Medifast Honey Mustard Pretzel Sticks

Naturally Flavored

68260

Nutrition Facts

Serving Size 1 packet (29g)
Servings Per Container 7

Amount Per Serving	
Calories 110	Calories from Fat 15
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 220mg	**9%**
Potassium 290mg	**8%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 5g	**20%**
Sugars 1g	
Protein 11g	**22%**

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 10%
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
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Soy protein isolate, wheat flour, modified wheat starch, soy flour, seasoning blend [sugar, prepared mustard powder (distilled vinegar, mustard seed, salt, turmeric, paprika, spice, garlic, natural flavor), onion powder, honey powder (honey, maltodextrin), salt, maltodextrin, modified food starch, dextrose, fructose, wheat flour, sodium diacetate, citric acid, paprika, turmeric (added for flavor and color), spices, natural flavor], vital wheat gluten, butter, wheat protein isolate (wheat gluten, phosphate, lactic acid), malt syrup, corn syrup, modified food starch, pectin, maltodextrin, canola oil, baking powder, soy lecithin, natural flavor, salt, yeast, sodium hydroxide.

Vitamins and Minerals: Calcium carbonate, calcium phosphate, potassium citrate, magnesium phosphate, sodium ascorbate, vitamin E acetate, ferric orthophosphate, niacinamide, zinc oxide, calcium pantothenate, riboflavin, thiamin mononitrate, Vitamin A palmitate, pyridoxine hydrochloride, vitamin B12, manganese sulfate, copper gluconate, chromium chloride, folic acid, biotin, sodium molybdate, vitamin D3, potassium iodide, sodium selenite, vitamin K1.

CONTAINS: MILK, SOY, AND WHEAT. MAY CONTAIN: PEANUTS AND TREE NUTS.

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