

FLEX

ADVANCED NUTRITION **FOOD & SUPPS FOR GROWTH AND GAINS** **THIS MONTH**

- > Better Training With NO
- > Aminos For Mass
- > Tortilla Takedown
- > Sizing Up Creatine
- > Deep-six Grain Servings

CHEW ON THIS

MISSION WHOLE-WHEAT TORTILLAS VS. LA TORTILLA FACTORY MULTIGRAIN WRAPS

EAT THIS La Tortilla Factory Smart & Delicious Multigrain Soft Wraps

WHY Although La Tortilla's product is called "Soft Wraps," they're essentially tortillas, and they trump just about every other whole-grain tortilla. They have more protein (more than twice that of Mission's), fewer total carbs and much more fiber (for fewer net carbs). And they're made with a blend of oats, wheat, millet and flaxseeds, and — further boosting the healthy-fat content — extra-virgin olive oil. Out of 3.5 grams of total fat, 2 g are monounsaturated — beneficial to cardiovascular health and less likely to stick to your abs. — *Jordana Brown*



MISSION 96% FAT-FREE HEART-HEALTHY WHOLE-WHEAT TORTILLA (1)

Calories	130	Carbs*	25
Protein*	4	Fat*	2
	Fiber* 3		



LA TORTILLA FACTORY SMART & DELICIOUS MULTIGRAIN SOFT WRAP (1)

Calories	100	Carbs*	18
Protein*	9	Fat*	35
	Fiber* 12		

* in grams

PHOTOS: (TOP) TISSOT FOOD LAB; (BOTTOM) TWIGG/SBS IMAGES

