

MRE BAR

You
TUNE
FOODS

@REDCON1

INGREDIENTS: Protein Blend (Beef Protein Isolate, Salmon Protein, Chicken Protein, Egg Albumin, Brown Rice Protein, Pea Protein), Gluten-Free Baked Oats, Carbohydrate Blend (Dehydrated Yam, Dehydrated Sweet Potato, Pea Starch, Coconut Water Powder, Dehydrated Blueberries, Dehydrated Goji Berries, Malto-Dextrin, Dextrose, MCT Oil, Cellulose Gum, Cinnamon, Salt, Sucralose, Acesulfame-potassium), Soy Protein Isolate, Vegetable Oils (Palm, Palm Kernel, Soybean), Vegetable Glycerin, Sugar, Sorbitol, Water, Maltitol, Whey Protein (from cooking), Cocoa (processed with alkali), Peanuts, Brown Rice Flour, Chicory Root Fiber, Natural Flavors, Sunflower Lecithin, Whey, Mono and Diglycerides, Soy Lecithin, Beta-Carotene, Vitamin A Palmitate, Natural Colors, Potassium Sorbate, Almond and Sucralose.

Contains: Milk, Soy, Almond, Peanut, Egg, Coconut and Fish. Manufactured in a plant that processes Milk, Soy, Wheat, Treenut, Peanut, Egg and Fish.

REAL WHOLE FOOD



MRE BAR

NET WT 2.36 OZ (67g)



MEAL
REPLACEMENT



REAL WHOLE
FOOD SOURCES



20G OF
PROTEIN

OATMEAL CHOCOLATE CHIP

Nutrition Facts

1 Serving Per Container
Serving Size 1 Bar (67g)

Amount per serving
Calories 260

% Daily Value*

Total Fat 9g	12%
Saturated Fat 5g	25%
Monounsaturated Fat 3g	**
Polyunsaturated Fat 1g	**
Trans Fat 0g	**
Cholesterol 40mg	13%
Sodium 300mg	13%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	11%
Sugar 6g	**
Includes Added Sugar 5g	10%
Protein 20g	40%
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Vitamin D 0.1mcg	0%
Calcium 290mg	20%
Iron 0.6mg	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.

WWW.REDCON1.COM

V1.1



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