



HERE'S TO YOUR HEALTH
CRICKET PROTEIN POWER!

Your Logo

CHOOSE TEXT
OR
LOGO



HERE'S TO YOUR HEALTH
CRICKET PROTEIN POWER!

YOUR NAME
Company Name
123 Main Street
City, State Zip
555-123-4567
www.yourcompany.com



Try it, you'll like it.

YOUR COMPANY LOGO

Cricket nutrition. The world's oldest superfood.

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A GIFT TO SAY THANK YOU!
WE APPRECIATE YOUR BUSINESS

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"THE ONLY BUGS WE LEAVE BEHIND"

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"THE ONLY BUGS WE LEAVE BEHIND"

BACK OF CARDBOARD HEADER

WHY SHOULD I EAT CRICKETS?
THERE ARE MANY BENEFITS TO BEING AN ENTOMOPHAGIST (ONE WHO EATS BUGS)

200 CALORIE SERVING	PROTEIN	FIBER	FAT	SATURATED FAT	OMEGA-3
CRICKETS	31 GRAMS	7.2 G	8.1 G	2.6 G	1.8 G
FARMED SALMON	20.4 GRAMS	0 G	13.4 G	3 G	2.5 G
90% LEAN BEEF	22.4 GRAMS	0 G	11.2 G	4.4 G	.04 G
TOFU	24.6 GRAMS	2.7 G	12.6 G	2.7 G	.5 G

Sources: USDA SR-25 and Nutritional composition and safety aspects of edible insects, Birgit A. Rumpold and Oliver K. Schlüter. Mol. Nutr. Food Res. 2013, 57, 802-823

ALSO, THEY'RE YUMMY! • THEY PRODUCE 100X LESS GREENHOUSE GASES THAN COWS • THEY ARE A PREBIOTIC, WHICH HELPS MAKE PROBIOTICS MORE EFFICIENT • THEY ARE A NON-DAIRY SOURCE OF CALCIUM • COMPARED TO RAISING LIVESTOCK THEY TAKE UP JUST A TINY FRACTION OF LAND



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