NUTRITIONAL FACTS & INGREDIENT LIST

LIBERTY ORCHARDS

Blueberry Pomegranate & Almond

Nutrition Facts

1 servings per container

Serving size
1 BAR (40g)

Calories per serving **170**

Amount/Serving	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 110mg	**5%**

Amount/Serving	% Daily Value*
Total Carbohydrate 23g	**8%**
Dietary Fiber 2g	**7%**
Total Sugars 13g	
Includes 12g of Added Sugars	**24%**
Protein 5g	

Vitamin D 0mcg 0% • Calcium 41mg 4% • Iron 1mg 6%
Potassium 120mg 2%

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

INGREDIENTS: fruit [fruit juice from concentrate (organic apple, blueberry, pomegranate), blueberries, pomegranate powder, organic apple flake], organic evaporated cane syrup, organic tapioca syrup, **almonds**, seeds (sunflower, flax), **soy** protein nuggets (**soy** protein isolate, tapioca starch, salt), fruit pectin, citric acid, natural flavors, sodium citrate, salt, Vitamin E (to preserve freshness), ascorbic acid.

ALLERGEN INFORMATION: Contains almonds and soy. May contain traces of peanuts and other tree nuts not listed in the ingredients.

NUTRITIONAL FACTS & INGREDIENT LIST

LIBERTY ORCHARDS

Strawberry Raspberry & Walnut

Nutrition Facts

1 servings per container

Serving size
1 BAR (40g)

Calories per serving **170**

Amount/Serving	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 110mg	**5%**

Amount/Serving	% Daily Value*
Total Carbohydrate 23g	**8%**
Dietary Fiber 2g	**7%**
Total Sugars 13g	
Includes 12g of Added Sugars	**24%**
Protein 5g	

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

Vitamin D 0mcg 0% • Calcium 35mg 2% • Iron 1mg 6%
Potassium 105mg 2%

INGREDIENTS: fruit [fruit juice from concentrate (organic apple, strawberry), strawberries, raspberries, organic apple flake], organic evaporated cane syrup, organic tapioca syrup, **nutmeats** (walnuts, almonds), seeds (sunflower, flax), **soy** protein nuggets (**soy** protein isolate, tapioca starch, salt), citric acid, fruit pectin, sodium citrate, natural flavors, salt, Vitamin E (to preserve freshness), ascorbic acid.

ALLERGEN INFORMATION: Contains walnuts, almonds, and soy. May contain traces of peanuts and other tree nuts not listed in the ingredients.

NUTRITIONAL FACTS & INGREDIENT LIST

LIBERTY ORCHARDS

Pineapple Coconut & Macadamia

Nutrition Facts

1 servings per container

Serving size
1 BAR (40g)

Calories per serving **170**

Amount/Serving	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 110mg	**5%**

Amount/Serving	% Daily Value*
Total Carbohydrate 23g	**8%**
Dietary Fiber 2g	**7%**
Total Sugars 13g	
Includes 12g of Added Sugars	**24%**
Protein 5g	

Vitamin D 0mcg 0% • Calcium 26mg 2% • Iron 1mg 6%
Potassium 98mg 2%

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

INGREDIENTS: fruit [fruit juice from concentrate (organic apple, pineapple), organic apple flake, **coconut**, pineapple], organic evaporated cane syrup, organic tapioca syrup, **nutmeats** (macadamias, cashews), seeds (sunflower, flax), **soy** protein nuggets (**soy** protein isolate, tapioca starch, salt), citric acid, fruit pectin, sodium citrate, natural flavors, salt, Vitamin E (to preserve freshness), ascorbic acid.

ALLERGEN INFORMATION: Contains macadamias, cashews, coconut, and soy. May contain traces of peanuts and other tree nuts not listed in the ingredients.

NUTRITIONAL FACTS & INGREDIENT LIST

LIBERTY ORCHARDS

Spicy Mango Papaya & Almond

Nutrition Facts

1 servings per container

Serving size
1 BAR (40g)

Calories per serving **170**

Amount/Serving	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 110mg	**5%**

Amount/Serving	% Daily Value*
Total Carbohydrate 23g	**8%**
Dietary Fiber 2g	**7%**
Total Sugars 13g	
Includes 12g of Added Sugars	**24%**
Protein 5g	

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

Vitamin D 0mcg 0% • Calcium 39mg 4% • Iron 1mg 6%
Potassium 129mg 2%

INGREDIENTS: fruit [fruit juice from concentrate (organic apple), mango, papaya, organic apple flake], organic evaporated cane syrup, organic tapioca syrup, **almonds**, seeds (sunflower, flax), **soy** protein nuggets (**soy** protein isolate, tapioca starch, salt, citric acid, fruit pectin, sodium citrate, natural flavors, cayenne powder, salt, Vitamin E (to preserve freshness), ascorbic acid.

ALLERGEN INFORMATION: Contains almonds and soy. May contain traces of peanuts and other tree nuts not listed in the ingredients.