



# Medifast Fruit & Nut Crunch Bar

Naturally Flavored

65505

## Nutrition Facts

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

Amount Per Serving

**Calories** 110 Calories from Fat 30

% Daily Value\*

**Total Fat** 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 180mg 8%

**Potassium** 290mg 8%

**Total Carbohydrate** 12g 4%

Dietary Fiber 4g 16%

Sugars 3g

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, peanuts, chicory fiber, brown rice syrup, maltitol syrup, polydextrose, cranberries, raisins, rolled oats, milk protein isolate, almonds, sunflower oil with tocopherol, rice starch, glycerine, natural flavor, soy lecithin, salt, sugar, citric acid, sucralose, honey, modified potato starch, xanthan gum, vegetable oil (peanut, canola and/or soybean).

**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: PEANUTS, TREE NUTS (ALMONDS), 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.