Bonafide Provisions was founded in Carlsbad in 2011 when Sharon Brown, a clinical nutritionist and certified GAPS practitioner, noticed reluctance from her patients to make their own bone broth. Her passion for healing and nutrition coupled with a desire to see a shift towards a more nutrient-dense diet is what set the ground for Real Bone Broth, now, Bonafide Provisions. Sharon approached her husband, a professionally trained chef and her niece, a nutritional therapist and CrossFit coach, and together they created Bonafide Provisions.

They believe in maintaining the time honored tradition of the slow cooked, handcrafted, small batch broth to ensure every batch is the highest quality. Their broth was the first USDA Organic broth available on the market. The ingredients are meticulously chosen and they pay special attention to organic, local, and sustainable ingredients. This broth is not shelf stable, as they adhere to the time honored tradition of freezing the broth after it is prepared to maintain the integrity of the product.