

## THE EVOLUTION OF SAUCES

My philosophy is simple: every bite of food you eat should be both delicious and healthful. I created Primal Kitchen® because in the world of real-food eating, veggies and meat can become pretty boring without sauces. Yet most contain harmful fats, sugars and artificial ingredients for "taste." I'm doing things differently: no more sacrificing flavor for health—and no offensive ingredients allowed! I'm on a mission to make healthy eating easy and exciting by creating the world's best-tasting, nutrient-dense sauces & dressings.



**MARK SISSON**  
Founder, PRIMAL KITCHEN®  
Author of *The Primal Blueprint*  
and *MarksDailyApple.com*

[primalkitchen.com](http://primalkitchen.com)

Shake me and refrigerate after opening.



# HONEY MUSTARD

DRESSING & MARINADE  
MADE WITH

# AVOCADO OIL



8 FL OZ  
(237mL)

- ✓ **PRIMAL & PALEO APPROVED**  
Nothing synthetic or artificial.  
Real-food ingredients only.
- ✓ **SOY & CANOLA FREE**
- ✓ **DAIRY FREE**
- ✓ **GLUTEN & GRAIN FREE**

### INGREDIENTS:

Avocado Oil, Water,  
Organic Apple Cider Vinegar,  
Organic Stone Ground  
Mustard (Water, Organic Mustard  
Seeds, Organic Vinegar, Sea Salt,  
Organic Spices), Organic Honey,  
Organic Lemon Juice Concentrate,  
Sea Salt

**Nutrition Facts** Serv. Size: 2 Tbsp (30ml),  
Servings Per Container about 8, Amount Per  
Serving: **Calories** 110, Fat Cal. 100, **Total Fat**  
11g (17% DV), Sat. Fat 1g (5% DV), Cholest.  
0mg (0% DV), **Sodium** 180mg (8% DV), **Total**  
**Carbohydrate** 3g (1% DV), Sugars 2g, Not a  
significant source of *Trans* fat, Fiber, Protein,  
vitamin A, vitamin C, calcium and iron. Percent  
Daily Values (DV) are based on a 2,000  
calorie diet.

Distributed by: Primal Nutrition, LLC  
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