



# Medifast Lemon Meringue Crunch Bar

Naturally Flavored

65205

## Nutrition Facts

Serving Size 1 bar (32g/1.13oz)  
Servings Per Container 7

Amount Per Serving

**Calories** 110 **Calories from Fat** 25

% Daily Value\*

**Total Fat** 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 160mg **7%**

**Potassium** 290mg **8%**

**Total Carbohydrate** 13g **4%**

Dietary Fiber 4g **16%**

Sugars 5g

Sugar Alcohol 1g

**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, evaporated cane juice, polydextrose, chicory fiber, maltitol syrup, fractionated palm kernel oil, raisins, milk protein isolate, brown rice syrup, glycerine, rice starch, nonfat yogurt powder (cultured whey and nonfat milk), natural flavor, nonfat dry milk, sunflower oil with tocopherol, soy lecithin, citric acid, lemon, malic acid, distilled monoglycerides, sucralose, salt.

**Vitamins and Minerals:** Encapsulated potassium phosphate, calcium carbonate, potassium lactate, calcium phosphate, magnesium phosphate, ascorbic acid, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, manganese sulfate, calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, vitamin K, cholecalciferol, cyanocobalamin.

**CONTAINS: MILK AND SOY.**

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