



WHOLEGRAIN PRODUCTS

*from the manufacturer
from Altai*

TRADING AND MANUFACTURING COMPANY
OBRAZ ZHIZNI, LLC

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 [VK.COM/ALTAYECO](https://vk.com/ALTAYECO)

[LIFEWAY.SU](https://lifeway.su)

Grain is one of the most valuable gifts of the nature.

It is a storehouse of nutrients necessary for humans. We are confident in this and have been manufacturing wholegrain products for over 10 years.

Our objective is to preserve the best and pass it on to the consumer.

By careful processing, we preserve vitamins and minerals in the products, contained in the shell and germ of the grain.

This is especially essential in the age of refined products.

Life Way is a dedicated business team.

The main principle is honesty to customers, partners, and ourselves.

We manufacture natural grain products.

They are simple, healthy, and respected.

The founder and director
of OBRAZ ZHIZNI, LLC
is Roman Aleksandrovich Mishchenko.



ADVANTAGES



Altai Krai is one of the most environmentally friendly regions of the country. This is the place where our production is located.



The basis of the assortment are underlying grocery products. This ensures a great demand. There are also unique developments with rare seeds and sprouted grains.



All products are wholegrain - this is the main advantage and difference of our products on the shelf.



Altai Krai is one of the most environmentally friendly regions of the country. This is the place where our production is located.



The brand "Obraz zhizni Altaya" (Altai Life Way) is recognizable and highly-demanded in the market more than 10 years.



Any volumes to suit the needs of different clients, both large chains and small online stores.



Private label projects - in addition to our own brands, we make similar products within the framework of private label projects. Our customers are VkusVill and others.



We ship orders from warehouses in Moscow and Barnaul.



CHOPPED WHOLEGRAIN CEREALS IN BOIL-IN-BAGS

WHOLE GRAIN

Valuable parts of the grain are preserved: the shell and the germ.

RICH TASTE

Chopped grain preserves all the taste features of the grain crop.

TIME SAVING

Quick and easy cooking in boil-in-bags.



CHOPPED BROWN RICE
in boil-in-bags
350 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	16 pieces



CHOPPED NAKED OATS
in boil-in-bags
350 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	16 pieces



CHOPPED SPELT
in boil-in-bags
350 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	16 pieces



GREEN BUCKWHEAT
in boil-in-bags
350 g

shelf life:	kind of packaging:	group packaging:
20 months	carton	16 pieces

WHOLEGRAIN PORRIDGES



WHOLEGRAIN OATMEAL PORRIDGE
500 g

shelf life:	kind of packaging:	group packaging:
12 months	paper bag	10 pieces



WHOLEGRAIN SPELT PORRIDGE
500 g

shelf life:	kind of packaging:	group packaging:
12 months	paper bag	10 pieces

THE ASSORTMENT IS PRESENTED
IN A 5 KG PACKAGING



NET WEIGHT: 5 KG

KIND OF PACKAGING:
WOVEN POLYPROPYLENE BAG

GROUP PACKAGING:
1
PIECE



MIX OF WHOLE GRAINS AND RARE SEEDS

DIET VARIETY

Suitable for morning porridge or a tasty nutritious side dish for every day.

UNIQUE INGREDIENTS

Amaranth, alfalfa and quinoa seeds are a source of rare valuable substances in the diet.

QUICK AND EASY TO COOK

5 boil-in-bags of 70 g each - easy to choose the amount for cooking for any family.



SLIMNESS

Ingredients: naked oats, green buckwheat, alfalfa.

350 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	16 pieces



LIGHTNESS

Ingredients: naked oats, amaranth.

350 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	16 pieces



IMMUNITY

Ingredients: amaranth, spelt.

350 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	16 pieces



ACTIVITY

Ingredients: naked oats, chopped spelt, quinoa.

350 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	16 pieces



STRENGTH

Ingredients: green buckwheat, brown buckwheat.

350 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	16 pieces



BALANCE

Ingredients: naked oats, wheat, barley, rye.

350 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	16 pieces



TONUS

Ingredients: chopped spelt, quinoa.

350 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	16 pieces



INTELLIGENCE

Ingredients: naked oats, amaranth, spelt.

350 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	16 pieces



YOUTH

Ingredients: naked oats, brown rice, amaranth.

350 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	16 pieces

WHOLEGRAIN BREAKFAST CEREALS

FOR THE WHOLE FAMILY

Free of sugar,
dyes or flavorings.

QUICK BREAKFAST

Cooked in 7 to 15 minutes.

PRESERVED BENEFITS

Due to gentle drying of vegetables,
berries and fruits.



KIDS STRENGTH

in boil-in-bags

Ingredients: chopped barley (barley semolina),
dried apple, freeze-dried blueberry.

250 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	8 pieces



KIDS INTELLIGENCE

in boil-in-bags

Ingredients: chopped spelt (spelt semolina),
dried apple, freeze-dried pumpkin.

250 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	8 pieces



KIDS IMMUNITY

in boil-in-bags

Ingredients: chopped spelt (spelt semolina),
chopped brown rice (rice semolina),
dried apple, freeze-dried black currant.

250 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	8 pieces



KIDS ACTIVITY

in boil-in-bags

Ingredients: green buckwheat, brown
buckwheat, freeze-dried pumpkin,
dried carrots, dried zucchini.

250 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	8 pieces





WHOLEGRAIN SIDE DISHES

MADE FROM WHOLE GRAIN

*Source of fiber
and slow carbohydrates.*

SELLING DESIGN

*The package communicates
with the consumer.*

SUITABLE FOR CHILDREN

*Natural vegetables and greens,
without hot spices.*



**GREEN LENTILS
WITH SPELT
AND VEGETABLES**
in boil-in-bags

300 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	6 pieces



**GREEN BUCKWHEAT
WITH MUSHROOMS
AND VEGETABLES**
in boil-in-bags

300 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	6 pieces



**GREEN BUCKWHEAT
WITH FLAX SEEDS,
PUMPKIN AND VEGETABLES**
in boil-in-bags

300 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	6 pieces



**BROWN RICE
WITH VEGETABLES**
in boil-in-bags

300 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	6 pieces



**SPELT WITH QUINOA
AND VEGETABLES**
in boil-in-bags

300 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	6 pieces



**SPELT WITH MUSHROOMS
AND VEGETABLES**
in boil-in-bags

300 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	6 pieces

PROPER SIDE DISHES

MORE BENEFITS IN A FAMILIAR TASTE

Green and brown buckwheat especially for those who want to add benefits to their diet.

IT COOKS FASTER

Spelt with mushrooms is now made from chopped grain, which reduces the cooking time.

THE TASTE THAT HAS BEEN LONG AWAITED

The unusual combination of barley with natural vegetables will allow nobody to stay indifferent.



GREEN AND BROWN BUCKWHEAT WITH ZUCCHINI

in boil-in-bags

300 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	6 pieces



CHOPPED SPELT WITH ZUCCHINI AND MUSHROOMS

in boil-in-bags

300 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	6 pieces



BARLEY WITH MUSHROOMS AND SEMI DRIED TOMATOES

in boil-in-bags

300 g

shelf life:	kind of packaging:	group packaging:
12 months	carton	6 pieces

WHOLEGRAIN CEREAL SOUPS

WHOLE GRAINS AND VEGETABLES

A source of "slow" carbohydrates and fiber.

EASY TO COOK

All the necessary ingredients are inside, just add a broth.

SUITABLE FOR CHILDREN

Free of dyes, flavorings, GMOs or hot spices.



SPELT SOUP WITH MUSHROOMS AND VEGETABLES

180 g

shelf life:	kind of packaging:	group packaging:
12 months	film bag	10 pieces



SPELT SOUP WITH QUINOA AND VEGETABLES

180 g

shelf life:	kind of packaging:	group packaging:
12 months	film bag	10 pieces



BARLEY SOUP WITH TOMATOES AND HERBS

180 g

shelf life:	kind of packaging:	group packaging:
12 months	film bag	10 pieces



GREEN AND BROWN BUCKWHEAT SOUP

180 g

shelf life:	kind of packaging:	group packaging:
12 months	film bag	10 pieces



A SOURCE
OF DIETARY FIBERS



WHOLEGRAIN
CEREALS



FOR CHILDREN
AND ADULTS



FREE OF HOT SPICES



SALT FREE



SOURCE OF VITAMI



1 BAG - 1 SERVING



SPROUTED SPELT MUESLI GLAZED WITH APPLE JUICE

THE BASE ARE SPROUTED SPELT FLAKES

The process of sprouting the grain increases its vitamin content and neutralizes substances that interfere with digestion.

NO SUGAR ADDED

Flakes glazed with natural apple juice attain sweetness, pleasant taste and aroma.

UNIVERSAL ASSORTMENT

The line includes classic and original combinations of flavors. The assortment is designed for maximum audience reach.



MUESLI WITH LEMON AND STRAWBERRIES

made from sprouted spelt
glazed with apple juice

220 g

shelf life:	kind of packaging:	group packaging:
10 months	carton	6 pieces



MUESLI WITH CARROTS AND PUMPKIN

made from sprouted spelt
glazed with apple juice

220 g

shelf life:	kind of packaging:	group packaging:
10 months	carton	6 pieces



MUESLI WITH APPLE AND SEA BUCKTHORN

made from sprouted spelt
glazed with apple juice

220 g

shelf life:	kind of packaging:	group packaging:
10 months	carton	6 pieces

*Muesli
contains only
natural ingredients.*





INSTANT SPROUTED GRAIN FLAKES

MAXIMUM BENEFIT

Flakes are made from sprouted grain, in which the shell and the germ are preserved.

FOR PROPER NUTRITION

Flakes contain valuable dietary fibers. The product is the premier choice for dietary nutrition.

VARIOUS APPLICATION

Use as a complete breakfast, lunch, or as a topping for desserts, smoothies and baked goods.



BUCKWHEAT FLAKES

from sprouted grain

250 g

shelf life:	kind of packaging:	group packaging:
12 months	film bag carton	14 pieces



LENTIL FLAKES

from sprouted grain

250 g

shelf life:	kind of packaging:	group packaging:
12 months	film bag carton	14 pieces



SPELT FLAKES

from sprouted grain

250 g

shelf life:	kind of packaging:	group packaging:
12 months	film bag carton	14 pieces

FLAKES ARE PRESENTED IN A 1 KG PAPER PACKAGE

	NET WEIGHT
	1 KG
	KIND OF PACKAGING
PAPER BAG	
GROUP PACKAGING	
5 PIECES	



WHOLE GRAIN FLOUR

FROM WHOLE GRAIN

Flour contains the shell (bran) and the germ, therefore it preserves all the useful substances of the grain.

UNIVERSAL PRODUCT

Premier choice for baking, desserts, soups, smoothies, gravies, etc.

RICH TASTE

Whole grain flour has a pronounced flavor of the original grain due to the preservation of the shell.



GREEN BUCKWHEAT FLOUR

whole grain

500 g

shelf life:	kind of packaging:	group packaging:
12 months	paper bag	12 pieces



OAT FLOUR

whole grain

500 g

shelf life:	kind of packaging:	group packaging:
10 months	paper bag	12 pieces



CORN FLOUR

whole grain

500 g

shelf life:	kind of packaging:	group packaging:
12 months	paper bag	12 pieces



WHEAT FLOUR

whole grain

500 g

shelf life:	kind of packaging:	group packaging:
12 months	paper bag	12 pieces



RYE FLOUR

whole grain

500 g

shelf life:	kind of packaging:	group packaging:
12 months	paper bag	12 pieces



SPELT FLOUR

whole grain

500 g

shelf life:	kind of packaging:	group packaging:
12 months	paper bag	12 pieces



RICE FLOUR

500 g

shelf life: 16 months
kind of packaging: paper bag
group packaging: 12 pieces



BROWN RICE FLOUR

whole grain

500 g

shelf life: 12 months
kind of packaging: paper bag
group packaging: 12 pieces



PEA FLOUR

500 g

shelf life: 10 months
kind of packaging: paper bag
group packaging: 12 pieces



FLAXSEED FLOUR

500 g

shelf life: 10 months
kind of packaging: paper bag
group packaging: 12 pieces



RARE SEED FLOUR



LEGUME FLOUR



FOR GLUTEN-FREE DIET*

**Not suitable for people with celiac disease.*



GRAM FLOUR

whole grain

500 g

shelf life: 12 months
kind of packaging: paper bag
group packaging: 12 pieces



AMARANTH FLOUR

500 g

shelf life: 10 months
kind of packaging: paper bag
group packaging: 12 pieces



HEMP FLOUR

500 g

shelf life: 10 months
kind of packaging: paper bag
group packaging: 12 pieces




WHITE FLAXSEED FLOUR

500 g


shelf life: 10 months
kind of packaging: paper bag
group packaging: 12 pieces



THE ASSORTMENT IS PRESENTED IN A 1,5 KG PAPER PACKAGE

	NET WEIGHT	KIND OF PACKAGING	GROUP PACKAGING
	1,5 KG	PAPER BAG	5 PIECES

THE ASSORTMENT IS PRESENTED IN A 5 KG PACKAGING

	NET WEIGHT	KIND OF PACKAGING	GROUP PACKAGING
	5 KG	WOVEN POLYPROPYLENE BAG	1 PIECE



FLOUR — “FIRE”

TOP SALES
6 best-selling types of flour.

A FAVOURABLE PRICE
High quality product
in a low-cost packaging.

A SOURCE OF FIBER
Improves and cleanses the body.



RICE FLOUR

500 g

shelf life:	kind of packaging:	group packaging:
16 months	paper bag	6 pieces



GREEN BUCKWHEAT FLOUR WHOLE GRAIN

500 g

shelf life:	kind of packaging:	group packaging:
12 months	paper bag	6 pieces



CORN FLOUR WHOLE GRAIN

500 g

shelf life:	kind of packaging:	group packaging:
12 months	paper bag	6 pieces



OAT FLOUR WHOLE GRAIN

400 g

shelf life:	kind of packaging:	group packaging:
10 months	paper bag	6 pieces



RYE FLOUR WHOLE GRAIN

500 g

shelf life:	kind of packaging:	group packaging:
12 months	paper bag	6 pieces



SPELT FLOUR WHOLE GRAIN

500 g

shelf life:	kind of packaging:	group packaging:
12 months	paper bag	6 pieces



WHOLEGRAIN BREAD BAKING MIXES

BAKED WITHOUT YEAST

Contains psyllium, which provides the baked goods with fluffiness.

EASY AND SIMPLE

Just add water to the mixture to get a non-sticky dough.

A SENSE OF FULLNESS FOR A LONG TIME.

It consists of 90% whole grain flour, psyllium, grains and seeds.



BAKING MIX WITH FLAX AND SUNFLOWER SEEDS

Ingredients: whole grain flour, whole spelt flour, psyllium (plantain husk), corn flour, naked oats, dark flax seeds, peeled sunflower seeds, whole green buckwheat flour, whole oat flour, dried ground garlic, edible salt.

250 g

shelf life:	kind of packaging:	group packaging:
10 months	film bag, carton	8 pieces



BAKING MIX WITH FLAXSEED, RICE FLOUR AND GREEN BUCKWHEAT.

Ingredients: flaxseed flour, rice flour, psyllium (plantain husk), green buckwheat (premium unground buckwheat groats), whole green buckwheat flour, dried ground garlic, edible salt.

250 g

shelf life:	kind of packaging:	group packaging:
10 months	film bag, carton	8 pieces

PSYLLIUM

This is fiber from plantain seeds. The product cleanses the intestines, improves digestion, reduces cholesterol levels and accelerates the removal of toxins from the body.





WHOLE GRAIN FOR HEALTHY DISHES AND SPROUTING

WIDE APPLICATION *Whole grain is an ideal choice for proper nutrition recipes and sprouting.*

HIGH QUALITY OF GRAINS *Each batch is tested for sprouting before packaging.*

MAXIMUM BENEFIT *Whole grain retains all the vitamins, as it contains the shell and the germ.*



BROWN RICE
250 g
shelf life: 12 months
kind of packaging: film bag
group packaging: 24 pieces

GREEN BUCKWHEAT
250 g / 500 g
shelf life: 20 months
kind of packaging: film bag/ carton
group packaging: 12/24 pieces

RYE
500 g
shelf life: 12 months
kind of packaging: carton
group packaging: 12 pieces



SPELT
500 g
shelf life: 12 months
kind of packaging: carton
group packaging: 12 pieces

WHEAT
500 g
shelf life: 12 months
kind of packaging: carton
group packaging: 12 pieces

SHELLED OATS
400 g
shelf life: 12 months
kind of packaging: carton
group packaging: 12 pieces

NAKED OATS
500 g
shelf life: 12 months
kind of packaging: carton
group packaging: 12 pieces

THE ASSORTMENT IS PRESENTED IN A 1 KG, 1,5 KG, 5 KG PACKAGING

	NET WEIGHT 1 KG		NET WEIGHT 1,5 KG		NET WEIGHT 5 KG
	KIND OF PACKAGING FILM BAG		KIND OF PACKAGING PAPER BAG		KIND OF PACKAGING WOVEN POLYPROPYLENE BAG
	GROUP PACKAGING 5 PIECES		GROUP PACKAGING 5 PIECES		GROUP PACKAGING 1 PIECE



SEEDS AND LEGUMES

LIVE SEEDS

Have high sprouting energy.

UNIVERSAL PRODUCT

For salads, side dishes, smoothies, added to baked goods, eaten raw, prepared as decoctions and jellies.

NORMALIZE DIGESTION

Contain dietary fibers, a large number of vitamins and microelements.



AMARANTH SEEDS

250 g

shelf life: 12 months
kind of packaging: film bag
group packaging: 24 pieces



EDIBLE HEMP SEEDS

200 g

shelf life: 12 months
kind of packaging: film bag
group packaging: 24 pieces



WHITE FLAX SEEDS

250 g

shelf life: 12 months
kind of packaging: film bag
group packaging: 24 pieces



DARK FLAX SEEDS

250 g / 500 g

shelf life: 12 months
kind of packaging: film bag / carton
group packaging: 24/12 pieces



GREEN LENTILS

250 g / 500 g

shelf life: 12 months
kind of packaging: film bag / carton
group packaging: 24/12 pieces



SUNFLOWER KERNELS

500 g

shelf life: 12 months
kind of packaging: carton
group packaging: 12 pieces



SEED MIX "TWO SESAME"

Ingredients: flaxseed, buckwheat, sesame mix, sunflower seeds

250 g

shelf life: 12 months
kind of packaging: film bag
group packaging: 14 pieces

THE ASSORTMENT IS PRESENTED IN A 1,5 KG, 5 KG PACKAGING

NET WEIGHT	1,5 KG		NET WEIGHT	5 KG	
	KIND OF PACKAGING	GROUP PACKAGING		KIND OF PACKAGING	GROUP PACKAGING
	PAPER BAG	5 PIECES		WOVEN POLYPROPYLENE BAG	1 PIECE



PASTA

MADE FROM GLUTEN-FREE INGREDIENTS

Suitable for gluten-free diet.

INCREASED BENEFITS OF A REGULAR DISH

Protein, vitamins, omega-3 and 6.

FOR DIVERSIFIED MENU

Unusual color and rich taste.



BUCKWHEAT FUSILLI PASTA
300 g

shelf life:	kind of packaging:	group packaging:
18 months	film bag	8 pieces



FLAXSEED FUSILLI PASTA
250 g

shelf life:	kind of packaging:	group packaging:
18 months	film bag	8 pieces



RED LENTIL FUSILLI PASTA
300 g

shelf life:	kind of packaging:	group packaging:
24 months	film bag	10 pieces

