



BRAGGS LIQUID AMINOS

Information:

Braggs Liquid Aminos is a Certified NON-GMO liquid protein concentrate, derived from healthy soybeans, that contains the following Essential and Non-essential Amino Acids in naturally occurring amounts:

- Alanine
- Arginine
- Aspartic Acid
- Glutamic Acid
- Glycine
- Histidine
- Isoleucine
- Leucine
- Methionine
- Phenylalanine
- Proline
- Serine
- Threonine
- Tyrosine
- Valine
- Lysine

Great on Salads & Dressings, Soups, Veggies, Rice & Beans, Tofu, Wok & Stir-frys, Tempeh, Casseroles, Potatoes, Meats, Poultry, Fish, Jerky, Popcorn, Gravies & Sauces, Macrobiotics.

Ingredients: Our Bragg Liquid Aminos are made from health-giving, NON-GMO soybeans and purified water. They are an excellent, healthy, gourmet replacement for Tamari and Soy Sauce. Not fermented or heated and Gluten-Free.

Bragg's has a small amount of naturally occurring sodium. No table salt is added. If less sodium is desired use a 6 oz. Bragg's spray bottle and dilute with 1/3 distilled water or to taste and then either add in or spray on food.

Nutrition Facts

Serving Size 1/2 tsp (2.5 ml)

Amount Per Serving

Calories 0 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 160mg 6%

Total Carbohydrates 100mg 0%

Protein 310mg

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

*% Daily Value Based on 2,000 Calorie Diet.

** Protein (amino acids) from soybeans

BRAGGS LIQUID AMINOS

Health Benefits:

- A source of delicious, nutritious, life-renewing protein.
- Taste you'll love - Nutrition you need.
- Great on salads, veggies, dressings, soups, rice, beans, Wok foods, tofu, gravies, jerky, poultry, fish, popcorn, meats, casseroles, potatoes, etc.
- Contains important healthy amino acids

Bragg Liquid Aminos contains:

- no chemicals
- no artificial coloring
- no alcohol
- no preservatives
- no Gluten
- Certified NON-GMO