

Nutrition Facts

Serving Size 1 Bar (40g)

Amount Per Serving

Calories 170 **Fat Calories** 100

% Daily Value

Total Fat 12g **18%**

Saturated Fat 9g **45%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 2g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Potassium 130mg **4%**

Total Carbohydrate 19g **6%**

Dietary Fiber 9g **36%**

Sugars 1g

Sugar Alcohols 8g

Protein 4g **7%**

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

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 Carb		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

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

INGREDIENTS: COCONUT, POLYDEXTROSE, MALTITOL, COCOA BUTTER, VEGETABLE GLYCERIN, WHEY PROTEIN ISOLATE, COCOA (PROCESSED WITH ALKALI), CALCIUM CASEINATE, CONTAINS LESS THAN 2% OF: SODIUM CASEINATE, NATURAL AND ARTIFICIAL FLAVORS, SOY LECITHIN, SALT, POTASSIUM SORBATE AND SODIUM METABISULFITE (PRESERVATIVES), SUCRALOSE.

CONTAINS COCONUT, SOY, MILK.

*Counting Net Carbs?

Fiber and sugar alcohols should be subtracted from the total carbs since they minimally impact blood sugar.

TOTAL CARBS (19g) - FIBER (9g) - SUGAR ALCOHOLS (8g) =

2g **ATKINS**
NET CARBS