10g protein

5g fiber















plant-based

10g protein • 5g fiber

































Nutrition Facts 8 servings per container

Servings per container

1.50 oz (42g)

Amount per serving Calories

	_
	% Daily Value*
otal Fat 9g	14%
Saturated Fat 1g	5%

 Trans Fat 0g
 0%

 Cholesterol 0mg
 0%

 Sodium 290mg
 12%

Total Carbohydrate20g7%Dietary Fiber 5g20%

Total Sugars 1g Includes 0g Added Sugars

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itamin D 0mcg	0%
alcium 42mg	3%
on 3mg	15%
otassium 100mg	3%

*The % Daily Value 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.

INGREDIENTS: Organic Pea Grits,
Organic Rice Flour, Organic Pea
Protein, Organic Sunflower Oil
and/or Organic Safflower Oil, and
Organic Red Pepper Seasoning
(Organic Maltodextrin, Organic
Tapioca Solids, Sea Salt, Organic
Spices, Organic Flavor, Organic
Annatto Extract, Citric Acid, Organic
Garlic Powder, Organic Onion
Powder, Yeast Extract, Organic
White Distilled Vinegar, Natural
Flavor).

ALLERGENS: made in a facility that processes milk, tree nuts, wheat, soy, and sesame seeds.

distributed by i won nutrition, co. corte madera, california 94925

certified organic by QAI





made in U.S.A.

IWO∩[™] organics

we're on a mission to create great tasting, organic, protein snacks made from the finest, plant-based ingredients. snacks that are soy-free, gluten-free and have little to no sugar. snacks that leave you and your family guilt-free while snacking on the go.

to health and happiness,

mark samuel proud dad and founder

i give back

we're passionate about giving back. we donate 5% of profits to youth organizations in our local communities.



