



# Medifast Cinnamon and Brown Sugar Cereal Crunch

Naturally Flavored

68400

## Nutrition Facts

Serving Size 1 packet (30 g)  
Servings Per Container 7

### Amount Per Serving

**Calories 100**                      **Calories from Fat 10**

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat 1.5g</b>         | <b>2%</b>      |
| Saturated Fat 0g              | 0%             |
| Trans Fat 0g                  |                |
| <b>Cholesterol 0mg</b>        | <b>0%</b>      |
| <b>Sodium 130mg</b>           | <b>6%</b>      |
| <b>Potassium 470mg</b>        | <b>13%</b>     |
| <b>Total Carbohydrate 15g</b> | <b>5%</b>      |
| Dietary Fiber 4g              | 16%            |
| Sugars 3g                     |                |
| <b>Protein 11g</b>            | <b>22%</b>     |

Vitamin A 20%                      • Vitamin C 20%

Calcium 25%                      • Iron 25%

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 25%

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, corn flour, tapioca starch, pea fiber, sugar, sunflower lecithin, sunflower oil, natural flavor, maltodextrin, salt, sucralose.

**Vitamins and Minerals:** Calcium phosphate, potassium phosphate, magnesium oxide, potassium chloride, ascorbic acid, vitamin E acetate, niacinamide, zinc oxide, reduced iron, calcium pantothenate, manganese sulfate, copper sulfate, thiamine mononitrate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, chromium chloride, folic acid, biotin, potassium iodide, sodium molybdate, sodium selenite, vitamin K1, vitamin D3, vitamin B12.

**CONTAINS: SOY.**

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