

## Watson

Watson is one of the highest quality suppliers of products and services geared towards enhancing human health and nutrition around the world. We are a leader in developing quality products and ingredient systems for the food and supplement industries.

- Watson offers the widest breadth and depth of technology and market expertise in one place
- Watson develops innovative ingredient solutions and technologies
- We are technology focused
- Our commitment to innovation, responsiveness and continual improvement supports quick time to market entry
- Sustainability matters to us and our customers
- We offer you over 75 Years of experience
- We are your creative resource



## A Heart-Healthy Bagel for a Snacking Nation



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**Beta Bagel**®

A Delicious Bagel with  
the  
**Heart-Healthy**  
power of  
**Oats**



# Heart-Healthy on the Go

## One Serving of Beta Bagel® Provides 0.75 Grams of Beta Glucans from Oats

According to the CDC about half of all Americans are currently at risk for heart disease, and many customers are looking for heart healthy options. Diets low in saturated fat and cholesterol that include 3 grams of beta glucans per day from oats may reduce the risk of heart disease. One serving of Beta Bagel® provides 0.75 grams of beta glucans from oats, making Beta Bagel® a great choice for customers concerned about coronary heart disease. With the Beta Bagel® mix from Watson, you can tap into this market with full confidence in your nutritional claims.



## A Snacking Nation

More and more people are eating on the go, and a bagel is just the key you need to unlock the market of handheld foods. Many customers eat five small meals a day, or graze on foods between meals. The Beta Bagel® is the perfect option for a snack or small meal: light, easy to eat, quick to prepare, and guilt free.

## A Bagel full of Nutrients

Beta Bagel® is an excellent source of:

- Vitamin A
- Vitamin E
- Folic Acid
- Vitamin D3

Beta Bagel® is a good source of 9 other vitamins and minerals:

- Thiamin
- Riboflavin
- Niacin
- Pyridoxine
- Vitamin B12
- Pantothenic Acid
- Iron
- Zinc
- Copper



## Make the Beta Bagel® Your Own

It's easy to add your own flavors and flair to the Beta Bagel®. Add raisins and cinnamon for a bagel that breakfast-all-day fans will love, or top with sesame seeds for a classic lunch option.



For more information,  
visit  
[www.watson-inc.com](http://www.watson-inc.com)

## Watson Means Quality

All Watson mixes come with a Certificate of Analysis, making it easier for you to meet label claims and quickly produce a quality product every time.

