

## PRODUCT SUMMARY

Known as one of the oldest varieties of wheat, einkorn's natural genetic code and low gluten levels make it more compatible with the human body than modern, hybridized wheat. This makes einkorn grain easier to digest, so that nutrients are better absorbed. Many of these nutrients are also more abundant in einkorn grain than in modern wheat, making einkorn a must-have for your pantry. Made of highly nutritious, unhybridized einkorn flour, Gary's True Grit™ Einkorn Rotini is your go-to foundation for nutritious, delicious, fun meals that bring the goodness of einkorn wheat to the dinner table. Einkorn Rotini is just one more way Young Living is delivering goodness from our fields to your family.

## KEY INGREDIENTS

Stone-ground einkorn flour grown in France by artisan farmers.

## EXPERIENCE

Einkorn Rotini's fun spiral shape and naturally slightly sweet flavour will be a hit for the whole family. Just add some marinara and a few of your favourite seasonings for a simple, wholesome meal the entire family will love.

## PRODUCT OVERVIEW

Gary's True Grit Einkorn Rotini is made from einkorn flour grown in France by artisan farmers. Einkorn is the original "staff-of-life" grain, known as the oldest variety of wheat, which dates back to the beginning of time. It is believed to be one of the first cultivated foods.



## BENEFITS & FEATURES

- Einkorn is non-GMO.
- Gary's True Grit Einkorn Rotini contains no artificial flavours, colours, or preservatives.
- An ancient grain, einkorn is known as one of the oldest varieties of wheat.
- A "hulled" grain, einkorn's hull can protect it against contamination and insects.
- Einkorn's genetic code has only 14 chromosomes, compared to modern wheat with its 42 chromosomes. Its unique genetics give einkorn a lower gluten content than modern varieties of wheat.
- Einkorn has a more favourable gliadin to glutenin ratio than modern wheat varieties. Einkorn has a gliadin to glutenin ratio of 2:1 compared to 0.08:1 for durum and hard red wheat.
- Grown and stone-ground in France by artisan farmers and millers, Young Living's einkorn products are produced in small batches using traditional methods.

# GARY'S TRUE GRIT EINKORN ROTINI



## DIRECTIONS

Boil 3 quarts of water. Add 2 teaspoons of salt, if desired. Add pasta to boiling water. Return to boil. Cook uncovered for 8–10 minutes, stirring occasionally. Drain and serve as desired.

## CAUTIONS

Contains gluten from einkorn wheat.

Manufactured in a facility that also processes tree nuts, peanuts, soy, milk and eggs.

Choking hazard. Keep out of reach of children.

Storage: Keep in a cool, dark place.

## INGREDIENTS

Whole grain einkorn flour (*Triticum monococcum*), Water.

## Nutrition Facts Valeur nutritive

Serving Size 1/2 cup (28 g) / Portion: 1/2 tasse (28 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 90	
<b>Fat / Lipides</b> 0.5 g	1 %
Saturated / Saturés 0 g	
+ Trans / Trans 0 g	0 %
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 0 mg	0 %
<b>Carbohydrate / Glucides</b> 19 g	6 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

## FREQUENTLY ASKED QUESTIONS

**Q. How is Einkorn Rotini packaged? How many servings are there per package?**

A. Einkorn Rotini comes in a clear plastic package. Each bag contains 250 g (9 oz.) of dry pasta, or approximately 4.4 2-ounce servings.

**Q. Are nuts, soy, dairy, or eggs present in Einkorn Rotini?**

A. The only ingredients in Einkorn Rotini are einkorn flour and water. However, it is manufactured in a facility that also processes tree nuts, peanuts, soy, milk, and eggs, so we cannot guarantee against cross-contamination with those ingredients.

**Q. How is einkorn different from other wheat options?**

A. Einkorn has 14 chromosomes, whereas modern wheat has 42 chromosomes, which in turn has changed its gluten level and overall structure for the grain, holding it together.

## COMPLEMENTARY PRODUCTS

Gary's True Grit™  
Einkorn Spaghetti  
Item No. 530103



Gary's True Grit™  
Einkorn Flour  
Item No. 504303



Gary's True Grit™  
Einkorn Pancake  
& Waffle Mix  
Item No. 530003

