Nutrition Facts

Serving Size 1 bar (60g)
Servings Per Container 1

Amount Per Serving	
Calories 220	
Calories from Fat 60	
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 5mg	**2%**
Sodium 140mg	**6%**
Potassium 85mg	**2%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 9g	**36%**
Sugars 1g	
Sugar Alcohol 10g	
Protein 21g	**42%**

Vitamin A 0%	Vitamin C 0%		
Calcium 10%	Iron 2%		
Phosphorus 6%			

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

Ingredients: Protein Blend (OhYeah!® Blend Consisting of Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides (Prebiotic Fiber), Maltitol, Glycerine, Palm Kernel Oil, Sunflower Seed Butter, Sugar, Corn Starch, Natural and Artificial Flavors, Partially Hydrogenated Vegetable Oil, Non-Fat Dry Milk, Soy Lecithin (an Emulsifier), Tapioca Starch, Calcium Carbonate, Distilled Monoglycerides, Dextrin, Confectioner's Glaze, Sucralose, Red 40 Lake, Yellow 6 Lake, Blue 1 Lake, Red 3 and Red 40.

ALLERGY ALERT: This Product Contains Milk and Soy.

*NET CARBS = TOTAL CARBS - FIBER - SUGAR ALCOHOLS

Certified GF Gluten-Free