



# Medifast Smore's Crunch Bar

Naturally and Artificially Flavored

65455

## Nutrition Facts

Serving Size 1 bar (32g)  
Servings Per Container 7

Amount Per Serving

Calories 110                      Calories from Fat 25

%Daily Value\*

Total Fat 2.5g                      4%

Saturated Fat 2g                      10%

Trans Fat 0g

Cholesterol 0mg                      0%

Sodium 150mg                      6%

Potassium 290mg                      8%

Total Carbohydrate 14g                      5%

Dietary Fiber 4g                      16%

Sugars 6g

Protein 11g

Vitamin A 20%                      • Vitamin C 20%

Calcium 20%                      • Iron 20%

Vitamin D 20%                      • Vitamin E 20%

Vitamin K 20%                      • Thiamin 20%

Riboflavin 20%                      • Niacin 20%

Vitamin B6 20%                      • Folate 20%

Vitamin B12 20%                      • Biotin 20%

Pantothenic acid 20%                      • Phosphorus 20%

Iodine 20%                      • Magnesium 20%

Zinc 20%                      • Selenium 20%

Copper 20%                      • Manganese 20%

Chromium 20%                      • Molybdenum 20%

\*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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Ingredients:

Soy protein isolate, sugar, chicory root fiber, maltitol syrup, polydextrose, fractionated palm kernel oil, marshmallow nuggets (sugar, cornstarch, maltodextrin, glycerin, palm oil, rice flour, dextrose, gum arabic, natural flavors), water, nonfat milk, rolled oats, brown sugar, milk protein isolate, brown rice syrup, glycerin, rice starch, natural and artificial flavors, cocoa powder, sunflower oil, soy lecithin, guar gum, salt, sucralose.

### Vitamins & Minerals:

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

**CONTAINS: SOY AND MILK.**

**MAY CONTAIN: TREE NUTS, PEANUTS AND WHEAT.**