

# PROTEIN MIX

Made from only the finest, quality ingredients, our all natural protein mix is packed with pumpin' nutrition to keep you going. Protein is an essential part of muscle tissue, and is great as a pre- or post-workout snack. Keeping you fuller longer, this protein packed snack is sure to take you the extra mile.

**NO ARTIFICIAL INGREDIENTS**

**HIGH IN PROTEIN**

**ALL NATURAL**

**CHOLESTEROL FREE**



## Nutrition Facts:

Serving size: 1oz (28g)

Servings per container: about 8

Amount/Serving	% DV*
Calories 150	Fat Cal. 72
<b>Total Fat</b> 8g	<b>12%</b>
Sat. Fat 1g	<b>6%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carb.</b> 12g	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 10g	
<b>Protein</b> 7g	
Vitamin A 2%	Vitamin C 5%
Calcium 3%	Iron 6%

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

**INGREDIENTS:** Roasted Peanuts (Cottonseed Oil), Raisins (Sunflower Oil), Roasted Almonds (Cottonseed Oil), Roasted Cashews (Cottonseed Oil) [Product of Brazil], Pumpkin Seeds [Product of China], Dried Cherries (Sugar, Sunflower Oil).  
*Manufactured in a facility that processes peanuts/nuts.*

*GourmetNut™*

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