



OPTAVIA Essential Creamy Double Peanut Butter Crisp Bar
Naturally Flavored 77795

Nutrition Facts	
Serving Size 1 bar (32 g)	
Servings Per Container 7	
Amount Per Serving	
Calories 110	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Potassium 290mg	8%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 11g	20%
Vitamin A 25%	• Vitamin C 25%
Calcium 20%	• Iron 30%
Vitamin D 60%	• Vitamin E 25%
Vitamin K 25%	• Thiamin 25%
Riboflavin 25%	• Niacin 25%
Vitamin B6 25%	• Folate 35%
Vitamin B12 25%	• Biotin 25%
Pantothenic Acid 25%	• Phosphorus 15%
Iodine 25%	• Magnesium 30%
Zinc 25%	• Selenium 25%
Copper 30%	• Manganese 30%
Chromium 25%	• Molybdenum 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Soy nuggets (soy protein isolate, rice starch), peanut flavored coating (sugar, palm kernel oil, peanut flour, nonfat milk, peanut oil, salt, soy lecithin), polydextrose, oligofructose syrup, peanut flour, ground peanuts, glycerine, maltitol syrup, brown rice syrup, milk protein isolate, nonfat milk, soy lecithin, natural flavors, hydrogenated palm oil, salt, sea salt, stevia leaf extract, guar gum, maltodextrin, Bacillus coagulans GBI-30 6086.

Vitamins & Minerals: Potassium lactate, calcium carbonate, dipotassium phosphate, magnesium oxide, ascorbic acid (vitamin C), ferrous sulfate (iron), vitamin E acetate, niacinamide (vitamin B3), zinc sulfate, biotin, vitamin A palmitate, calcium pantothenate (vitamin B5), cholecalciferol (vitamin D3), copper sulfate, chromium chloride, cyanocobalamin (vitamin B12), phytonadione (vitamin K), thiamine mononitrate (vitamin B1), sodium molybdate, sodium selenate, pyridoxine hydrochloride (vitamin B6), manganese sulfate, riboflavin (vitamin B2), folic acid, potassium iodide.

CONTAINS: SOY, MILK, PEANUTS

Product information may change over time. Therefore, the ingredient label on the package is always the best source for that specific item.