

VANILLA



CHOCOLATE



COOKIE DOUGH



PEANUT BUTTER CUP



Nutrition Facts

3 servings per container
Serving size 2/3 cup (88g)

	Per serving	Per container
Calories	190	580
	% DV*	% DV*
Total Fat	17g 22%	51g 65%
Saturated Fat	11g 55%	33g 165%
Trans Fat	0.5g	1.5g
Cholesterol	95mg 32%	285mg 95%
Sodium	70mg 3%	200mg 9%
Total Carb.	14g 5%	42g 15%
Dietary Fiber	2g 7%	7g 25%
Total Sugars	0g	0g
Incl. Added Sugars	0g 0%	0g 0%
Sugar Alcohol	11g	32g
Protein	2g	6g
Vitamin D	0mcg 0%	1mcg 6%
Calcium	47mg 4%	140mg 10%
Iron	0mg 0%	0mg 0%
Potassium	39mg 0%	118mg 2%

* 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.

Nutrition Facts

3 servings per container
Serving size 2/3 cup (88g)

	Per serving	Per container
Calories	200	600
	% DV*	% DV*
Total Fat	17g 22%	52g 67%
Saturated Fat	11g 55%	34g 170%
Trans Fat	0.5g	1.5g
Cholesterol	95mg 32%	285mg 95%
Sodium	70mg 3%	210mg 9%
Total Carb.	15g 5%	46g 17%
Dietary Fiber	3g 11%	10g 36%
Total Sugars	0g	0g
Incl. Added Sugars	0g 0%	0g 0%
Sugar Alcohol	11g	32g
Protein	3g	8g
Vitamin D	0mcg 0%	1mcg 6%
Calcium	51mg 4%	153mg 10%
Iron	1mg 6%	4mg 20%
Potassium	105mg 2%	316mg 6%

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Nutrition Facts

3 servings per container
Serving size 2/3 cup (88g)

	Per serving	Per container
Calories	210	630
	% DV*	% DV*
Total Fat	19g 24%	56g 72%
Saturated Fat	11g 57%	34g 170%
Trans Fat	0g	1.5g
Cholesterol	85mg 28%	255mg 84%
Sodium	100mg 4%	300mg 13%
Total Carb.	18g 7%	55g 20%
Dietary Fiber	3g 10%	8g 30%
Total Sugars	0g	<1g
Incl. Added Sugars	0g 0%	0g 0%
Sugar Alcohol	14g	42g
Protein	3g	8g
Vitamin D	0mcg 2%	1mcg 4%
Calcium	51mg 4%	153mg 10%
Iron	1mg 6%	2mg 10%
Potassium	75mg 2%	224mg 4%

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Nutrition Facts

3 servings per container
Serving size 2/3 cup (88g)

	Per serving	Per container
Calories	260	790
	% DV*	% DV*
Total Fat	24g 31%	71g 91%
Saturated Fat	12g 60%	35g 175%
Trans Fat	0g	1g
Cholesterol	75mg 25%	220mg 73%
Sodium	120mg 5%	360mg 16%
Total Carb.	16g 6%	49g 18%
Dietary Fiber	3g 11%	9g 32%
Total Sugars	<1g	2g
Incl. Added Sugars	0g 0%	0g 0%
Sugar Alcohol	10g	31g
Protein	4g	13g
Vitamin D	0mcg 0%	1mcg 6%
Calcium	45mg 4%	134mg 10%
Iron	1mg 6%	3mg 15%
Potassium	134mg 2%	402mg 8%

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Cream, Water, Erythritol, Vegetable Glycerin, Egg Yolks, Chicory Root Fiber, Milk Protein Isolate, Natural Vanilla Flavor, Lactase Enzyme, Peruvian Carob Gum, Guar Gum, Salt, Monk Fruit.

Contains: milk, egg

14.2 carbs - 2.3 fiber - 10.6 sugar alcohol =
1.3g net carbs per serving
3.9g per pint

Cream, Water, Erythritol, Vegetable Glycerin, Egg Yolks, Dutched Cocoa, Chicory Root Fiber, Milk Protein Isolate, Lactase Enzyme, Peruvian Carob Gum, Guar Gum, Salt, Monk Fruit.

Contains: milk, egg

15.2 carbs - 3.2 fiber - 10.6 sugar alcohol =
1.3g net carbs per serving
4.2g per pint

Cream, Water, Cookie Dough (Erythritol, Almonds, Butter, Water, Baking Soda, Salt, Sunflower Lecithin), Erythritol, Vegetable Glycerin, Chocolatey Flakes (Coconut Oil, Cocoa, Erythritol, Sunflower Lecithin, Salt, Dutched Cocoa, Vanilla Extract, Monk Fruit), Egg Yolks, Chicory Root Fiber, Milk Protein Isolate, Natural Vanilla Flavor, Lactase Enzyme, Peruvian Carob Gum, Guar Gum, Salt, Monk Fruit.

Contains: milk, egg, almond

18.2 carbs - 2.8 fiber - 13.8 sugar alcohol =
1.6g net carbs per serving
4.8g per pint

Cream, Water, Peanut Butter (Peanuts, Peanut Oil, Allulose, Salt), Peanut Butter Cups (Unsweetened Chocolate, Peanuts, Erythritol, Cocoa Butter, Coconut Oil, Peanut Oil, Salt, Stevia Extract, Sunflower Lecithin, Whole Milk Powder, Soy Lecithin), Erythritol, Vegetable Glycerin, Egg Yolks, Chicory Root Fiber, Milk Protein Isolate, Natural Vanilla Flavor, Lactase Enzyme, Peruvian Carob Gum, Guar Gum, Salt, Monk Fruit.

Contains: milk, egg, peanut, soy

16.1 carbs - 3.1 fiber - 10.3 sugar alcohol =
2.7g net carbs per serving
8.1g per pint

MINT CHIP



STRAWBERRY



BUTTER PECAN



COFFEE CHIP



Nutrition Facts

3 servings per container
Serving size 2/3 cup (88g)

	Per serving		Per container	
	210		620	
	% DV*		% DV*	
Calories				
Total Fat	19g	24%	56g	72%
Saturated Fat	13g	65%	38g	190%
Trans Fat	0g		1.5g	
Cholesterol	90mg	30%	265mg	88%
Sodium	75mg	3%	220mg	10%
Total Carb.	16g	6%	48g	17%
Dietary Fiber	3g	11%	9g	32%
Total Sugars	0g		0g	
Incl. Added Sugars	0g	0%	0g	0%
Sugar Alcohol	12g		35g	
Protein	2g		7g	
Vitamin D	0mcg	0%	1mcg	6%
Calcium	46mg	4%	139mg	10%
Iron	1mg	6%	3mg	15%
Potassium	79mg	2%	238mg	6%

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Nutrition Facts

3 servings per container
Serving size 2/3 cup (88g)

	Per serving		Per container	
	170		520	
	% DV*		% DV*	
Calories				
Total Fat	14g	18%	43g	55%
Saturated Fat	9g	45%	28g	140%
Trans Fat	0.5g		1.5g	
Cholesterol	80mg	27%	240mg	80%
Sodium	55mg	2%	170mg	7%
Total Carb.	18g	7%	53g	19%
Dietary Fiber	2g	7%	6g	21%
Total Sugars	0g		1g	
Incl. Added Sugars	0g	0%	0g	0%
Sugar Alcohol	14g		41g	
Protein	2g		5g	
Vitamin D	0mcg	0%	1mcg	6%
Calcium	40mg	4%	121mg	10%
Iron	0mg	0%	0mg	0%
Potassium	46mg	0%	139mg	2%

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Nutrition Facts

3 servings per container
Serving size 2/3 cup (88g)

	Per serving		Per container	
	230		680	
	% DV*		% DV*	
Calories				
Total Fat	21g	27%	64g	82%
Saturated Fat	11g	55%	32g	160%
Trans Fat	0g		1.5g	
Cholesterol	85mg	28%	260mg	87%
Sodium	140mg	6%	420mg	18%
Total Carb.	14g	5%	42g	15%
Dietary Fiber	3g	11%	8g	29%
Total Sugars	0g		1g	
Incl. Added Sugars	0g	0%	0g	0%
Sugar Alcohol	10g		29g	
Protein	3g		8g	
Vitamin D	0mcg	0%	1mcg	6%
Calcium	48mg	4%	143mg	10%
Iron	0mg	0%	1mg	6%
Potassium	64mg	2%	192mg	4%

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Nutrition Facts

3 servings per container
Serving size 2/3 cup (88g)

	Per serving		Per container	
	210		620	
	% DV*		% DV*	
Calories				
Total Fat	18g	23%	55g	71%
Saturated Fat	12g	60%	37g	185%
Trans Fat	0g		1.5g	
Cholesterol	90mg	30%	265mg	88%
Sodium	70mg	3%	230mg	10%
Total Carb.	16g	6%	49g	18%
Dietary Fiber	3g	11%	9g	32%
Total Sugars	0g		0g	
Incl. Added Sugars	0g	0%	0g	0%
Sugar Alcohol	11g		34g	
Protein	3g		8g	
Vitamin D	0mcg	0%	1mcg	6%
Calcium	48mg	4%	144mg	10%
Iron	1mg	6%	3mg	15%
Potassium	108mg	2%	325mg	6%

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Cream, Water, Erythritol, Chocolatey Flakes (Coconut Oil, Cocoa, Erythritol, Sunflower Lecithin, Salt, Dutched Cocoa, Vanilla Extract, Monk Fruit), Vegetable Glycerin, Egg Yolks, Chicory Root Fiber, Milk Protein Isolate, Natural Mint Flavor, Lactase Enzyme, Peruvian Carob Gum, Guar Gum, Salt, Monk Fruit.

Contains: milk, egg

16.0 carbs - 3.2 fiber - 11.7 sugar alcohol =
 1.1g net carbs per serving
 3.3g per pint

Cream, Water, Erythritol, Strawberries, Vegetable Glycerin, Egg Yolks, Chicory Root Fiber, Milk Protein Isolate, Natural Flavor, Lactase Enzyme, Peruvian Carob Gum, Guar Gum, Salt, Citric Acid, Carob Gum, Monk Fruit, Xanthan Gum.

Contains: milk, egg

17.7 carbs - 2.1 fiber - 13.7 sugar alcohol =
 1.9g net carbs per serving
 5.7g per pint

Cream, Water, Roasted Pecans (Pecans, Coconut Oil, Salt, Butter), Erythritol, Vegetable Glycerin, Egg Yolks, Chicory Root Fiber, Milk Protein Isolate, Natural Vanilla Flavor, Salt, Lactase Enzyme, Peruvian Carob Gum, Guar Gum, Monk Fruit.

Contains: milk, egg, pecan

13.9 carbs - 2.8 fiber - 9.7 sugar alcohol =
 1.4g net carbs per serving
 4.2g per pint

Cream, Water, Erythritol, Chocolatey Flakes (Coconut Oil, Cocoa, Erythritol, Sunflower Lecithin, Salt, Dutched Cocoa, Vanilla Extract, Monk Fruit), Vegetable Glycerin, Egg Yolks, Chicory Root Fiber, Coffee, Milk Protein Isolate, Lactase Enzyme, Peruvian Carob Gum, Guar Gum, Salt, Monk Fruit.

Contains: milk, egg

16.3 carbs - 3.1 fiber - 11.3 sugar alcohol =
 1.9g net carbs per serving
 5.7g per pint

CHERRY CHIP



Nutrition Facts

3 servings per container			
Serving size		2/3 cup (88g)	
Calories	Per serving	Per container	
	190	560	
	% DV*	% DV*	
Total Fat	15g 19%	46g 59%	
Saturated Fat	11g 55%	32g 160%	
Trans Fat	0g	1.5g	
Cholesterol	75mg 25%	225mg 75%	
Sodium	60mg 3%	190mg 8%	
Total Carb.	19g 7%	56g 20%	
Dietary Fiber	3g 11%	8g 29%	
Total Sugars	<1g	2g	
Incl. Added Sugars	0g 0%	0g 0%	
Sugar Alcohol	14g	42g	
Protein	2g	6g	
Vitamin D	0mcg 0%	1mcg 6%	
Calcium	40mg 4%	121mg 10%	
Iron	1mg 6%	3mg 15%	
Potassium	73mg 2%	219mg 4%	

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TRIPLE CHOCOLATE



Nutrition Facts

3 servings per container			
Serving size		2/3 cup (88g)	
Calories	Per serving	Per container	
	200	590	
	% DV*	% DV*	
Total Fat	17g 22%	50g 64%	
Saturated Fat	11g 55%	34g 170%	
Trans Fat	0g	1.5g	
Cholesterol	80mg 27%	240mg 80%	
Sodium	95mg 4%	280mg 12%	
Total Carb.	20g 7%	60g 22%	
Dietary Fiber	6g 21%	19g 68%	
Total Sugars	0g	1g	
Incl. Added Sugars	0g 0%	0g 0%	
Sugar Alcohol	12g	36g	
Protein	3g	9g	
Vitamin D	0mcg 0%	1mcg 6%	
Calcium	46mg 4%	139mg 10%	
Iron	2mg 10%	7mg 40%	
Potassium	145mg 4%	435mg 10%	

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COOKIES & CREAM



Nutrition Facts

3 servings per container			
Serving size		2/3 cup (88g)	
Calories	Per serving	Per container	
	210	630	
	% DV*	% DV*	
Total Fat	18g 23%	55g 71%	
Saturated Fat	10g 50%	31g 155%	
Trans Fat	0g	1.5g	
Cholesterol	85mg 28%	250mg 83%	
Sodium	115mg 5%	340mg 15%	
Total Carb.	18g 7%	53g 19%	
Dietary Fiber	3g 11%	8g 29%	
Total Sugars	0g	<1g	
Incl. Added Sugars	0g 0%	0g 0%	
Sugar Alcohol	13g	38g	
Protein	3g	9g	
Vitamin D	0mcg 0%	1mcg 6%	
Calcium	52mg 4%	157mg 10%	
Iron	1mg 6%	2mg 10%	
Potassium	87mg 2%	260mg 6%	

* 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.

SALTED CARAMEL



Nutrition Facts

3 servings per container			
Serving size		2/3 cup (88g)	
Calories	Per serving	Per container	
	180	540	
	% DV*	% DV*	
Total Fat	15g 19%	46g 59%	
Saturated Fat	10g 50%	30g 150%	
Trans Fat	0g	1.5g	
Cholesterol	85mg 28%	250mg 83%	
Sodium	135mg 6%	410mg 18%	
Total Carb.	18g 7%	55g 20%	
Dietary Fiber	5g 18%	14g 50%	
Total Sugars	0g	1g	
Incl. Added Sugars	0g 0%	0g 0%	
Sugar Alcohol	12g	35g	
Protein	2g	6g	
Vitamin D	0mcg 0%	1mcg 6%	
Calcium	51mg 4%	152mg 10%	
Iron	0mg 0%	0mg 0%	
Potassium	35mg 0%	106mg 2%	

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Cream, Water, Erythritol, Sour Cherries, Vegetable Glycerin, Chocolatey Flakes (Coconut Oil, Cocoa, Erythritol, Sunflower Lecithin, Salt, Dutched Cocoa, Vanilla Extract, Monk Fruit), Egg Yolks, Chicory Root Fiber, Milk Protein Isolate, Natural Cherry Flavor, Lactase Enzyme, Peruvian Carob Gum, Guar Gum, Salt, Citric Acid, Monk Fruit, Carob Gum.

Contains: milk, egg

18.6 carbs - 2.7 fiber - 13.9 sugar alcohol =
2.0g net carbs per serving
6.0g per pint

Cream, Water, Erythritol, Chocolatey Flakes (Coconut Oil, Cocoa, Erythritol, Sunflower Lecithin, Salt, Dutched Cocoa, Vanilla Extract, Monk Fruit), Vegetable Glycerin, Egg Yolks, Chicory Root Fiber, Dutched Cocoa, Cocoa, Milk Protein Isolate, Butter, Lactase Enzyme, Peruvian Carob Gum, Guar Gum, Salt, Monk Fruit, Sunflower Lecithin, Natural Cocoa Flavor.

Contains: milk, egg

20.0 carbs - 6.3 fiber - 12.0 sugar alcohol =
1.7g net carbs per serving
5.1g per pint

Cream, Water, Cookies (Almond Flour, Erythritol, Dutched Cocoa, Palm Oil, Water, Natural Flavors, Baking Soda, Salt, Sunflower Lecithin), Erythritol, Vegetable Glycerin, Egg Yolks, Chicory Root Fiber, Milk Protein Isolate, Natural Cookies & Cream Flavor, Lactase Enzyme, Peruvian Carob Gum, Guar Gum, Salt, Monk Fruit.

Contains: milk, egg, almond

17.7 carbs - 2.8 fiber - 12.6 sugar alcohol =
2.3g net carbs per serving
6.9g per pint

Cream, Water, Erythritol, Vegetable Glycerin, Chicory Root Fiber, Egg Yolks, Milk Protein Isolate, Natural Caramel Flavor, Butter, Salt, Lactase Enzyme, Peruvian Carob Gum, Guar Gum, Carob Gum, Monk Fruit, Cocoa, Sunflower Lecithin, Annatto.

Contains: milk, egg

18.3 carbs - 4.8 fiber - 11.7 sugar alcohol =
1.8g net carbs per serving
5.4g per pint

ORANGE CREAM



Nutrition Facts

3 servings per container
Serving size **2/3 cup (88g)**

	Per serving	Per container
Calories	190	580
	% DV*	% DV*
Total Fat	17g	51g
Saturated Fat	11g	33g
Trans Fat	0.5g	1.5g
Cholesterol	95mg	285mg
Sodium	65mg	200mg
Total Carb.	14g	43g
Dietary Fiber	2g	7g
Total Sugars	0g	<1g
Incl. Added Sugars	0g	0g
Sugar Alcohol	11g	32g
Protein	2g	6g
Vitamin D	0mcg	1mcg
Calcium	47mg	140mg
Iron	0mg	0mg
Potassium	39mg	117mg

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PEANUT BUTTER CARAMEL CHIP



Nutrition Facts

3 servings per container
Serving size **2/3 cup (88g)**

	Per serving	Per container
Calories	240	730
	% DV*	% DV*
Total Fat	22g	65g
Saturated Fat	11g	34g
Trans Fat	0g	1.5g
Cholesterol	75mg	225mg
Sodium	150mg	440mg
Total Carb.	17g	51g
Dietary Fiber	4g	13g
Total Sugars	<1g	3g
Incl. Added Sugars	0g	0g
Sugar Alcohol	10g	31g
Protein	4g	12g
Vitamin D	0mcg	1mcg
Calcium	47mg	140mg
Iron	1mg	2mg
Potassium	102mg	307mg

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PISTACHIO



Nutrition Facts

3 servings per container
Serving size **2/3 cup (88g)**

	Per serving	Per container
Calories	210	650
	% DV*	% DV*
Total Fat	19g	57g
Saturated Fat	11g	33g
Trans Fat	0g	1.5g
Cholesterol	90mg	275mg
Sodium	85mg	260mg
Total Carb.	15g	46g
Dietary Fiber	3g	8g
Total Sugars	0g	1g
Incl. Added Sugars	0g	0g
Sugar Alcohol	10g	31g
Protein	3g	9g
Vitamin D	0mcg	1mcg
Calcium	50mg	153mg
Iron	0mg	1mg
Potassium	94mg	288mg

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CHOCOLATE CARAMEL NUT



Nutrition Facts

3 servings per container
Serving size **2/3 cup (88g)**

	Per serving	Per container
Calories	200	610
	% DV*	% DV*
Total Fat	17g	52g
Saturated Fat	10g	30g
Trans Fat	0g	1.5g
Cholesterol	80mg	245mg
Sodium	120mg	360mg
Total Carb.	19g	56g
Dietary Fiber	6g	17g
Total Sugars	<1g	2g
Incl. Added Sugars	0g	0g
Sugar Alcohol	11g	34g
Protein	3g	10g
Vitamin D	0mcg	1mcg
Calcium	63mg	190mg
Iron	1mg	3mg
Potassium	117mg	351mg

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Cream, Water, Peanut Butter (Peanuts, Peanut Oil, Allulose, Salt), Erythritol, Vegetable Glycerin, Chocolatey Flakes (Coconut Oil, Cocoa, Erythritol, Sunflower Lecithin, Salt, Dutched Cocoa, Vanilla Extract, Monk Fruit), Chicory Root Fiber, Egg Yolks, Milk Protein Isolate, Natural Caramel Flavor, Salt, Butter, Lactase Enzyme, Peruvian Carob Gum, Guar Gum, Carob Gum, Monk Fruit, Cocoa, Sunflower Lecithin, Annatto.
 Contains: milk, egg, peanut

16.9 carbs - 4.3 fiber - 10.4 sugar alcohol =
 2.2g net carbs per serving
 6.6g per pint

Cream, Water, Erythritol, Roasted Pistachios (Pistachios, Coconut Oil, Salt), Vegetable Glycerin, Egg Yolks, Chicory Root Fiber, Milk Protein Isolate, Lactase Enzyme, Peruvian Carob Gum, Natural Pistachio Flavor (Xanthan Gum, Citric Acid, Gum Acacia), Guar Gum, Sea Salt, Monk Fruit, Spirulina, Turmeric.

Contains: milk, egg, pistachio

15.2 carbs - 2.8 fiber - 10.2 sugar alcohol =
 2.2g net carbs per serving
 6.6g per pint

Cream, Water, Erythritol, Roasted Almonds (Almonds, Coconut Oil, Salt), Vegetable Glycerin, Chicory Root Fiber, Egg Yolks, Dutched Cocoa, Milk Protein Isolate, Butter, Sea Salt, Lactase Enzyme, Peruvian Carob Gum, Guar Gum, Carob Gum, Natural Caramel Flavor, Monk Fruit, Cocoa, Sunflower Lecithin, Annatto.

Contains: milk, egg, almond

18.6 carbs - 5.6 fiber - 11.2 sugar alcohol =
 1.8g net carbs per serving
 5.4g per pint

Cream, Water, Erythritol, Vegetable Glycerin, Egg Yolks, Chicory Root Fiber, Milk Protein Isolate, Natural Orange Flavor, Fruit & Vegetable Juice, Lactase Enzyme, Peruvian Carob Gum, Guar Gum, Salt, Monk Fruit.

Contains: milk, egg

14.4 carbs - 2.3 fiber - 10.6 sugar alcohol =
 1.5g net carbs per serving
 4.5g per pint

CHOCOLATE DIPPED VANILLA



CHOCOLATE DIPPED PEANUT BUTTER CARAMEL



CHOCOLATE DIPPED DOUBLE CHOCOLATE



Nutrition Facts

4 servings per container
Serving size 1 bar (47g)

	Per serving		Per container	
Calories	140		560	
	% DV*	% DV*	% DV*	% DV*
Total Fat	12g	15%	48g	62%
Saturated Fat	8g	40%	32g	160%
Trans Fat	0g		0.5g	
Cholesterol	30mg	10%	125mg	42%
Sodium	25mg	1%	100mg	4%
Total Carb.	10g	4%	42g	15%
Dietary Fiber	2g	7%	8g	29%
Total Sugars	0g		0g	
Incl. Added Sugars	0g	0%	0g	0%
Sugar Alcohol	7g		28g	
Protein	2g		7g	
Vitamin D	0mcg	0%	1mcg	6%
Calcium	28mg	2%	114mg	8%
Iron	2mg	10%	8mg	45%
Potassium	90mg	2%	359mg	8%

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Nutrition Facts

4 servings per container
Serving size 1 bar (47g)

	Per serving		Per container	
Calories	160		630	
	% DV*	% DV*	% DV*	% DV*
Total Fat	14g	18%	54g	69%
Saturated Fat	8g	40%	32g	160%
Trans Fat	0g		0.5g	
Cholesterol	30mg	10%	115mg	37%
Sodium	50mg	2%	190mg	8%
Total Carb.	10g	4%	42g	15%
Dietary Fiber	2g	7%	8g	32%
Total Sugars	0g		1g	
Incl. Added Sugars	0g	0%	0g	0%
Sugar Alcohol	7g		27g	
Protein	2g		9g	
Vitamin D	0mcg	0%	1mcg	6%
Calcium	28mg	2%	111mg	8%
Iron	2mg	10%	9mg	50%
Potassium	106mg	2%	424mg	10%

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Nutrition Facts

4 servings per container
Serving size 1 bar (47g)

	Per serving		Per container	
Calories	140		560	
	% DV*	% DV*	% DV*	% DV*
Total Fat	12g	15%	49g	63%
Saturated Fat	8g	40%	33g	165%
Trans Fat	0g		0.5g	
Cholesterol	30mg	10%	130mg	43%
Sodium	30mg	1%	115mg	5%
Total Carb.	11g	4%	43g	16%
Dietary Fiber	2g	7%	10g	36%
Total Sugars	0g		0g	
Incl. Added Sugars	0g	0%	0g	0%
Sugar Alcohol	7g		28g	
Protein	2g		7g	
Vitamin D	0.3mcg	2%	1mcg	6%
Calcium	20mg	2%	100mg	8%
Iron	2.4mg	15%	9.5mg	50%
Potassium	110mg	2%	450mg	10%

* 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.

Water, Cream, Unsweetened Chocolate, Erythritol, Coconut Oil, Egg Yolks, Milk Protein Isolate, Vegetable Glycerin, Cocoa Butter, Chicory Root Fiber, Natural Flavor, Sunflower Lecithin, Stevia, Peruvian Carob Gum, Guar Gum, Sea Salt, Monk Fruit, Milk.

Contains: milk, egg

10.4 carbs - 2.1 fiber - 7.1 sugar alcohol
 = 1.2g net carbs per bar

Water, Cream, Unsweetened Chocolate, Erythritol, Coconut Oil, Roasted Peanuts, Peanut Oil, Egg Yolks, Milk Protein Isolate, Vegetable Glycerin, Cocoa Butter, Chicory Root Fiber, Natural Caramel Flavor, Sunflower Lecithin, Stevia, Allulose, Peruvian Carob Gum, Guar Gum, Sea Salt, Monk Fruit, Milk.

Contains: milk, egg, peanut OD

10.4 carbs - 2.2 fiber - 6.7 sugar alcohol
 = 1.5g net carbs per bar

Water, Cream, Unsweetened Chocolate, Erythritol, Coconut Oil, Egg Yolks, Dutched Cocoa, Vegetable Glycerin, Chicory Root Fiber, Cocoa Butter, Milk Protein Isolate, Sunflower Lecithin, Natural Vanilla Flavor, Stevia, Peruvian Carob Gum, Guar Gum, Sea Salt, Monk Fruit, Milk.

Contains: milk, egg

10.6 carbs - 2.4 fiber - 6.9 sugar alcohol
 = 1.3g net carbs per bar

CHOCOLATE CREAM MILK



Nutrition Facts	
About 8 servings per container	
Serving size 1 cup (240mL)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 9g	47%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 240mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber <1g	2%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Allulose 11g	
Protein 6g	
Vitamin D 0.5mcg	2%
Calcium 140mg	10%
Iron 0.8mg	4%
Potassium 90mg	2%

* 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.

Water, Cream, Allulose, Milk Protein Isolate, Dutched Cocoa, Xanthan Gum, Salt, Monk Fruit, Lactase Enzyme.

Contains: milk

13.8 carbs - 0.6 fiber - 11.3 allulose =
1.9g net carbs per serving

PLAIN CREAM MILK



Nutrition Facts	
About 8 servings per container	
Serving size 1 cup (240mL)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 135mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Allulose 2g	
Protein 5g	
Vitamin D 0.4mcg	2%
Calcium 140mg	10%
Iron 0.1mg	0%
Potassium 50mg	2%

* 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.

Water, Cream, Milk Protein Isolate, Allulose, Xanthan Gum, Natural Flavor, Salt, Monk Fruit, Lactase Enzyme.

Contains: milk

3.4 carbs - 0.0 fiber - 2.0 allulose =
1.4g net carbs per serving