

# MEGA OMEGA MIX

Our Mega Omega mix is a delicious blend of nuts, fruits and seeds. Walnuts and almonds provide you with Omega-3 “heart-healthy” fatty acids, while the mango and cranberries are a great source of antioxidants. Add a dash of protein and vitamin B rich pumpkin seeds and you’ve got the perfect, healthy snack.

**GLUTEN FREE**  
**CHOLESTEROL FREE**  
**VEGAN**  
**TRANS FAT FREE**



## Nutrition Facts:

Serving size: 1oz (28g)

Servings per container: about 8

Amount/Serving	% DV*
Calories 150	Fat Cal. 80
<b>Total Fat 8g</b>	<b>12%</b>
Sat. Fat 1g	6%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 5mg</b>	<b>0%</b>
<b>Total Carb. 12g</b>	<b>3%</b>
Dietary Fiber 3g	12%
Sugars 10g	
<b>Protein 6g</b>	
Vitamin A 2%	Vitamin C 5%
Calcium 3%	Iron 6%

*\*Percent Daily Values (DV) are based on a 2,000 Calorie diet.*

**INGREDIENTS:** Cranberries (Sugar, Sunflower Oil), Dried Mango (Citric Acid) [Product of Thailand], Roasted Almonds (Cottonseed Oil), Walnuts, Pumpkin Seeds [Product of China]. *Manufactured in a facility that processes peanuts/nuts.*

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