WHAT IS CLAIMED IS:

1. A flexible bag for containing a product, comprising:

a panel forming a first compartment for containing a product;

a dispensing portion disposed on a first outer edge of the panel; and

an elongated, tubular grip disposed on the panel on a second outer edge that is opposite to the dispensing portion;

wherein a user may grasp the grip to transport the bag or to dispense a product from the first compartment.

2. The flexible bag of claim 1, wherein the dispensing portion comprises a pour spout.

3. The flexible bag of claim 1,

wherein the panel further forms a discrete second compartment, and

wherein the grip is disposed in at least a portion of the second compartment.

4. The flexible bag of claim 3, wherein the grip is disposed entirely within the second compartment.

5. The flexible bag of claim 1, wherein the second compartment runs along substantially the entire length of the second outer edge of the panel, and the grip has a length that is substantially the entire length of the second compartment.

6. The flexible bag of claim 1, further comprising a second panel forming the first compartment.

7. A flexible bag for containing a product, comprising:

a panel forming

a first compartment for containing a product, and

a second compartment that is separate from the first compartment;

a dispensing portion disposed on the panel; and

an elongated grip disposed in at least a portion of the second compartment;

wherein a user may grasp the grip to transport the bag or to dispense a product from the first compartment.

8. The flexible bag of claim 7, wherein the dispensing portion comprises a pour spout.

9. The flexible bag of claim 7, wherein the grip is disposed entirely within the second compartment.

10. The flexible bag of claim 7, wherein the second compartment is near an outer edge of the panel.

11. The flexible bag of claim 10, wherein the second compartment has a length that is substantially the entire length of the outer edge of the panel, and the grip has a length that is substantially the entire length of the second compartment.

12. The flexible bag of claim 10, wherein the outer edge of the panel is opposite of the dispensing portion.

13. The flexible bag of claim 7 further comprising a second panel forming the first and second compartments.

14. A flexible bag for containing a product, comprising:

a panel having a seam forming a first compartment for containing a product, and forming a second compartment that is separate from the first compartment;

a dispensing portion disposed on the panel; and

a grip disposed in at least a portion of the second compartment;

wherein a user may grasp the grip to transport the bag or to dispense the product from the first compartment.

15. The flexible bag of claim 14, wherein the dispensing area comprises a pour spout disposed on the panel.

16. The flexible bag of claim 14, wherein the second compartment runs along an outer edge of the panel, and wherein the grip has a length that is substantially an entire length of the second compartment.

17. The flexible bag of claim 14, wherein the panel comprises a front panel, a back panel, and a bottom panel.

18. The flexible bag of claim 14, wherein the seam comprises a plurality of seams.

19. The flexible bag of claim 14, wherein the grip is disposed entirely in the second compartment.

20. The flexible bag of claim 14, wherein the grip has a tapered end portion.

21. The flexible bag of claim 7, further comprising an opening in the panel between the first compartment and the second compartment.

22. The flexible bag of claim 14, wherein the opening in the panel between the first compartment and the second compartment comprises an elongate slot.

23. The flexible bag of claim 7, wherein the dispensing portion comprises a metered cap configured to repeatedly dispense a metered amount of the product.

WHAT IS CLAIMED IS:

1. A flexible container comprising:

a first sealed flexible compartment for containing a product;

a second compartment separate from the first compartment;

a folded bottom gusset panel;

a separate grip disposed in at least a portion of the second compartment and comprising a portion disposed below the fold of the bottom gusset panel; and

a dispensing portion in communication with the first compartment to allow a product to be dispensed from the first compartment;

wherein the grip is configured such that a user can lift the flexible container containing a product in the first compartment by grabbing the grip and dispense a product from the first compartment without the flexible container collapsing.

2. The flexible container of claim 1, wherein the dispensing portion comprises a pour spout.

3. The flexible container of claim 1, wherein the dispensing portion comprises a metered cap configured to repeatedly dispense a metered amount of the product.

4. The flexible container of claim 1, wherein the grip is disposed entirely within the second compartment.

5. The flexible container of claim 1, wherein the second compartment is near an outer edge of the container.

6. The flexible container of claim 1, wherein the second compartment has a length that is substantially the entire length of the flexible container, and the grip has a length that is substantially equal to a length of the second compartment such that the flexible container remains erect when placed on a horizontal surface.

7. A flexible container comprising:

a first sealed flexible compartment for containing a product;

a second compartment separate from the first compartment;

an elongate slot between the first compartment and the second compartment;

a separate grip disposed in at least a portion of the second compartment; and

a dispensing portion in communication with the first compartment to allow a product to be dispensed from the first compartment;

wherein the grip is configured such that a user can lift the flexible container containing a product in the first compartment by grabbing the grip and dispense a product from the first compartment without the flexible container collapsing.

8. The flexible container of claim 1, wherein the grip is tubular.

9. The flexible container of claim 1, wherein the container is a bag.

10. The flexible container of claim 1, wherein the first compartment is configured to contain a liquid, gel, or solid product.

11. The flexible container of claim 1, wherein the first and second compartments are formed by a plurality of panels.

12. The flexible container of claim 1, wherein the container is formed from one or more panels formed from a laminate of thin sheets or film.

13. The flexible container of claim 1, wherein the first and second compartments are formed by folding a single panel.

14. The flexible container of claim 1, wherein the grip comprises a tapered portion.

15. A flexible container comprising:

a first sealed flexible compartment for containing a product;

a second compartment separate from the first compartment;

a separate grip disposed in at least a portion of the second compartment; wherein the grip comprises a tapered portion;

a dispensing portion in communication with the first compartment to allow a product to be dispensed from the first compartment; and

a folded bottom gusset panel, wherein the tapered portion of the grip is disposed below the fold of the bottom gusset panel;

wherein the grip is configured such that a user can lift the flexible container containing a product in the first compartment by grabbing the grip and dispense a product from the first compartment without the flexible container collapsing.

16. The flexible container of claim 1, wherein information on a surface of the flexible container is displayed when the flexible container is placed on a horizontal surface.