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

Amount Per Serving % Dai	ly Value**	**Contains less than 2 percent of the daily value of this r *Percent Daily Values are based on a 2,000 calorie diet.			
Total Carbohydrate 23g	8%	Your daily values may			
Dietary Fiber 3g	10%	needs:	Calories:	2.000	2,500
Sugars 12g		Total Fat	Less Than	65g	80g
Protein 4g		Sat Fat Cholesterol Sodium	Less Than Less Than Less Than	20g 300mg 2.400ma	25g 300mg 2,400mg
0.17 20 1	10/	Total Carbohydrate Dietary Fiber		300mg 25g	375mg 30g
Calcium 2% • I	ron 4%	Calories per Gram:	Fat 9 • Car	bohydrate 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	Amount Per Serving	% Daily Value**	
Facts Serving Size: 1 (40 g)	Total Fat 8g	12%	
	Saturated Fat 2.5g	14%	
	Trans Fat 0g		
Servings per Container: 24	Cholesterol 0mg	0%	
Calories 180 Calories from Fat 70	Sodium 55mg	2%	
	Vitamin A 0% • \	/itamin C 0%	

Amount Per Serving % Daily	Value**	**Contains less than 2 percent of the daily value of this *Percent Daily Values are based on a 2,000 calorie diet			
Total Carbohydrate 23g	8%	Your daily values may			
Dietary Fiber 3g	10%	needs:	Calories:	2.000	2,500
Sugars 13g		Total Fat	Less Than	65g	80g
Protein 4g		Sat Fat Cholesterol Sodium Total Carbohydrate	Less Than Less Than Less Than	20g 300mg 2,400mg 300mg	25g 300mg 2,400mg 375mg
Calcium 6% • Ire	on 4%	Dietary Fiber		25g	30g
Calcium 676	011-470	Calories per Gram:	Fat 9 • Ca	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	Amount Per Serving	% Daily Value**	
Facts	Total Fat 8g	12%	
	Saturated Fat 2.5g	13%	
Serving Size: 1 (40 a)	Trans Fat 0g		
Servings per Container: 24	Cholesterol 0mg	0%	
Calories 180	Sodium 55mg	2%	
Calories from Fat 70	Vitamin A 0% • \	/itamin C 0%	

Dietary Fiber 3g	10%
Sugars 12g	7575
Protein 4g	

**Contains less than *Percent Daily Values Your daily values may needs:	are based on	a 2,000 calorie	diet.
ACTIVITIES IN	Calories:	2,000	2,500
Total Fat	Less Than	65a	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300ma	300ma
Sodium	Less Than	2.400ma	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g
Calories per Gram:	Fat 9 • Car	bohydrate 4	Protein 4