

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

Amount per serving: **Calories 100**, **Total Fat** 5g (7% DV), Sat. Fat 1g (6% DV), Trans Fat 0g, Polyunsat. Fat 2g, Monounsat. Fat 2g, **Cholest.** 0mg (0% DV), **Sodium** 45mg (2% DV), **Total Carb.** 13g (5% DV), Dietary Fiber 5g (16% DV), Total Sugars 3g (Incl. 3g Added Sugars, 6% DV), Sugar Alcohol 0g, **Protein** 3g, Vit. D (0% DV), Calcium (2% DV), Iron (6% DV), Potas. (2% DV). % DV = Daily Value

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3G  
SUGAR



**CHIA  
SEED BAR**

**Dark chocolate**  
FLAVOR WITH OTHER NATURAL FLAVORS

Per bar

100  
CALORIES

NET WT 0.88 OZ (25 g)

960mg OMEGA-3\*

\*Contains 960mg of ALA per serving, which is 60% of the 1.6g daily value for ALA.

INGREDIENTS: WHITE CHIA SEEDS, CASHEW BUTTER, BROWN RICE SYRUP, CHICORY ROOT FIBER, BROWN RICE CRISPS (WHOLE GRAIN BROWN RICE, BROWN RICE SYRUP, SALT), SEMI-SWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER), COCOA POWDER, GUM ARABIC, WHOLE GRAIN OATS, ALMONDS, SEA SALT, TOCOPHEROLS (TO PRESERVE FRESHNESS), NATURAL FLAVOR. CONTAINS ALMOND AND CASHEW INGREDIENTS.

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