



It's Essential™

Nutrition Facts

Serving Size: 1 Bar

Servings Per Container: 10

Calories: 170

Calories from Fat: 60

Amount Per Serving	% Daily Value*
Total Fat 6g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Potassium 70mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 7g	28%
Sugars 10g	
Protein 10g	

Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Brown rice syrup, soy crisp (Soy protein isolate, tapioca starch, salt), SolaGrain™ (soy protein isolate, oat fiber, soy hull fiber, psyllium, maltodextrin, flax fiber, beet fiber, flax protein, cellulose, guar), inulin (Jerusalem artichoke), organic coconut oil, dark chocolate chips organic (organic sugar, organic chocolate liquor, organic cocoa butter, organic soy lecithin (an emulsifier), almond butter, soy protein isolate, arabic gum, pineapples diced, natural flavors, chocolate liquor, organic diced mango, apricot, quinoa powder organic, cocoa nibs, flax seed, goji berry, malic acid, mixed tocopherols.

Contains: Almond, soybeans

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.