



# Medifast Cookie Dough Chewy Bar

Naturally Flavored

65556

## 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 2g      **10%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 140mg      **6%**

**Potassium** 300mg      **9%**

**Total Carbohydrate** 15g      **5%**

Dietary Fiber 4g      **16%**

Sugars 6g

**Protein** 11g      **22%**

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 25%

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, glycerine, whey protein isolate, soluble corn fiber, sugar, fractionated palm kernel oil, milk protein isolate, water, fructose, nonfat milk, inulin, wheat flour, natural flavor, soy lecithin, yogurt powder, salt, canola oil, cocoa (processed with alkali), sucralose, baking soda.

**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: WHEAT, 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.