

# NUTRITION FACTS

ADVOBAR® FRUIT & NUT  
**BLUEBERRY LEMON**

<b>Nutrition Facts</b>	
12 Servings per Container	
<b>Serving Size</b>	<b>1 bar (1.4 oz/40g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 9g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0% • Calcium 50mg 4%
Iron 1mg	6% • Potassium 189mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** CASHEWS, ALMONDS, BROWN RICE SYRUP, DRIED BLUEBERRIES (BLUEBERRIES, SUGAR, SUNFLOWER OIL), CURRANTS, CHICORY ROOT FIBER, CRISP RICE (RICE FLOUR, SUGAR, SALT), ALMOND BUTTER, SUGAR, NATURAL FLAVOR WITH OTHER NATURAL FLAVORS, SALT, MIXED TOCOPHEROLS (TO PRESERVE FRESHNESS).

**CONTAINS: ALMONDS AND CASHEWS.**

**MANUFACTURED IN A FACILITY THAT ALSO PROCESSES SOY, OTHER TREE NUTS, PEANUTS, MILK AND EGG.**

FORMULATED/MANUFACTURED EXCLUSIVELY FOR  
ADVOCARE® INTERNATIONAL, LLC  
RICHARDSON, TX 75082 • 800-542-4800

**FOR MORE INFORMATION VISIT [ADVOCARE.COM](http://ADVOCARE.COM)**

**STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.**

This online information is correct and accurate at the time of publication. Please consult product labeling for current revision.