

Nutrition Facts **Serv. Size: 1 (45g)**, Amount Per Serving: **Calories 150**, **Total Fat** 12g (15% DV), **Sat. Fat** 1.5g (8% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 200mg (9% DV), **Total Carb.** 15g (5% DV), **Fiber** 7g (25% DV), **Total Sugars** <1g (Incl. 0g Added Sugars, 0% DV), **Protein** 12g, **Vit. D** (0% DV), **Calcium** (8% DV), **Iron** (8% DV), **Potas.** (2% DV), **Magnesium** (10% DV).

Ingredients: Almonds, Soluble Tapioca Fiber, Allulose, Pea Protein, Protein Crisps (Pea Protein, Tapioca Starch), Water, Flaxseeds, Natural Flavors, Gum Acacia, Matcha, Coconut Oil, Sea Salt, Sunflower Lecithin, Ginger, Cinnamon, Stevia Extract, Lion's Mane Extract, Vitamin E
Allergens: Almonds, Coconut | **Distributor:** IQBAR, Inc., Boston, MA

NET CARBOHYDRATE CALCULATION

45g	—	7g	—	5g	=	3g
Total Carbs		Fiber		Allulose		Net Carbs

5g Allulose (a zero-glycemic-index carb) aren't shown in the Nutrition Facts panel to the left. They're a component of Total Carbs that is subtracted to arrive at Net Carbs.



KETO



PALEO FRIENDLY



VEGAN

IQBAR®

MATCHA CHAI

6 Brain Nutrients

12g Plant-Based Protein

<1g Sugar and 3g Net Carbs

NET WT. 1.6 OZ (45g) • GLUTEN-FREE • NON-GMO • NO SUGAR ALCOHOLS



6 BRAIN NUTRIENTS

- **LION'S MANE:** A superfood for staying sharp
- **FLAVONOIDS:** Polyphenols for fighting free radicals
- **MCTs:** Slow-burning fats for mental energy
- **VITAMIN-E:** An anti-oxidant for cell membrane support
- **OMEGA-3s:** Building blocks for cell membranes
- **CHOLINE:** A compound for neurotransmitter support



GLUTEN FREE



NON GMO



NO SUGAR ALCOHOLS



SOY FREE



DAIRY FREE



COMPLETE PROTEIN



OU KOSHER



Say Hi @eatqbar

7g Prebiotic Fiber