERVING*	AVG QUANTITY PER 100g
ENERGY	1510 KJ	17	738 KJ
	361 CAL	17	176 CAL
PROTEIN	18.9g	38	9.2g
FAT, TOTAL	21g	30	10.3g
-SATURATED	6g	25	2.9g
CARBOHYDRATE	27.7g	9	13.5g
-SUGARS	4.3g	5	2.1g
DIETARY FIBRE	9.4g	31	4.6g
SODIUM	661 Mg	29	323 Mg
VITAMIN B2 (RIBOFLAVIN)	0.3 Mg	(16% RDI**)	0.2 Mg
VITAMIN B3 (NIACIN)	5.8 Mg	(52% RDI**)	2.9 Mg
VITAMIN B6	0.2 Mg	(14% RDI**)	0.1 Mg
VITAMIN C	2.1 Mg	(7% RDI**)	1.0 Mg
VITAMIN E	4.1 Mg	(41% RDI**)	2.1 Mg
MAGNESIUM	85.3 Mg	(27% RDI**)	41.7 Mg

\* % DAILY INTAKES ARE BASED ON AN AVERAGE ADULT DIET OF 8700 KJ  
YOUR DAILY INTAKES MAY BE HIGHER OR LOWER DEPENDING ON YOUR ENERGY NEEDS

\*\* RECOMMENDED DIETARY INTAKE

\*\*\* VALUES FOR 1 DOUBLE SIZED SAVIOUR. SNACK SIZE VALUES ARE APPROX 40%

## The Chosen Few...

### MOZZARELLA

SOURCE OF CALCIUM AND CONTAINS VITAMINS A, D AND E.

### ALMONDS

RICH IN FIBRE AND PROTEIN AND A GREAT SOURCE OF VITAMIN E.

### SPINACH

THIS SUPERFOOD IS TEEMING WITH VITAMINS A, C AND K, AS WELL AS FOLATE, POTASSIUM, MAGNESIUM AND IRON.

### PORTOBELLO MUSHROOMS

HIGH IN FIBRE AND LOW IN SATURATED FATS, CHOLESTEROL AND CALORIES.

### CHICKEN BREAST

LOW IN FAT AND A COMPLETE SOURCE OF PROTEIN.

### AVOCADO

DENSE WITH FIBRE, AND A RICH SOURCE OF FOLATE AND GOOD FATTY ACIDS.

### FRESH SLAW

PACKED WITH RAW WHOLEFOODS AND CONTRIBUTES TO YOUR 5+ A DAY!

### SPROUTED SEED BASE

WHEN WE SPROUT THE SEEDS WE UNLOCK THEIR SPECIAL STORE OF NUTRIENTS. OUR SPECIALLY DESIGNED GLUTEN-FREE PIZZA BASES UNLEASH THE POWER OF THESE DORMANT NUTRIENTS AND ENZYMES THAT ARE INHERENT IN EVERY SEED SO WE CAN ABSORB MORE GOODNESS.

EACH SPROUTED SEED BASE IS RICH IN FIBRE AND PACKED WITH MINERALS, INCLUDING POTASSIUM, IRON, MAGNESIUM, MANGANESE AND VITAMINS B1 AND B6.

HELL