



**SHELF LIFE: 180 DAYS (6 MONTHS) FROM DATE OF MANUFACTURING**

**CONTACT:** [sales@elmhurstmilked.com](mailto:sales@elmhurstmilked.com)  
**LEARN MORE:** [www.elmhurst1925.com](http://www.elmhurst1925.com)





## UNSWEETENED LINE

ONLY 2 INGREDIENTS (AND ONE IS WATER) × UP TO 4X MORE NUTS PER SERVING VS. OTHER LEADING NUT MILK BRANDS



| Nutrition Facts                     |                       |
|-------------------------------------|-----------------------|
| 4 servings per container            |                       |
| <b>Serving size</b> 8 fl oz (240mL) |                       |
| <b>Amount per serving</b>           |                       |
| <b>Calories</b> 130                 |                       |
|                                     | <b>% Daily Value*</b> |
| <b>Total Fat</b> 11g                | <b>14%</b>            |
| Saturated Fat 1g                    | <b>5%</b>             |
| Trans Fat 0g                        |                       |
| <b>Cholesterol</b> 0mg              | <b>0%</b>             |
| <b>Sodium</b> 5mg                   | <b>0%</b>             |
| <b>Total Carbohydrate</b> 3g        | <b>1%</b>             |
| Dietary Fiber 0g                    | <b>0%</b>             |
| Total Sugars 1g                     |                       |
| Includes 0g Added Sugars            | <b>0%</b>             |
| <b>Protein</b> 5g                   |                       |
| Vitamin D 0mcg                      | <b>0%</b>             |
| Calcium 7mg                         | <b>0%</b>             |
| Iron 1mg                            | <b>6%</b>             |
| Potassium 160mg                     | <b>4%</b>             |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

### UNSWEETENED ALMOND MILK

**INGREDIENTS:**  
Filtered Water,  
Almonds.



ALMONDS  
WATER

18 ALMONDS / GLASS  
5G PROTEIN  
2 INGREDIENTS

>

LEADING  
ALMOND  
MILK

GUMS  
FILLERS

4 ALMONDS / GLASS  
<1G PROTEIN  
11+ INGREDIENTS

SEE BACK FOR HOW WE COMPARE >



| Nutrition Facts                     |                       |
|-------------------------------------|-----------------------|
| 4 servings per container            |                       |
| <b>Serving size</b> 8 fl oz (240mL) |                       |
| <b>Amount per serving</b>           |                       |
| <b>Calories</b> 80                  |                       |
|                                     | <b>% Daily Value*</b> |
| <b>Total Fat</b> 1.5g               | <b>2%</b>             |
| Saturated Fat 0g                    | <b>0%</b>             |
| Trans Fat 0g                        |                       |
| <b>Cholesterol</b> 0mg              | <b>0%</b>             |
| <b>Sodium</b> 120mg                 | <b>5%</b>             |
| <b>Total Carbohydrate</b> 14g       | <b>5%</b>             |
| Dietary Fiber 2g                    | <b>7%</b>             |
| Total Sugars 1g                     |                       |
| Includes 0g Added Sugars            | <b>0%</b>             |
| <b>Protein</b> 4g                   |                       |
| Vitamin D 0mcg                      | <b>0%</b>             |
| Calcium 18mg                        | <b>2%</b>             |
| Iron 1mg                            | <b>6%</b>             |
| Potassium 94mg                      | <b>2%</b>             |

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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

### UNSWEETENED OAT MILK

**INGREDIENTS:**  
Filtered Water,  
Whole Grain Oats, Salt.



| Nutrition Facts                     |                       |
|-------------------------------------|-----------------------|
| 4 servings per container            |                       |
| <b>Serving size</b> 8 fl oz (240mL) |                       |
| <b>Amount per serving</b>           |                       |
| <b>Calories</b> 130                 |                       |
|                                     | <b>% Daily Value*</b> |
| <b>Total Fat</b> 10g                | <b>13%</b>            |
| Saturated Fat 1.5g                  | <b>8%</b>             |
| Trans Fat 0g                        |                       |
| <b>Cholesterol</b> 0mg              | <b>0%</b>             |
| <b>Sodium</b> 10mg                  | <b>0%</b>             |
| <b>Total Carbohydrate</b> 7g        | <b>3%</b>             |
| Dietary Fiber 0g                    | <b>0%</b>             |
| Total Sugars 1g                     |                       |
| Includes 0g Added Sugars            | <b>0%</b>             |
| <b>Protein</b> 4g                   |                       |
| Vitamin D 0mcg                      | <b>0%</b>             |
| Calcium 15mg                        | <b>2%</b>             |
| Iron 1mg                            | <b>6%</b>             |
| Potassium 145mg                     | <b>4%</b>             |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

### UNSWEETENED CASHEW MILK

**INGREDIENTS:**  
Filtered Water,  
Cashews.



| Nutrition Facts                     |                       |
|-------------------------------------|-----------------------|
| 4 servings per container            |                       |
| <b>Serving size</b> 8 fl oz (240mL) |                       |
| <b>Amount per serving</b>           |                       |
| <b>Calories</b> 120                 |                       |
|                                     | <b>% Daily Value*</b> |
| <b>Total Fat</b> 11g                | <b>14%</b>            |
| Saturated Fat 1g                    | <b>5%</b>             |
| Trans Fat 0g                        |                       |
| Polyunsaturated Fat 4g              |                       |
| Monounsaturated Fat 6g              |                       |
| <b>Cholesterol</b> 0mg              | <b>0%</b>             |
| <b>Sodium</b> 5mg                   | <b>0%</b>             |
| <b>Total Carbohydrate</b> 1g        | <b>0%</b>             |
| Dietary Fiber 0g                    | <b>0%</b>             |
| Total Sugars 0g                     |                       |
| Includes 0g Added Sugars            | <b>0%</b>             |
| <b>Protein</b> 3g                   |                       |
| Vitamin D 0mcg                      | <b>0%</b>             |
| Calcium 24mg                        | <b>2%</b>             |
| Iron 0mg                            | <b>0%</b>             |
| Potassium 77mg                      | <b>2%</b>             |

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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

### UNSWEETENED WALNUT MILK

**INGREDIENTS:**  
Filtered Water,  
Walnuts.



| Nutrition Facts                     |                       |
|-------------------------------------|-----------------------|
| 4 servings per container            |                       |
| <b>Serving size</b> 8 fl oz (240mL) |                       |
| <b>Amount per serving</b>           |                       |
| <b>Calories</b> 90                  |                       |
|                                     | <b>% Daily Value*</b> |
| <b>Total Fat</b> 9g                 | <b>12%</b>            |
| Saturated Fat 0.5g                  | <b>3%</b>             |
| Trans Fat 0g                        |                       |
| <b>Cholesterol</b> 0mg              | <b>0%</b>             |
| <b>Sodium</b> 5mg                   | <b>0%</b>             |
| <b>Total Carbohydrate</b> 1g        | <b>0%</b>             |
| Dietary Fiber 0g                    | <b>0%</b>             |
| Total Sugars 0g                     |                       |
| Includes 0g Added Sugars            | <b>0%</b>             |
| <b>Protein</b> 2g                   |                       |
| Vitamin D 0mcg                      | <b>0%</b>             |
| Calcium 24mg                        | <b>2%</b>             |
| Iron 1mg                            | <b>6%</b>             |
| Potassium 105mg                     | <b>2%</b>             |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

### UNSWEETENED HAZELNUT MILK

**INGREDIENTS:**  
Filtered Water,  
Hazelnuts.



FLAVORED PLANT MILKS

6 OR LESS SIMPLE INGREDIENTS × NO ADDED GUMS / OILS / PRESERVATIVES / FILLERS × MADE FROM REAL, RAW INGREDIENTS



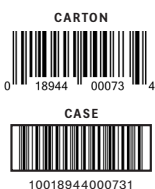
| Nutrition Facts                     |                |
|-------------------------------------|----------------|
| 4 servings per container            |                |
| <b>Serving size</b> 8 fl oz (240mL) |                |
| <b>Amount per serving</b>           |                |
| <b>Calories</b> <b>110</b>          |                |
|                                     | % Daily Value* |
| <b>Total Fat</b> 2g                 | <b>3%</b>      |
| Saturated Fat 0.5g                  | <b>3%</b>      |
| Trans Fat 0g                        |                |
| <b>Cholesterol</b> 0mg              | <b>0%</b>      |
| <b>Sodium</b> 125mg                 | <b>5%</b>      |
| <b>Total Carbohydrate</b> 19g       | <b>7%</b>      |
| Dietary Fiber 3g                    | <b>11%</b>     |
| Total Sugars 4g                     |                |
| Includes 4g Added Sugars            | <b>8%</b>      |
| <b>Protein</b> 3g                   |                |
| Vitamin D 0mcg                      | 0%             |
| Calcium 19mg                        | 2%             |
| Iron 1mg                            | 6%             |
| Potassium 229mg                     | 4%             |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**CHOCOLATE OAT MILK**

**INGREDIENTS:**  
Filtered Water, Whole Grain Oats, Cane Sugar, Cocoa (Dutch Processed), Natural Flavors, Salt.



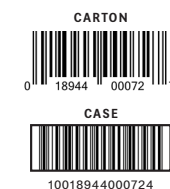
| Nutrition Facts                     |                |
|-------------------------------------|----------------|
| 4 servings per container            |                |
| <b>Serving size</b> 8 fl oz (240mL) |                |
| <b>Amount per serving</b>           |                |
| <b>Calories</b> <b>100</b>          |                |
|                                     | % Daily Value* |
| <b>Total Fat</b> 4.5g               | <b>6%</b>      |
| Saturated Fat 0.5g                  | <b>3%</b>      |
| Trans Fat 0g                        |                |
| Monounsaturated Fat 3g              |                |
| Polyunsaturated Fat 1g              |                |
| <b>Cholesterol</b> 0mg              | <b>0%</b>      |
| <b>Sodium</b> 55mg                  | <b>2%</b>      |
| <b>Total Carbohydrate</b> 13g       | <b>5%</b>      |
| Dietary Fiber 2g                    | <b>7%</b>      |
| Total Sugars 3g                     |                |
| Includes 2g Added Sugars            | <b>4%</b>      |
| <b>Protein</b> 2g                   |                |
| Vitamin D 0mcg                      | 0%             |
| Calcium 19mg                        | 2%             |
| Iron 1mg                            | 6%             |
| Potassium 122mg                     | 2%             |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**VANILLA HEMP MILK**

**INGREDIENTS:**  
Hemp Cream (Filtered Water, Hemp Seeds), Whole Grain Oats, Cane Sugar, Salt, Natural Flavors.



ORIGINAL PLANT MILKS

5 SIMPLE INGREDIENTS × NO ADDED GUMS / OILS / PRESERVATIVES / FILLERS × MADE FROM REAL, RAW INGREDIENTS



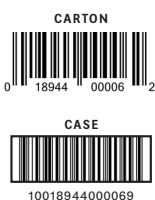
| Nutrition Facts                     |                |
|-------------------------------------|----------------|
| 4 servings per container            |                |
| <b>Serving size</b> 8 fl oz (240mL) |                |
| <b>Amount per serving</b>           |                |
| <b>Calories</b> <b>130</b>          |                |
|                                     | % Daily Value* |
| <b>Total Fat</b> 10g                | <b>13%</b>     |
| Saturated Fat 1.5g                  | <b>8%</b>      |
| Trans Fat 0g                        |                |
| <b>Cholesterol</b> 0mg              | <b>0%</b>      |
| <b>Sodium</b> 55mg                  | <b>4%</b>      |
| <b>Total Carbohydrate</b> 8g        | <b>3%</b>      |
| Dietary Fiber 0g                    | <b>0%</b>      |
| Total Sugars 2g                     |                |
| Includes 1g Added Sugars            | <b>2%</b>      |
| <b>Protein</b> 4g                   |                |
| Vitamin D 0mcg                      | 0%             |
| Calcium 15mg                        | 2%             |
| Iron 1mg                            | 6%             |
| Potassium 150mg                     | 4%             |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**ORIGINAL CASHEW MILK**

**INGREDIENTS:**  
Filtered Water, Cashews, Cane Sugar, Salt, Natural Flavors.



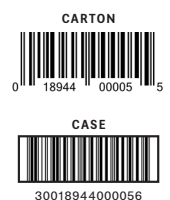
| Nutrition Facts                     |                |
|-------------------------------------|----------------|
| 4 servings per container            |                |
| <b>Serving size</b> 8 fl oz (240mL) |                |
| <b>Amount per serving</b>           |                |
| <b>Calories</b> <b>100</b>          |                |
|                                     | % Daily Value* |
| <b>Total Fat</b> 1.5g               | <b>2%</b>      |
| Saturated Fat 0g                    | <b>0%</b>      |
| Trans Fat 0g                        |                |
| <b>Cholesterol</b> 0mg              | <b>0%</b>      |
| <b>Sodium</b> 120mg                 | <b>5%</b>      |
| <b>Total Carbohydrate</b> 18g       | <b>7%</b>      |
| Dietary Fiber 2g                    | <b>7%</b>      |
| Total Sugars 5g                     |                |
| Includes 4g Added Sugars            | <b>8%</b>      |
| <b>Protein</b> 4g                   |                |
| Vitamin D 0mcg                      | 0%             |
| Calcium 18mg                        | 2%             |
| Iron 1mg                            | 6%             |
| Potassium 95mg                      | 2%             |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**ORIGINAL OAT MILK**

**INGREDIENTS:**  
Filtered Water, Whole Grain Oats, Cane Sugar, Salt, Natural Flavors.



## COMPARE UNSWEETENED ALMOND MILK

|               | ELMHURST®<br>UNSWEETENED<br>ALMOND MILK | CALIFIA®<br>UNSWEETENED<br>ALMOND MILK | SILK®<br>UNSWEETENED<br>ALMOND MILK | ALMOND BREEZE®<br>UNSWEETENED<br>ALMOND MILK | PACIFIC®<br>UNSWEETENED<br>ALMOND MILK |
|---------------|-----------------------------------------|----------------------------------------|-------------------------------------|----------------------------------------------|----------------------------------------|
| # INGREDIENTS | 2                                       | 9                                      | 12                                  | 11                                           | 9                                      |
| # ALMONDS*    | 19                                      | 4                                      | <4                                  | 4                                            | 4                                      |
| PROTEIN*      | 5g                                      | 1g                                     | <1g                                 | 1g                                           | 1g                                     |
| ADDED SUGAR*  | 0g                                      | 0g                                     | 0g                                  | 0g                                           | 0g                                     |
| SODIUM*       | 5mg                                     | 160mg                                  | 130mg                               | 170mg                                        | 180mg                                  |
| GUMS          | NONE                                    | Locust Bean,<br>Gellan & Lecithin      | Locust Bean,<br>Gellan & Lecithin   | Lecithin &<br>Gellan Gum                     | Lecithin &<br>Gellan Gum               |

\*Per 8 fl oz serving



**5G PROTEIN  
PER SERVING**

**ONLY 2  
INGREDIENTS**

**SHELF-STABLE**

**NON-GMO**

## COMPARE ORIGINAL OAT MILK

|                      | ELMHURST®<br>ORIGINAL<br>OAT MILK | OATLY®<br>ORIGINAL<br>OAT MILK | CALIFIA®<br>UNSWEETENED<br>OAT MILK | SILK®<br>ORIGINAL<br>OAT MILK | PLANET OAT®<br>ORIGINAL<br>OAT MILK |
|----------------------|-----------------------------------|--------------------------------|-------------------------------------|-------------------------------|-------------------------------------|
| # INGREDIENTS        | 5                                 | 12                             | 7                                   | 15                            | 10                                  |
| TOTAL FAT*           | 1.5g                              | 5g                             | 7g                                  | 3g                            | 1.5g                                |
| SATURATED FAT*       | 0g                                | 0.5g                           | 1g                                  | 0g                            | 0g                                  |
| PROTEIN*             | 4g                                | 3g                             | 2g                                  | 2g                            | 2g                                  |
| FIBER*               | 2g                                | 2g                             | 1g                                  | 1g                            | 2g                                  |
| WHOLE GRAIN<br>STAMP | ✓                                 |                                |                                     |                               |                                     |
| GUMS                 | NONE                              | NONE                           | NONE                                | Locust Bean &<br>Gellan Gum   | Gellan Gum                          |
| ADDED OILS           | NONE                              | Rapeseed Oil                   | Sunflower Oil                       | Sunflower Oil                 | NONE                                |

\*Per 8 fl oz serving



**NO ADDED  
GUMS/OILS**

**ONLY 5  
INGREDIENTS**

**SHELF-STABLE**

**NON-GMO**

## COMPARE CHOCOLATE OAT MILK

|                      | ELMHURST®<br>CHOCOLATE<br>OAT MILK | OATLY®<br>CHOCOLATE<br>OAT MILK | SILK®<br>CHOCOLATE<br>OAT MILK    | PLANET OAT®<br>CHOCOLATE<br>OAT MILK | HAPPY PLANET®<br>CHOCOLATE<br>OAT MILK |
|----------------------|------------------------------------|---------------------------------|-----------------------------------|--------------------------------------|----------------------------------------|
| # INGREDIENTS        | 6                                  | 14                              | 17                                | 13                                   | 14                                     |
| TOTAL FAT*           | 2g                                 | 3.5g                            | 3g                                | 2g                                   | 3g                                     |
| CALORIES*            | 110                                | 150                             | 120                               | 140                                  | 140                                    |
| SUGAR*               | 4g                                 | 16g                             | 13g                               | 12g                                  | 13g                                    |
| CARBS*               | 19g                                | 24g                             | 22g                               | 31g                                  | 25g                                    |
| FIBER*               | 3g                                 | 3g                              | 2g                                | 3g                                   | 2g                                     |
| WHOLE GRAIN<br>STAMP | ✓                                  |                                 |                                   |                                      |                                        |
| GUMS                 | NONE                               | NONE                            | Locust Bean,<br>Gellan & Lecithin | Gellan Gum                           | Gellan Gum                             |
| ADDED OILS           | NONE                               | Rapeseed Oil                    | Sunflower Oil                     | NONE                                 | Sunflower Oil                          |

\*Per 8 fl oz serving



**2/3 LESS  
SUGAR**

**ONLY 6  
INGREDIENTS**

**LOWEST  
CALORIES**

**NON-GMO**