



**BeneGrain**®

**Whole Grains Transformed**

**Better whole wheat  
begins with superior  
grain.**

***There's sprouted, and then there's BeneGrain®***

*Better, because unlike other sprouted wheat, BeneGrain® begins with exceptional, identity preserved varieties of hard red spring wheat that are especially suited to our sprouting process. Better, because all our red spring wheat is sprouted by trusted Bay State Milling partners providing the scale and availability to support your needs. Better, because our in-process monitoring systems ensure you always get the utmost in quality and performance.*

*Perhaps the best news of all? BeneGrain® not only captures nutrients at their peak concentration and bioavailability, it does it all deliciously. And you can use it in much the same way, and in many of the same products, as conventional wheat flour.*



**Whole Grains Transformed**

### Better performance

BeneGrain® Sprouted Whole Wheat Flour starts with thoroughly tested and selected varieties of hard red wheat that are well suited for our sprouting process:

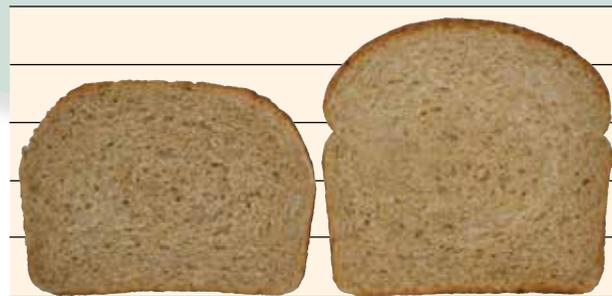
- **Better loaf volume than unsprouted whole wheat flour**
- **Enhanced grain texture and crumb**
- **Reduced need for added enzymatic dough conditioners and gluten**
- **Superior softness**
- **Improved shelf life**

BeneGrain® compared to unsprouted.  
Based on testing performed at the Rothwell GrainEssentials Center.

### Better flavor

Sprouting naturally reduces the bitterness in whole wheat. By precisely controlling the germination process and using selected wheat varieties especially suited for sprouting, we're able to maximize this effect—for a smooth, subtly sweet flavor customers love.

**The proof is in the loaf. Sprouted whole wheat flour enhances volume, grain texture and crumb when compared to conventional whole wheat flour.\***



**100% Unsprouted Whole Wheat Flour**

**100% BeneGrain® Sprouted Whole Wheat Flour**

\*Based on results from bake tests performed at the Rothwell GrainEssentials Center.

### Better nutrition

Germination is the process of converting a dormant seed to a plant by activating enzymes. These enzymes, which help make more nutrients available to the plant and to people, also make the nutrients more digestible. As a result, BeneGrain® brings key nutritional advantages to the table:

- **2.5X the enzymes of traditional flour\***
- **20% increase in minerals\***
- **40% increase in free amino acids, which help digest protein\***
- **High fiber, whole grain nutrition**

\*Based on nutritional analysis conducted by Bay State Milling.

The trend toward better-for-you sprouted products continues to grow. So why wait to learn more about the many ways BeneGrain® could be good for you and your bottom line?



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