

# Prograde Cravers Nutrition Facts

## Prograde Craver Spirulina

INGREDIENTS: Organic Dark Chocolate (Organic Evaporated Cane Juice, Organic Chocolate Liquor, Organic Cocoa Butter, Soy Lecithin, Organic Vanilla), Organic Almond Butter, Organic Brown Rice Syrup, Organic Agave Syrup, Organic Oats, Organic Brown Rice Crisp (Organic Brown Rice, Sea Salt, Organic Brown Rice Syrup), Organic Gum Acacia, Organic Spirulina (1000 mg per serving), Organic Flavors, Organic Sesame Seeds, Organic Rice Protein Concentrate, Sea Salt.

Nutrition Facts	Amount Per Serving		% Daily Value**
Serving Size: 1 (40 g)	Total Fat	8g	12%
Servings per Container: 24	Saturated Fat	2.5g	12%
Calories 180	Trans Fat	0g	
Calories from Fat 70	Cholesterol	0mg	0%
	Sodium	60mg	2%
	Vitamin A	40%	Vitamin C 0%

Amount Per Serving		% Daily Value**
Total Carbohydrate	23g	8%
Dietary Fiber	3g	10%
Sugars	12g	
Protein	4g	
Calcium	2%	Iron 4%

\*\*Contains less than 2 percent of the daily value of this nutrient.  
\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per Gram: Fat 9 • Carbohydrate 4 • Protein 4

## Prograde Craver Chocolate Peanut Butter

INGREDIENTS: Organic Dark Chocolate (Organic Evaporated Cane Juice, Organic Chocolate Liquor, Organic Cocoa Butter, Soy Lecithin, Organic Vanilla), Organic Peanut Butter, Organic Brown Rice Syrup, Organic Agave Syrup, Organic Oats, Organic Brown Rice Crisp (Organic Brown Rice, Sea Salt, Organic Brown Rice Syrup), Organic Gum Acacia, Organic Sesame Seeds, Organic Flavors, Sea Salt.

Nutrition Facts	Amount Per Serving		% Daily Value**
Serving Size: 1 (40 g)	Total Fat	8g	12%
Servings per Container: 24	Saturated Fat	2.5g	14%
Calories 180	Trans Fat	0g	
Calories from Fat 70	Cholesterol	0mg	0%
	Sodium	55mg	2%
	Vitamin A	0%	Vitamin C 0%

Amount Per Serving		% Daily Value**
Total Carbohydrate	23g	8%
Dietary Fiber	3g	10%
Sugars	13g	
Protein	4g	
Calcium	6%	Iron 4%

\*\*Contains less than 2 percent of the daily value of this nutrient.  
\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per Gram: Fat 9 • Carbohydrate 4 • Protein 4

## Prograde Craver Almond

INGREDIENTS: Organic Dark Chocolate (Organic Evaporated Cane Juice, Organic Chocolate Liquor, Organic Cocoa Butter, Soy Lecithin, Organic Vanilla), Organic Almond Butter, Organic Brown Rice Syrup, Organic Agave Syrup, Organic Oats, Organic Brown Rice Crisp (Organic Brown Rice, Sea Salt, Organic Brown Rice Syrup), Organic Gum Acacia, Organic Rice Protein Concentrate, Organic Sesame Seeds, Organic Flavors, Sea Salt.

Nutrition Facts	Amount Per Serving		% Daily Value**
Serving Size: 1 (40 g)	Total Fat	8g	12%
Servings per Container: 24	Saturated Fat	2.5g	13%
Calories 180	Trans Fat	0g	
Calories from Fat 70	Cholesterol	0mg	0%
	Sodium	55mg	2%
	Vitamin A	0%	Vitamin C 0%

Amount Per Serving		% Daily Value**
Total Carbohydrate	23g	8%
Dietary Fiber	3g	10%
Sugars	12g	
Protein	4g	
Calcium	2%	Iron 4%

\*\*Contains less than 2 percent of the daily value of this nutrient.  
\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per Gram: Fat 9 • Carbohydrate 4 • Protein 4