



PRESS RELEASE

Yin and Yang of Nuts and Seeds

Based on a Korean grandmother's recipe, Mrs May's Naturals will change the way you think about nuts and seeds. For starters, they're dry-roasted in layers and cut into delectable bite-sized cubes.

Grandma's recipe for these cubes of slow dry-roasted nuts and toasted seeds as it turned out, was not only delicious, but naturally clever. These dice-sized snacks are made from only simple, wholesome ingredients; premium grade nuts & seeds, evaporated cane juice and a little sea salt for taste. The subtle balance of sweet and salt doesn't overwhelm your taste buds, so they can be enjoyed equally with a glass of wine or an espresso.

Mrs May's snacks are vegan and completely free of any artificial flavours, colours and preservatives. They are also free from gluten, dairy, cholesterol and any added fats or oils. This perfect balance of goodness and taste is reflective of the traditional Asian influence of Yin & Yang in Mrs May's heritage —a natural balance of flavour with simple, healthy nutrition.

Its nuts that everything we eat isn't like this; delicious and good for us.

Mrs May's Naturals are sold all over the world including the United States, Canada, UK, Japan, Korea and are now available here in Australia.

Stockists include quality greengrocers, independent supermarkets, health food stores & now the health section within Woolworths and Safeway.

For further information, please contact

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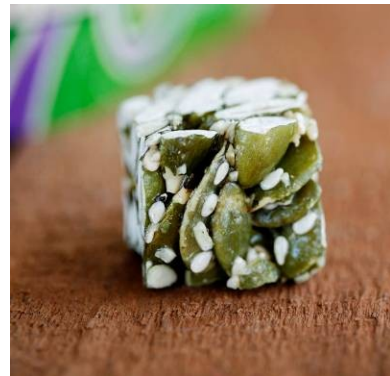
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Mrs. May's Nut and Seed Crunches



Yin

Yang

Yum

The range of 8 varieties includes Black Sesame Crunch, Cashew Crunch, Almond Crunch, Coconut Almond Crunch, Pumpkin Crunch, Sesame Crunch, Sunflower Crunch & Cranberry Blueberry Crunch



Available in select grocers, health food stores & the health section of Woolworths and Safeway