

Nutrition Facts

Serving Size 2.5 tbsp (32g)

Servings Per Container 8

Amount Per Serving

Calories 140 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 0mg **0%**

Total Carbohydrate 16g **5%**

Dietary Fiber 5g **20%**

Sugars 5g

Protein 6g

Vitamin A 10% • Vitamin C 2%

Calcium 8% • Iron 15%

Manganese 30% • Phosphorus 10%

Zinc 10% • Magnesium 5%

Copper 4% • Riboflavin 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: organic chia, organic hemp seeds, organic mango, organic buckwheat, organic banana flakes, organic goji berries.