



OPTAVIA®

OPTAVIA Essential Chocolate Mint Cookie Crisp Bar

Naturally Flavored

77800

Nutrition Facts

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

Amount Per Serving

Calories 110 Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 135mg 6%

Potassium 310mg 9%

Total Carbohydrate 13g 4%

Dietary Fiber 4g 16%

Sugars 4g

Protein 11g 20%

Vitamin A 20% • Vitamin C 25%

Calcium 20% • Iron 30%

Vitamin D 50% • Vitamin E 20%

Vitamin K 20% • Thiamin 25%

Riboflavin 25% • Niacin 25%

Vitamin B6 20% • Folate 30%

Vitamin B12 20% • Biotin 20%

Pantothenic Acid 20% • Phosphorus 20%

Iodine 20% • Magnesium 25%

Zinc 25% • Selenium 20%

Copper 30% • Manganese 25%

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 nuggets (soy protein isolate, rice starch), polydextrose, maltitol syrup, oligofructose syrup, dried cane sugar, glycerin, chocolate liquor, fractionated palm kernel oil, cocoa (processed with alkali), nonfat milk, soy protein isolate, milk protein isolate, hydrogenated palm oil, natural flavors, soy lecithin, distilled monoglycerides, guar gum, salt, stevia extract, Bacillus coagulans GBI-30 6086, peppermint oil.

Vitamins & Minerals: Dipotassium phosphate, calcium carbonate, magnesium oxide, ascorbic acid (vitamin C), ferric 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 selenite, pyridoxine hydrochloride (vitamin B6), manganese sulfate, riboflavin (vitamin B2), folic acid, potassium iodide.

CONTAINS: MILK, SOY