

Organic  
Brown Rice  
Crackers

# Genmai Life™

supports your  
Macrobiotic Lifestyle!

玄米  
ライ  
イ



### What is Macrobiotic?

Food quality powerfully affects health, well-being, and happiness. The macrobiotic approach suggests eating "whole foods".

### A Super Food, Organic Genmai (= Brown Rice)

When polished white rice is soaked in water for a period of time, it decays, but Genmai (brown rice, not polished) sprouts. Genmai (brown rice) is a living food. By eating living foods, we are able to consume a storehouse of nourishment. It is the epitome of Macrobiotic.



Tamari Flavor  
60g (2.1oz)

- Ingredients:  
Brown rice\*, Tamari soy sauce\*  
[soybeans\*, water, sea salt,  
koji spores (aspergillus oryzae)],  
black sesame  
\* = organic ingredients

Nutritional Information per 100g		
Calories	393kcal	1644kJ
Total Fat	3.49g	
Saturated Fat	0.64g	
Cholesterol	<5mg	
Total Carbohydrate	80.74g	
Dietary Fiber	4.2g	
Sugars	1.1g	
Protein	9.56g	
Sodium	540mg	
Calcium	50mg	
Iron	1.5mg	
Vitamin A	<50IU	
Vitamin C	<0.1mg	



Lightly Salted  
60g (2.1oz)

- Ingredients:  
Brown rice\*, Black sesame\*,  
Olive oil\*, Sea salt  
\* = organic ingredients

Nutritional Information per 100g		
Calories	408kcal	1707kJ
Total Fat	5.24g	
Saturated Fat	0.92g	
Cholesterol	<5mg	
Total Carbohydrate	82.42g	
Dietary Fiber	4.1g	
Sugars	1.0g	
Protein	7.82g	
Sodium	390mg	
Calcium	45mg	
Iron	1.1mg	
Vitamin A	<50IU	
Vitamin C	<0.1mg	



Black Sesame  
60g (2.1oz)

- Ingredients:  
Brown rice\*, Black sesame\*,  
Tamari soy sauce\* [soybeans\*,  
water, sea salt, koji spores  
(aspergillus oryzae)]  
\* = organic ingredients

Nutritional Information per 100g		
Calories	440kcal	1841kJ
Total Fat	13.93g	
Saturated Fat	2.63g	
Cholesterol	<5mg	
Total Carbohydrate	64.96g	
Dietary Fiber	11.4g	
Sugars	0.8g	
Protein	13.73g	
Sodium	550mg	
Calcium	304mg	
Iron	2.7mg	
Vitamin A	<50IU	
Vitamin C	<0.1mg	



### Manufacturer: Arimoto Co., Ltd.

We, Arimoto Company, are committed to people's health and happiness through harmony with Mother Nature. We take pride in utilizing brown rice's nutritional value in the form of various Genmai (brown rice) Crackers. Our mission is to do business by showing our love of nature, by admiring nature's rich providence, and by serving society.

Muso Co., Ltd.  
3-7-22 Nishitenma, Kita-ku, Osaka 530-0047 Japan  
<http://www.muso-intl.com> [info@muso-intl.co.jp](mailto:info@muso-intl.co.jp)



From  Japan