Medifast Caramel Nut Bar

Natural and Artificial Flavors

65440

Nutrition Facts

Serving Size 1 packet (43g)
Servings Per Container 7

Amount Per Serving	
Calories 170	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Potassium 290mg	**8%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 4g	**16%**
Sugars 11g	
Protein 11g	

Vitamin A 20%	•	Vitamin C 30%
Calcium 30%	•	Iron 25%
Vitamin D 20%	•	Vitamin E 30%
Vitamin K 20%	•	Thiamin 25%
Riboflavin 25%	•	Niacin 20%
Vitamin B6 25%	•	Folate 25%
Vitamin B12 20%	•	Biotin 20%
Pantothenic Acid 20%	•	Phosphorus 30%
Iodine 15%	•	Magnesium 20%
Zinc 15%	•	Selenium 15%
Copper 15%	•	Manganese 45%
Chromium 20%	•	Molybdenum 60%

*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, honey, evaporated cane juice syrup, oligofructose, sugar, maltitol syrup, fractionated palm kernel oil, calcium caseinate, ground peanuts, soy nuts, brown rice syrup, high maltose corn syrup, whey protein isolate, soy fiber, vitamin mineral premix (dicalcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, dl-alpha tocopherol acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium polynicotinate, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, phytonadione, cholecalciferol, cyanocobalamin), cocoa powder (processed with alkali), soy lecithin, hydrogenated palm oil, milk protein concentrate, non-fat dry milk, dipotassium phosphate, canola oil, heavy cream (cream, carrageenan, mono and diglycerides), maltodextrin, polydextrose, salt, tapioca starch, sodium caseinate, natural and artificial flavors, milk fat, glycerine, sucralose, disodium phosphate, corn starch, mannitol, medium chain triglycerides, alpha tocopherols.

CONTAINS: SOY, MILK, AND PEANUTS.

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