



Brain Food Mix

Ingredients: Raw Pepitas, Raw Almonds, Raw Walnuts, Raw Sunflower Seeds, Cranberries (Sugar, Sunflower Oil), Tart Cherries (Sugar, Sunflower Oil) Blueberries (Sugar, Sunflower Oil)

Country of Origin: USA

Kosher: 

Organic: N/A

Allergen: Tree Nut

Manufacturer's Statement: Manufactured in a facility that processes/packages products that contain peanuts, tree nuts, milk, soy & wheat.

Nutritional Facts

Serving Size	30g	
Calories	143	
		% DV*
Total Fat	9g	14%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	14g	5%
Dietary Fiber	2g	8%
Total Sugars	10g	
Includes Added Sugar	8g	16%
Protein	4g	
Vitamin D	0mcg	0%
Calcium	29mg	3%
Iron	1mg	6%
Potassium	124mg	4%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.