



NUTRA VITA™



FIBER UP

Nutrition Facts

Serving Size 1oz (30g) 10 crackers
Servings Per Container 5

Amount Per Serving

Calories 220 Calories from Fat 30

% Daily Value*

Total Fat	3.5g	5%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	290mg	12%
Total Carbohydrate	40g	13%
Dietary Fiber	6g	24%
Sugars	2g	

Protein 7g

Vitamin A 0% • Vitamin C 2%
Calcium 4% • Iron 16%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300g	300mg
Sodium	Less than	2,400g	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Whole wheat flour, grain mix (wheat flakes, vital wheat gluten, whole wheat flour, oat flakes, wheat flour, sunflower seeds, dehydrated wheat sourdough, sesame seeds, soybean oil, malt, vitamin blend (vitamin E, vitamin B6 (pyridoxine), vitamin B2 (riboflavin), vitamin B1 (thiamine), vitamin A, folic acid, vitamin B12 (cyanocobalamin)), ascorbic acid, enzymes), expeller pressed canola oil, sea salt, organic sugar, yeast

OMEGA HEALTH

Nutrition Facts

Serving Size 1oz (30g) 10 crackers
Servings Per Container 5

Amount Per Serving

Calories 115 Calories from Fat 25

% Daily Value*

Total Fat	3g	4%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	290mg	12%
Total Carbohydrate	18g	6%
Dietary Fiber	1g	5%
Sugars	1g	

Protein 4g

Vitamin A 0% • Vitamin C 4%
Calcium 0% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300g	300mg
Sodium	Less than	2,400g	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Unbleached wheat flour, grain mix (crushed flaxseed, wheat flour, dehydrated sourdough, vegetable gum, soybean oil, malt flour, ascorbic acid, enzymes), expeller pressed canola oil, sea salt, yeast

VITAWOMEN

Nutrition Facts

Serving Size 1oz (30g) 10 crackers
Servings Per Container 5

Amount Per Serving

Calories 110 Calories from Fat 25

% Daily Value*

Total Fat	2.5g	4%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	290mg	12%
Total Carbohydrate	18g	6%
Dietary Fiber	2g	8%
Sugars	1g	

Protein 4g

Vitamin A 8% • Vitamin C 310%
Calcium 88% • Iron 198%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300g	300mg
Sodium	Less than	2,400g	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Unbleached wheat flour, grain mix (wheat flour, oat flakes, flax seed, corn flour, malt, dehydrated sourdough, inulin, wheat bran, sunflower seeds, sesame seeds, vitamin blend (vitamin E, vitamin B6 (pyridoxine), vitamin B2 (riboflavin), vitamin B1 (thiamine), vitamin A, folic acid, vitamin B12 (cyanocobalamin)), ascorbic acid, enzymes), expeller pressed canola oil, sea salt, organic sugar, yeast