

Nutrition Facts

Serving Size 100g

Servings Per Container 4.54

Amount Per Serving

Calories 600 Calories from Fat 441

% Daily Value*

Total Fat 49g **75%**

Saturated Fat 4g **20%**

Trans Fat 0g

Omega-6 27g

Omega-3 10g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 7g **2%**

Dietary Fiber 3g %

Sugars 2g

Protein 33g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 90%

Vitamin D 6% • Niacin 50%

Thiamin 120% • Riboflavin 860%

Vitamin B6 0% • Vitamin B12 0%

Folate • Vitamin E 250%

Magnesium 230% • Zinc 90%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g