

**Directions:** Take 1 or 2 teaspoons daily. Use as a natural sweetener for cereals, smoothies, or yogurt.

Harvested from the Canadian wilderness, this tasty honey is ultra creamy and 100% raw and wild. Absolutely no processing is involved. This is the purest North American honey available.

6 35824 00219 2

RAW ENZYMES

POWER OF NATURE

North American  
Herb & Spice

Canadian Prairie

Honey

RAW & UNFILTERED

NET WT. 9.40 OZ. (266 grams)

Product of Canada

## Nutrition Facts

Serving Size: 1 TBSP (21g)

Servings Per Container: 13

Amount Per Serving

Calories 63      Calories from fat 0

% Daily Value

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g      0%

Polyunsaturated      0%

Monounsaturated 0g      0%

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 15g      6%

Dietary Fiber 0mg      0%

Sugars 15g

Protein 0g

Not a significant source of vitamin A, vitamin C, calcium or iron.

Percent daily values are based on a 2,000 calorie diet.

Ingredients: Pure, wild Canadian prairie honey from the wild bush and forest. No sugars or synthetic chemicals added.

North American Herb & Spice

P.O. Box 4885

Buffalo Grove, IL 60089

1-800-243-5242

[www.oreganol.com](http://www.oreganol.com)