

Item No. 5301

Gary's True Grit™ Spaghetti

Gary's True Grit Spaghetti is made from ancient einkorn wheat providing a highly nutritious and tasty meal that will be enjoyed by the entire family.

Einkorn is the original "staff-of-life" grain, known as the oldest variety of wheat, which dates back to the beginning of time. Einkorn's natural genetic code and low gluten levels make it a superior choice because of its compatibility with the human body when compared to the modern, hybrid wheat of today. Because einkorn is low in gluten and easy to digest, it also allows for better absorption of nutrients.

Today, Young Living is helping to bring einkorn wheat back to its rightful prominence in the world.



Complementary Products

- Basil Essential Oil
- Oregano Essential Oil
- Black Pepper Essential Oil
- Lemon Essential Oil
- Marjoram Essential Oil
- Rosemary Essential Oil
- Sage Essential Oil
- Thyme Essential Oil

Primary Benefits

- Unbleached, non-GMO ingredients, never hybridized
- Delicious 100% einkorn
- No preservatives

Who Should Use This Product?

- Individuals interested in a healthy alternative to modern wheat
- Individuals looking for a nutritious pasta for the entire family

Suggested Use

- Follow package directions and serve with your favorite pasta sauce.

Cautions

- Contains einkorn wheat.
- Manufactured in a facility that also processes tree nuts, peanuts, soy, milk, and egg.

Did You Know?

- Einkorn is the original bible grain.
- Einkorn is a "hulled" wheat, whereas modern wheats are not. The hull can protect the grain from stray chemical contamination and insects.
- Einkorn wheat has 14 chromosomes, while modern wheat has 42. This makes einkorn easier to digest.

Product Information

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Nutrition Facts

Serving Size: 2 oz. (55 g)	
Servings per Container: 4	
Amount per serving	
Calories 200 Calories from Fat 15	
	%Daily Values*
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 260mg	7%
Sodium 0mg	0%
Total Carbohydrate 35g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 9g	18%
Vitamin A 0%	Iron 6%
Calcium 2%	Riboflavin 10%
Thiamin 20%	Vitamin B6 10%
Niacin 6%	Magnesium 15%
Phosphorus 25%	Manganese 80%
Zinc 20%	

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

Ingredients: Whole grain einkorn flour (Triticum monococcum), Water