



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 150mg	7%
Potassium 85mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 10g	40%
Sugars 1g	
Sugar Alcohol 11g <small>(sugar alcohols total includes 6g of glycerine)</small>	
Protein 22g	44%
Vitamin A 0% Vitamin C 0%	
Calcium 10%	Iron 2%
Phosphorus 6%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
<small>Calories: 2,000 2,500</small>	
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
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Ingredients: Protein Blend (OhYeah!® Blend Consisting of Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides (Prebiotic Fiber), Maltitol, Glycerine, Sunflower Seed Butter, Palm Kernel Oil, Natural Flavors, Non-Fat Dry Milk, Soy Lecithin (an Emulsifier), Tomato Lycopene Extract (For Color), Salt, Tapioca Starch, Calcium Carbonate, Distilled Monoglycerides, Citric Acid and Sucralose.

ALLERGY ALERT: This Product Contains Milk and Soy.

*NET CARBS = TOTAL CARBS - FIBER - SUGAR ALCOHOLS

