



OPTAVIA Essential Campfire S'mores Crisp Bar
Naturally Flavored

77895

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	20%
Vitamin A 20%	• Vitamin C 20%
Calcium 20%	• Iron 20%
Vitamin D 50%	• 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 inulin, maltitol syrup, fractionated palm kernel oil, polydextrose, water, marshmallow nuggets (sugar, cornstarch, maltodextrin, glycerin, palm oil, rice flour, dextrose, gum arabic, natural flavors), milk protein isolate, nonfat milk, brown sugar, brown rice syrup, rolled oats, glycerin, natural flavors, rice starch, cocoa powder, sunflower oil, soy lecithin, guar gum, salt, Bacillus coagulans GBI-30 6086, stevia extract.

Vitamins & Minerals: 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), thiamine 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, MILK
MAY CONTAIN: TREE NUTS, PEANUTS, AND WHEAT