

Nutrition Facts

Serv. Size 1 Bar (48g)

Calories 190

Calories from Fat 60

* Percent Daily Values

(DV) are based on a
2,000 calorie diet.

1.0 R3

Amount/Serving	% DV*	Amount/Serving	% DV*	Amount/Serving	% DV*
Fat 7g	11%	Sodium 210mg	9%	Insoluble Fiber 1g	
Sat. Fat 4g	20%	Potassium 130mg	4%	Sugars 11g	
Trans Fat 0g		Total Carb. 25g	8%	Other Carb. 11g	
Cholest. 0mg	0%	Dietary Fiber 3g	12%	Protein 9g	18%

Vit. A 20% • Vit. C 20% • Calcium 35% • Iron 30% • Vit. D 15% • Vit. E 30% • Vit. K 10%
Thiamin (B1) 10% • Riboflavin (B2) 40% • Niacin (B3) 40% • Vit. B6 75% • Folate 100% • Vit. B12 75%
Biotin 25% • Pantothenic Acid 40% • Phosphorus 20% • Iodine 35% • Magnesium 10% • Zinc 35%
Selenium 35% • Copper 10% • Manganese 25% • Chromium 25% • Molybdenum 25%