



Medifast Oatmeal Raisin Crunch Bar

Naturally Flavored

65405

Nutrition Facts			
Serving Size 1 bar (32g)			
Servings Per Container 7			
Amount Per Serving			
Calories 110	Calories from Fat 30		
	% Daily Value*		
Total Fat 3g	5%		
Saturated Fat 2g	10%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 135mg	6%		
Potassium 310mg	9%		
Total Carbohydrate 13g	4%		
Dietary Fiber 4g	16%		
Sugars 5g			
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, chicory root fiber, maltitol syrup, raisins, polydextrose, glycerin, fractionated palm kernel oil, water, milk protein isolate, rolled oats, rice starch, nonfat milk, sunflower oil, natural flavor, fructose, soy lecithin, guar gum, distilled monoglycerides, spice, sucralose, salt, citric acid.

Vitamins & Minerals:

Encapsulated 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), thiamin 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 AND MILK.

MAY CONTAIN: TREE NUTS, PEANUTS AND WHEAT.

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