

Nutrition Facts Serv. size: 1 BAR (25g),

Amount per serving: **Calories 100**, **Total Fat** 6g (7% DV), Sat. Fat 1g (6% DV), Trans Fat 0g, Polyunsat. Fat 2g, Monounsat. Fat 2g, **Cholest.** 0mg (0% DV), **Sodium** 55mg (2% DV), **Total Carb.** 13g (5% DV), Dietary Fiber 4g (13% DV), Total Sugars 4g (Incl. 3g Added Sugars, 6% DV), Sugar Alcohol 0g, **Protein** 3g, Vit. D (0% DV), Calcium (2% DV), Iron (4% DV), Potas. (2% DV). % DV = Daily Value

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4G
SUGAR



**CHIA
SEED BAR**

**chocolate Peanut
Butter** FLAVOR WITH OTHER
NATURAL FLAVORS

Per bar

100
CALORIES

NET WT 0.88 OZ (25 g)

880mg OMEGA-3*

*Contains 880mg of ALA per serving, which is 55% of the 1.6g daily value for ALA.

INGREDIENTS: WHITE CHIA SEEDS, BROWN RICE SYRUP, PEANUT BUTTER, SEMI-SWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER), BROWN RICE CRISPS (WHOLE GRAIN BROWN RICE, BROWN RICE SYRUP, SALT), WHITE GRAIN SORGHUM EXTRACT, CHICORY ROOT FIBER, WHOLE GRAIN OATS, GUM ARABIC, PEANUT OIL, PEANUT FLOUR, SEA SALT, TOCOPHEROLS (TO PRESERVE FRESHNESS), VANILLA EXTRACT, NATURAL FLAVOR. CONTAINS PEANUT INGREDIENTS.

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