OPTAVIA

Frosted Cookie Dough Bar

Naturally Flavored

77830

Nutrition Facts

Serving Size 1 bar (36g)
Servings Per Container 7

Amount Per Serving	
Calories 110	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Potassium 360mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 11g	20%

Vitamin A 20%	• Vitamin C 25%
Calcium 20%	• Iron 20%
Vitamin D 50%	• Vitamin E 20%
Vitamin K 20%	• Thiamin 25%
Riboflavin 25%	• Niacin 20%
Vitamin B6 20%	• Folate 30%
Vitamin B12 20%	• Biotin 20%
Pantothenic Acid 20%	• Phosphorus 20%
Iodine 20%	• Magnesium 25%
Zinc 20%	• Selenium 20%
Copper 25%	• 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, polydextrose, glycerine, whey protein isolate, soluble corn fiber, sugar, palm kernel oil, milk protein isolate, water, fructose, nonfat milk, hydrogenated palm oil, oligofructose syrup, wheat flour, natural flavors, soy lecithin, nonfat yogurt powder (cultured whey and nonfat milk), canola oil, salt, cocoa (processed with alkali), stevia extract, Bacillus coagulans GBI-30 6086, sodium bicarbonate.

Vitamins & Minerals: Dipotassium phosphate, calcium carbonate, magnesium oxide, ascorbic acid (vitamin C), ferric sulfate (iron), vitamin E acetate, niacinamide (vitamin B3), zinc sulfate, biotin, vitamin A palmitate, calcium pantothenate (vitamin B5), cholecalciferol (vitamin D3), copper sulfate, chromium chloride, cyanocobalamin (vitamin B12), phytonadione (vitamin K), thiamine mononitrate (vitamin B1), sodium molybdate, sodium selenite, pyridoxine hydrochloride (vitamin B6), manganese sulfate, riboflavin (vitamin B2), folic acid, potassium iodide.

CONTAINS: MILK, SOY, WHEAT

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