

# Nutritional Facts

Superseedz Premium

## DARK CHOCOLATE & SEA SALT

### Nutrition Facts

4 servings per container

Serving size 1/4 cup (28g / 1oz)

Amount per serving

**Calories 150**

**% Daily Value\***

**Total Fat** 13g **12%**

Saturated Fat 2g **11%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 105mg **5%**

**Total Carbohydrate** 6g **2%**

Dietary Fiber 2g **6%**

Total Sugars 3g

Includes 3g Added Sugars **5%**

**Protein** 7g **14%**

Vit. D 0mcg 0% • Calcium 10mg 0%

Iron 2.2mg 10% • Potas. 210mg 5%

Phosph. 290mg 25% • Magnes. 145mg 35%

Zinc 1.8mg 15% • Mang. 1.1mg 50%

\*The % Daily Value (DV) 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

Premium European Pumpkin Seeds, Organic Sugar, Cocoa (processed with alkali), Vanilla Extract, Unrefined Sea Salt

Does not contain MSG, Soy or Sesame

## PINK HIMALAYAN SALT

### Nutrition Facts

4 servings per container

Serving size 1/4 cup (28g / 1oz)

Amount per serving

**Calories 150**

**% Daily Value\***

**Total Fat** 13g **17%**

Saturated Fat 2.5g **12%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 190mg **8%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 2g **6%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 8g **16%**

Vit. D 0mcg 0% • Calcium 15mg 0%

Iron 2.4mg 15% • Potas. 220mg 5%

Phosph. 330mg 25% • Magnes. 160mg 40%

Zinc 2.1mg 20% • Mang. 1.2mg 50%

\*The % Daily Value (DV) 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

Premium European Pumpkin Seeds, Pink Himalayan Salt

Does not contain MSG, Soy or Sesame

## VERMONT MAPLE SUGAR & SEA SALT

### Nutrition Facts

4 servings per container

Serving size 1/4 cup (28g / 1oz)

Amount per serving

**Calories 150**

**% Daily Value\***

**Total Fat** 12g **15%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 150mg **6%**

**Total Carbohydrate** 5g **2%**

Dietary Fiber 1g **4%**

Total Sugars 3g

Includes 3g Added Sugars **5%**

**Protein** 7g **14%**

Vit. D 0mcg 0% • Calcium 10mg 0%

Iron 2.2mg 10% • Potas. 200mg 6%

Phosph. 290mg 25% • Magnes. 145mg 35%

Zinc 1.8mg 15% • Mang. 1.1mg 50%

\*The % Daily Value (DV) 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

Premium European Pumpkin Seeds, Organic Sugar, Maple Sugar, Real Vanilla Extract, Unrefined Sea Salt.

Does not contain MSG, Soy or Sesame