



Medifast Peanut Butter Chocolate Chip Chewy Bar

Naturally Flavored

64955

Nutrition Facts

Serving Size 1 bar (36g)
Servings Per Container 7

Amount Per Serving

Calories 110 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Potassium 360mg **10%**

Total Carbohydrate 15g **5%**

Dietary Fiber 5g **20%**

Sugars 5g

Protein 11g **22%**

Vitamin A 20% • Vitamin C 20%

Calcium 20% • Iron 25%

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 30%

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, polydextrose, soluble corn fiber, glycerine, whey protein isolate, sugar, peanut flour, milk protein isolate, water, fructose, peanuts, inulin, fractionated palm kernel oil, unsweetened chocolate, natural flavors, cocoa (processed with alkali), soy lecithin, salt, whey, nonfat dry milk, cocoa butter, sucralose.

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

CONTAINS: PEANUT, SOY, AND MILK.

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

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