Nutrition Facts **Serv. Size: 1 (45g),** Amount Per Serving: **Calories 150,** **Total Fat** 12g (15% DV), Sat. Fat 2g (10% DV), *Trans* Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 210mg (9% DV), **Total Carb.** 17g (6% DV), Fiber 8g (29% DV), Total Sugars <1g (Incl. 0g Added Sugars, 0% DV), **Protein** 12g, Vit. D (0% DV), Calcium (8% DV), Iron (10% DV), Potas. (4% DV), Magnesium (15% DV).

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

NET CARBOHYDRATE CALCULATION

17g Total Carbs	—	8g Fiber	—	6g Allulose	=	3g Net Carbs

6g 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

IQ BAR®

ALMOND BUTTER CHIP

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

GLUTEN FREE · NON GMO · NO SUGAR ALCOHOLS · SOY FREE · DAIRY FREE · COMPLETE PROTEIN · OU KOSHER

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8g Prebiotic Fiber