



OPTAVIA.

Dark Chocolate Coconut Curry Bar

(with Almonds and Sea Salt) Naturally Flavored

65975

Nutrition Facts

Serving Size 1 Bar (32g)
Servings Per Container 7

Amount Per Serving

Calories 110 **Calories from Fat** 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Potassium 300mg **9%**

Total Carbohydrate 11g **4%**

Dietary Fiber 4g **16%**

Sugars 3g

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 35%

Iodine 20% • Magnesium 20%

Zinc 20% • Selenium 20%

Copper 25% • Manganese 25%

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 (isolated soy protein, soy lecithin), brown rice syrup, dark chocolate flavored coating (sugar, fractionated palm kernel oil, cocoa processed with alkali, lactose, palm oil, soy lecithin, vanilla), chicory root fiber, polydextrose, glycerin, whey protein isolate, water, coconut, almonds, high oleic sunflower oil, cane sugar, gum arabic, soy lecithin, chia seeds, coconut milk type flavor, sea salt, curry powder (coriander, fenugreek, cumin, fennel, allspice, cinnamon, cardamom, ginger, cloves, turmeric, garlic), natural flavor, monk fruit extract, nonfat milk, bacillus coagulans GBI-30 6086.

Vitamins & Minerals: Palmitate (vitamin A), cholecalciferol (vitamin D3), dl-alpha-tocopheryl acetate (vitamin E), biotin, folic acid, niacinamide (vitamin B3), calcium pantothenate (vitamin B5), thiamin mononitrate (vitamin B1), cyanocobalamin (vitamin B12), riboflavin (vitamin B2), pyridoxine hydrochloride, ascorbic acid (vitamin C), phytonadione (vitamin K1), calcium phosphate, chromium chloride, copper gluconate, potassium iodide, ferric orthophosphate (iron), magnesium oxide, magnesium phosphate, manganese gluconate, sodium molybdate, potassium phosphate, sodium selenite, zinc oxide.

CONTAINS: MILK, SOY, COCONUT, AND ALMONDS.

ore, the ingredient label on the package is always the best source for that specific item.

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1 of 1