

# NUTRITIONAL FACTS

CAVEMAN FOODS

## Dark Chocolate & Coconut Almond



### DARK CHOCOLATE COCONUT ALMOND

#### Nutrition Facts

12 servings per container

**Serving size** 1 bar (40g)

Amount per serving  
**Calories** 220

% Daily Value\*

**Total Fat** 15g 20%

Saturated Fat 6g 30%

Trans Fat 0g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 7g

**Cholesterol** 0mg 0%

**Sodium** 20mg 1%

**Total Carbohydrate** 15g 6%

Dietary Fiber 3g 12%

Total Sugars 7g

Includes 6g Added Sugars 13%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 40g 4%

Iron 1.5mg 8%

Potassium 210mg 4%

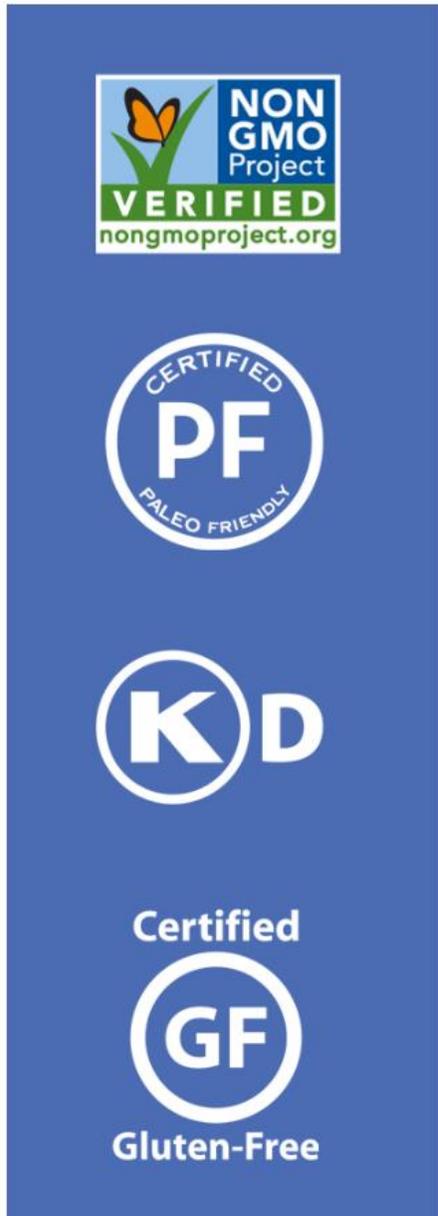
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** NUT AND SEED BLEND (ALMONDS, SUNFLOWER SEEDS, COCONUT, CASHEWS), TAPIOCA SYRUP, DARK COCOA COATING (SUGAR, PALM KERNEL OIL\*, COCOA, COCOA [PROCESSED WITH ALKALI], SUNFLOWER LECITHIN), AGAVE SYRUP, HONEY, UNSWEETENED CHOCOLATE, HIGH OLEIC SUNFLOWER OIL, SEA SALT, NATURAL FLAVORS.

# NUTRITIONAL FACTS

CAVEMAN FOODS

## Dark Chocolate and Sea Salt Almond



### DARK CHOCOLATE SEA SALT ALMOND

<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>1 bar (40g)</b>
<hr/>	
Amount per serving	
<b>Calories</b>	<b>220</b>
<hr/>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 8g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 7g	
Includes 6g Added Sugars	<b>13%</b>
<b>Protein</b> 6g	
<hr/>	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.8mg	10%
Potassium 220mg	4%
<hr/>	
<small>*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.</small>	

**INGREDIENTS:** NUT AND SEED BLEND (ALMONDS, SUNFLOWER SEEDS, PUMPKIN SEEDS, CASHEWS), DARK COCOA COATING (SUGAR, PALM KERNEL OIL\*, COCOA, COCOA [PROCESSED WITH ALKALI], SUNFLOWER LECITHIN), TAPIOCA SYRUP, AGAVE SYRUP, UNSWEETENED CHOCOLATE, SEA SALT.

# NUTRITIONAL FACTS

CAVEMAN FOODS

## Dark Chocolate and Caramel Cashew



### DARK CHOCOLATE CARAMEL CASHEW

#### Nutrition Facts

12 servings per container

**Serving size** 1 bar (40g)

Amount per serving

**Calories** 210

% Daily Value\*

**Total Fat** 14g 18%

Saturated Fat 3.5g 17%

*Trans Fat* 0g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 8g

**Cholesterol** 0mg 0%

**Sodium** 65mg 3%

**Total Carbohydrate** 16g 6%

Dietary Fiber 2g 8%

Total Sugars 7g

Includes 7g Added Sugars 13%

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 40mg 2%

Iron 1.9mg 10%

Potassium 200mg 4%

\*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:** NUT AND SEED BLEND (CASHEWS, SUNFLOWER SEEDS, ALMONDS, PUMPKIN SEEDS, SESAME SEEDS, FLAX SEED), DARK COCOA COATING (SUGAR, PALM KERNEL OIL\*, COCOA, COCOA [PROCESSED WITH ALKALI], SUNFLOWER LECITHIN), TAPIOCA SYRUP, AGAVE SYRUP, SEA SALT, UNSWEETENED CHOCOLATE, NATURAL FLAVORS.

# NUTRITIONAL FACTS

CAVEMAN FOODS

## Dark Chocolate and Cashew Almond



### DARK CHOCOLATE CASHEW ALMOND

<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>1 bar (40g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 3.5g	<b>16%</b>
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 8g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 7g	
Includes 7g Added Sugars	<b>13%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2mg	10%
Potassium 200mg	4%

\*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:** NUT AND SEED BLEND (CASHEWS, SUNFLOWER SEEDS, ALMONDS, PUMPKIN SEEDS, SESAME SEEDS, CHIA SEEDS), TAPIOCA SYRUP, DARK COCOA COATING (SUGAR, PALM KERNEL OIL\*, COCOA, COCOA [PROCESSED WITH ALKALI], SUNFLOWER LECITHIN), AGAVE SYRUP, SEA SALT, UNSWEETENED CHOCOLATE.