



OPTAVIA.

# Honey Chili Cranberry Nut Bar

(with Flaxseeds, Pumpkin Seeds, and Almonds) Naturally Flavored

65966

## Nutrition Facts

Serving Size 1 Bar (33g)  
Servings Per Container 7

Amount Per Serving

**Calories** 110      **Calories from Fat** 25

% Daily Value\*

**Total Fat** 3g      **5%**

**Saturated Fat** 1g      **5%**

**Trans Fat** 0g

**Cholesterol** 0mg      **0%**

**Sodium** 190mg      **8%**

**Potassium** 290mg      **8%**

**Total Carbohydrate** 13g      **4%**

**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 30%

Iodine 20%      • Magnesium 20%

Zinc 20%      • Selenium 20%

Copper 20%      • Manganese 30%

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, brown rice syrup, honey, isomalto-oligosaccharides, calcium caseinate, sugar, high oleic sunflower oil with tocopherols (added to protect flavor), water, casein, inulin, pumpkin seeds, glycerine, ground almonds, almonds, natural flavor, cranberries, soy protein concentrate, coconut oil, sea salt, flaxseed, maltodextrin, salt, soy lecithin, puffed quinoa, nonfat milk, sunflower oil, stevia extract, ground chipotle chile, paprika (color and spice), bacillus coagulans GBI-30 6086.

**Vitamins & Minerals:** Potassium phosphate, calcium phosphate, magnesium oxide, ascorbic acid (vitamin C), ferrous sulfate (iron), zinc sulfate, alpha-tocopherol acetate (vitamin E), niacinamide (vitamin B3), calcium pantothenate (vitamin B5), copper sulfate, manganese sulfate, vitamin A palmitate, pyridoxine hydrochloride, riboflavin (vitamin B2), thiamin mononitrate (vitamin B1), chromium chloride, folic acid, biotin, potassium iodide, sodium molybdate, sodium selenite, phytonadione (vitamin K1), vitamin D3, vitamin B12.

**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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**FINAL**

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