

# GLUTEN FREE COFFEE BARS SNACK

*6 packs*  
*individually wrapped*  
**0.8 oz x 6**

INGREDIENTS: organic crunchy oat (34%), organic rice (organic rice flour (69,5%), organic sugar, organic corn flour, salt), organic glucose syrup, organic almonds (5%), organic cane sugar, organic inuline, organic coffee, organic omega 3 (from organic flax seeds) (4.80%), organic corn flakes (organic corn (98,5%), organic cane sugar, salt), organic non hydrogenated palm oil, emulsifier: **soy** lecithin, salt.



NET WT **5.2 OZ (150g)**

## Nutrition Facts

Serving size 1 bar 0.8 oz (25g)  
 Serving per container 6

Amount Per Serving		% Daily Value*	
<b>Calories</b>	140	Calories from Fat	20
<b>Total Fat</b>	2.5g		<b>4%</b>
Saturated Fat	1g		<b>6%</b>
Trans Fat	0g		
Omega-3	80.5mg		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	0mg		<b>0%</b>
<b>Total Carbohydrate</b>	24g		<b>8%</b>
Dietary Fiber	3g		<b>11%</b>
Sugars	7g		
<b>Protein</b>	4g		
Vitamin A 0% • Vitamin C 0%			
Calcium 0% • Iron 0%			
*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 Carb		300g	375g
Dietary Fiber		25g	30g

# GLUTEN FREE CHOCOLATE BARS SNACKS

*6 packs*  
*individually wrapped*  
**0.8 OZ x 6**

INGREDIENTS: organic crunchy oat (25%), organic dark chocolate (15%) (organic sugar, organic cocoa paste, organic cocoa butter, emulsifier: **soy** lecithin), organic glucose syrup, organic rice (organic rice flour (69,5%), organic sugar, organic corn flour, salt), organic cane sugar, organic inuline, organic omega 3 (from flaxseed flour 4,8%), organic corn flakes (organic corn (98,5%), organic cane sugar, salt), organic non hydrogenated palm oil, emulsifier: **soy** lecithin, salt.

NET WT **5.2 OZ (150g)**



## Nutrition Facts

Serving size 1 bar 0.8 oz (25g)  
 Serving per container 6

Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
Omega-3 80.5mg	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 6g	
<b>Protein</b> 4g	

Vitamin A 0% • Vitamin C 0%  
 Calcium 0% • Iron 0%

\*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
Salt fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carb	300g	375g
Dietary Fiber	25g	30g

# GLUTEN FREE COCONUT BARS SNACKS

6 packs  
individually wrapped  
0.8 OZ x 6

NET WT 5.2 OZ (150g)

INGREDIENTS: organic crunchy oat (25%), organic rice (organic rice flour (69,5%), organic sugar, organic corn flour, salt), organic glucose syrup, organic coconut (15%), organic cane sugar, organic inuline, organic omega 3 (4.8%) (from flaxseed flour), organic corn flakes (organic corn (98,5%), organic cane sugar, salt), organic non hydrogenated palm oil, emulsifier: **soy** lecithin, salt.



## Nutrition Facts

Serving size 1 bar 0.8 oz (25g)  
Serving per container 6

Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
Omega-3 80.5mg	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 7g	
<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*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 Carb	300g    375g
Dietary Fiber	25g    30g

# GLUTEN FREE BANANAS BARS SNACKS

6 packs  
individually wrapped  
0.8 oz x 6

NET WT 5.2 OZ (150g)

INGREDIENTS: organic crunchy oat (28%), organic rice (organic rice flour (69,5%), organic sugar, organic corn flour, salt), organic glucose syrup, organic cane sugar, organic inuline, organic banana (5%), organic raisins (5%), organic omega 3 (4.8%) (from organic flaxseed flour), organic corn flakes (organic corn (98,5%), organic cane sugar, salt), organic non hydrogenated palm oil, emulsifier: **soy** lecithin, salt.



## Nutrition Facts

Serving size 1 bar 0.8 oz (25g)  
Serving per container 6

Amount Per Serving	
<b>Calories</b> 135	Calories from Fat 25
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1g	<b>6%</b>
Trans Fat 0g	
Omega-3 80.5mg	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 12g	
<b>Protein</b> 2g	

Vitamin A 0% • Vitamin C 0%  
Calcium 0% • Iron 0%

\*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
Salt fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carb	300g	375g
Dietary Fiber	25g	30g

# GLUTEN FREE APPLE BARS SNACKS

6 packs  
individually wrapped  
0.8 oz x 6

NET WT **5.2 OZ** (150g)

INGREDIENTS: organic crunchy oat (37,5%), organic glucose syrup, organic rice (organic rice flour (69,5%), organic sugar, organic corn flour, salt, organic cane sugar, organic inuline, organic apple (5%), organic omega 3 (from organic flaxseed flour 4,8%), organic corn flakes [organic corn (98,5%), organic cane sugar, salt], organic non hydrogenated palm oil, emulsifier: **soy** lecithin, salt.



## Nutrition Facts

Serving size 1 bar 0.8 oz (25g)  
Serving per container 6

Amount Per Serving	
Calories 147    Calories from Fat 15	
% Daily Value*	
<b>Total Fat</b> 1.9g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Omega-3 80.5mg	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 12g	
<b>Protein</b> 2g	

Vitamin A 0%    •    Vitamin C 0%  
Calcium 0%    •    Iron 0%

\*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
Salt fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carb.	300g	375g
Dietary Fiber	25g	30g

# GLUTEN FREE POMEGRANATE & PAPAYA BARS SNACKS

6 packs  
individually wrapped  
0.8 oz x 6

NET WT 5.2 OZ (150g)

INGREDIENTS: organic crunchy oat (35%), organic glucose syrup, organic rice (organic rice flour (69.5%), organic sugar, organic corn flour, salt), organic cane sugar, organic inuline, organic papaya (5%), organic omega 3 (4.8%) (from organic flaxseed flour), organic corn flakes (organic corn (98.5%), organic cane sugar, salt), organic non hydrogenated palm oil, organic pomegranate concentrated juice (2.5%), emulsifier: soy lecithin, salt.



## Nutrition Facts

Serving size 1 bar 0.8 oz (25g)  
Serving per container 6

Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 15
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Omega-3 80.5mg	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 12g	
<b>Protein</b> 2g	

Vitamin A 0% • Vitamin C 0%  
Calcium 0% • Iron 0%

\*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 Carb		300g	375g
Dietary Fiber		25g	30g

# GLUTEN FREE RED FRUITS BARS SNACKS

6 packs  
*individually wrapped*  
 0.8 oz x 6

NET WT **5.2 OZ (150g)**

INGREDIENTS: organic crunchy oat (30%), organic rice (organic rice flour (69,5%), organic sugar, organic corn flour, salt), organic glucose syrup, organic raspberry (9%), organic cane sugar, organic inuline, organic omega 3 (4.8%) (from organic flaxseed flour), organic corn flakes (organic corn (98,5%), organic cane sugar, salt), organic non hydrogenated palm oil, emulsifier: **soy** lecithin, salt.



## Nutrition Facts

Serving size 1 bar 0.8 oz (25g)  
 Serving per container 6

Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 20
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Omega-3 80.5mg	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 12g	
<b>Protein</b> 2g	

Vitamin A 0% • Vitamin C 0%  
 Calcium 0% • Iron 0%

\*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 Carb	300g	375g
Dietary Fiber	25g	30g

# GLUTEN FREE HAZELNUT RICE SNACKS

5 packs  
individually wrapped  
1oz x 5

NET WT 4.9 OZ (140g)

INGREDIENTS: sugar, vegetable oil, rice flour (30%), skim milk powder, skim cocoa powder (4%), hazelnuts (4%), maltodextrine, sea salt, emulsifier: sunflower lecithin, flavour: vanillin



## Nutrition Facts

Serving size 2 pieces 1.23 oz (35g)  
Serving per container 5

Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 35
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> <1mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 10g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

\*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 Carb		300g	375g
Dietary Fiber		25g	30g