PREMIUM FREEZE DRIED

*Weight and nutrition may vary between crops and production. Therefore, information on actual labels may vary from the information listed here.

THRIVE



Buying and preparing quality food should be easy. With THRNE™, it is! The THRIVE™ food line consists of convenient, versatile foods that are practical for daily cooking. Each product also has an extended shelf life, making THRIVE™ great for food storage. THRIVE™ foods are nutrient-rich and natural, so you can be confident you are providing your family with proper nutrition.

Vegetables

Meat & Reans

Based on a trusted model.

Trusted Foods, A Trusted Standard, THRIVE™ provides high-quality, nutritious foods for both daily use and long-term storage.

Pears

Rehydration Instructions:

Add 1 cup THRIVE™ Pears to 1 cup water and soak for 3-5 minutes until tender. Drain any excess water. Makes approximately 1 cup diced pears.

Find recipes, planning tools, and more at

www.EatThrive.com

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Nutrition Facts

Serving Size 1/4 cup (11g) Servings Per Container About 46

Amount Per Servi	ng
Calories 30	Calories from Fat 0
	% Daily Value*
Total Fot Or	00/

Total Fat Og 0% Saturated Fat Og Trans Fat Og

Cholesterol Omg 0% Sodium Omg 0%

Total Carbohydrate 8g 3% Dietary Fiber 1g

Sugars 6g Protein Og

Vitamin A 0% • Vitamin C 4% Calcium 0%

*Percent Daily Values are based on a 2,000 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 Fil	ber	25g	30g

Fruits

Suggested Storage Amount:

The USDA recommends 2-4 servings of fruits and vegetables per adult per day.

Usage Suggestions:

THRIVE™ Pears are perfect for snacking or adding to your favorite salad or dessert.

Shelf Life: 25 Years

Best if used within 1 year of opening to maintain life sustaining nutritional value under optimal storage conditions. Opened ___/__/___.

INGREDIENTS: PEARS. ASCORBIC ACID AND CITRIC ACID.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.



Distributed By:

Thrive Life 691 South Auto Mall Drive American Fork, Utah 84003 www.ThriveLife.com





CAUTION: This product contains an oxygen absorber that is not intended for consumption. Please discard the packet upon opening can.

Glue