

173mm

117.5mm

**The Story of Miso-Cup®**

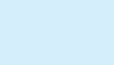
Miso (pronounced mee-so) has deliciously nourished the Asian people for thousands of years. Originally reserved exclusively for nobility, miso was later shared more widely, and became a valued staple in kitchens throughout the Orient. \* Recently discovered in the West, miso soup is now enjoyed worldwide, thanks to its wonderful flavor and unique nutritional profile.

To make **Reduced Sodium Miso-Cup®**, our miso craftsmen age certified organic soybeans and organic rice with a special starter culture. Sea salt is used to regulate this natural aging process. Next, we freeze-dry the fresh unpasteurized miso to retain its maximum benefits. We add select natural ingredients including organic tofu (another great soyfood) to make Reduced Sodium Miso-Cup® complete.

Much like yogurt, miso is considered to be a living food. That is why Edward & Sons takes extra care to use costly freeze-drying methods that maintain, as much as possible, the naturally occurring living cultures for which fresh miso is prized. Miso-Cup® is a vegan soyfood, boasting a rich, satisfying flavor that easily replaces meat or poultry as the foundation for soups, stews, or gravies. It is a natural source of isoflavones and contains no cholesterol or trans fat.

Like all Edward & Sons products, Miso-Cup® offers discerning consumers true "Convenience Without Compromise!"® Perhaps the first "convenience health food", Miso-Cup® has been nourishing people on the go since 1978, and has become internationally famous as America's leading natural instant soup.

\*SOURCE: THE BOOK OF MISO, by W. Shurtleff & A. Aoyagi, 10 Speed Press. For more information, contact: Soyinfo Center, Box 234, Lafayette, CA 94549 www.soyinfocenter.com



Edward & Sons offsets our carbon footprint with Carbonfund.org



**Miso-Cup® Instant Soup Directions:**  
Add the contents of one envelope to 8 oz. of hot water. Stir. Enjoy!

Hint: When preparing at home, you may use leftover water from steamed vegetables for added flavor and nutritional content.

**Ingredients:** Freeze-dried Organic Miso (Organic Soybeans, Cultured Organic Rice, Sea Salt), Freeze-dried Organic Tofu (Water, Organic Soybeans, Calcium Sulfate, Nigari [Magnesium Chloride]), Organic Onion Powder, Yeast Extract, Organic Onions, Mushrooms, Mushroom Powder, Organic Parsley, Green Onions.

Allergy information - contains soy

Certified organic by QAI  
Certifié biologique par QAI  
Dist. by/par Edward & Sons Trading Co., Inc.  
P.O. Box 1326  
Edward & Sons Carpinteria, CA 93014 USA  
[www.edwardandsons.com](http://www.edwardandsons.com)

This soup mix contains 68% less sodium per serving than the average of the leading brands of instant miso soup. Please contact Edward & Sons for more details regarding this comparison.

If you have food sensitivities, please contact us for additional information and consult your physician to be sure this product meets your dietary guidelines.

**Nutrition Facts**

Serving Size 1 envelope (7.2g)  
Servings Per Container about 4

Amount Per Serving	
<b>Calories</b> 25	Calories from fat 5
%Daily Value*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 270mg	11%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber <1g	3%
Sugars <1g	
<b>Protein</b> 2g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 4%

**Ingredients:** Miso séché-à-froid\* (fèves de soya\*, riz de culture\*, sel de mer), tofu séché-à-froid\* (eau, fèves de soya\*, sulfate de calcium, nigari [chlorure de magnésium]), poudre d'oignons\*, extrait de levure, oignons\*, champignons (morceaux et poudre), persil\*, oignons verts.

Allergène: contient soya. \*Biologique

**PRODUIT DES E.U.**  
**PRODUCT OF USA**

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attractive Miso-Cup Soup mug (a \$6.95 value), for only \$3.99. Please send a check in the amount of \$3.99 to Miso-Cup Soup Mug Offer, P.O. Box 1326, Carpinteria CA 93014. We will send you an attractive Miso-Cup mug for your very own. All proceeds from this offer will be donated to non-profit reforestation agencies to help balance depleted woodland resources.

Many quick soups are packaged along with disposable cups. This can waste trees and petroleum resources, thereby adding to the financial and ecological cost of those soups. Edward & Sons encourages you to use your own favorite cup in order to preserve our precious resources, or you may want to enjoy one of ours. While quantities last, you may purchase an

**SPECIAL OFFER!**

NET WT / POIDS NET 1 OZ 29g

Delicious Soup in Seconds!™



serving suggestion



68%  
Less  
Sodium  
see back panel  
for nutrition  
information\*\*

FREEZE-DRIED  
INSTANT  
Just Add  
Hot Water!

**MISO-CUP®**  
REDUCED SODIUM SOUP\*\*

“THE  
ORIGINAL”



Four Single  
Serving  
Envelopes

MADE WITH  
ORGANIC  
MISO

NATURAL/INSTANT  
**MISO-CUP®** REDUCED SODIUM SOUP\*\*  
VALEUR RÉDUIT EN SODIUM\*\*

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VALEUR RÉDUIT EN SODIUM\*\*

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**MISO-CUP®**  
REDUCED SODIUM SOUP\*\*  
VALEUR RÉDUIT EN SODIUM\*\*

