



# TB12 SNACKS

## What are TB12™ Snacks?

TB12™ Snacks are a great way to eat healthy foods with organic ingredients while on-the-go. TB12 Snacks are individually packaged in resealable snack-sized bags, made from biodegradable rice paper.

All TB12 Snacks are vegan, organic, gluten-free, and dairy-free, and contain no added preservatives.



### TB12 ORGANIC RAW SPROUTED BLUEBERRY CRUNCH

**Nutrition Facts**  
Serving Size 1 oz (28g)  
Servings Per Container About 1.4

**Amount Per Serving**  
Calories: 180 Cal from Fat: 120

	% Daily Value*
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein</b> 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 6%	

\*Percent 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 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carb	300g	375g
Dietary Fiber	25g	30g

Calories Per Gram  
Fat 9 • Carbohydrate 4 • Protein 4

A combination of familiar and exotic ingredients packed with vitamins, minerals, antioxidants and phytonutrients.

**INGREDIENTS:** Sprouted cashews\*, sprouted macadamia nuts\*, blueberries\* (blueberries\*, apple juice\* and sunflower oil\*), dates\*, baobab powder\*, blueberry powder\*, Madagascan vanilla\*  
(\* indicates organic ingredient)

**Contains:** Tree nuts. Processed in a facility with nuts. May contain occasional date pits, nut shell fragment, or seed husks.

### TB12 ORGANIC RAW SPROUTED AMAZON CRUNCH

**Nutrition Facts**  
Serving Size 1 oz (28g)  
Servings Per Container About 1.4

**Amount Per Serving**  
Calories: 150 Cal from Fat: 100

	% Daily Value*
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 2.5g	<b>13%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein</b> 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 6%	

\*Percent 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 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carb	300g	375g
Dietary Fiber	25g	30g

Calories Per Gram  
Fat 9 • Carbohydrate 4 • Protein 4

A combination of the best the rainforest has to offer in a tasty, easy-to-eat, nutrient-packed crunch.

**INGREDIENTS:** Sprouted Brazil nuts\*, sprouted cashews\*, dates\*, cacao powder\*, coconut palm sugar\*, vanilla powder\* (\* indicates organic ingredient)

**Contains:** Tree nuts. Processed in a facility with nuts. May contain occasional date pits, nut shell fragment, or seed husks.

### TB12 ORGANIC RAW SUPERFOOD ENERGY SQUARES

**Nutrition Facts**  
Serving Size 1 oz (28g)  
Servings Per Container About 1.7

**Amount Per Serving**  
Calories: 130 Cal from Fat: 80

	% Daily Value*
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 7g	<b>35%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 9g	
<b>Protein</b> 1g	
Vitamin A 0% • Vitamin C 6%	
Calcium 2% • Iron 4%	

\*Percent 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 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carb	300g	375g
Dietary Fiber	25g	30g

Calories Per Gram  
Fat 9 • Carbohydrate 4 • Protein 4

A delicious, healthy, energy-sustaining square, packed with nutrient-dense superfoods. A great pre- & post-workout snack.

**INGREDIENTS:** Coconut\*, figs\*, agave syrup\*, cacao powder\*, almonds\*, vanilla\*, goji powder\*, coconut oil\*, lucuma\*, camu camu\*, sea salt (\* indicates organic ingredient)

Manufactured in a facility that also handles peanuts, milk, eggs, other tree nuts, soy, and wheat.

**Contains:** Tree nuts (almonds and coconut). May contain occasional date pits, nut shell fragment, or seed husks.

### TB12 ORGANIC RAW CACAO GOJI ENERGY SQUARES

**Nutrition Facts**  
Serving Size 1 oz (28g)  
Servings Per Container About 1.7

**Amount Per Serving**  
Calories: 120 Cal from Fat: 50

	% Daily Value*
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 10g	
<b>Protein</b> 3g	
Vitamin A 0% • Vitamin C 8%	
Calcium 4% • Iron 6%	

\*Percent 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 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carb	300g	375g
Dietary Fiber	25g	30g

Calories Per Gram  
Fat 9 • Carbohydrate 4 • Protein 4

A great pre- & post-workout snack with energy-sustaining dates, antioxidant-rich cacao, and nutrient-dense fruits & nuts.

**INGREDIENTS:** Dates\*, sunflower seeds\*, raisins\*, cacao powder\*, apricots\* (may contain organic rice flour), sesame seeds\*, coconut\*, goji powder\*, natural flavors (\* indicates organic ingredient)

Manufactured in a facility that also handles peanuts, milk, eggs, other tree nuts, soy, and wheat.

**Contains:** Tree nuts (coconut). May contain occasional date pits, nut shell fragment, or seed husks.

### TB12 ORGANIC RAW DARK COCOA COCONUT

**Nutrition Facts**  
Serving Size 1 oz (28g)  
Servings Per Container About 1.4

**Amount Per Serving**  
Calories: 120 Cal from Fat: 80

	% Daily Value*
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 8g	<b>40%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein</b> 1g	
Vitamin A 0% • Vitamin C 2%	
Calcium 2% • Iron 4%	

\*Percent 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 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carb	300g	375g
Dietary Fiber	25g	30g

Calories Per Gram  
Fat 9 • Carbohydrate 4 • Protein 4

A simple combination of antioxidant-rich dark chocolate and coconut: a tasty, healthy alternative to traditional sweet snacks.

**INGREDIENTS:** Coconut\*, dark chocolate\* (cacao liquor\*, dehydrated cane juice\*, cacao butter\*, soy lecithin\* (non-GMO), vanilla\*), cacao powder\*, gum arabic\* confectioner's glaze\* (\* indicates organic ingredient)

**Contains:** Tree nuts (coconut) and soy. May contain occasional date pits, nut shell fragment, or seed husks.

### TB12 ORGANIC RAW SPROUTED BUFFALO ALMONDS & RANCH CASHEWS

**Nutrition Facts**  
Serving Size 1 oz (28g)  
Servings Per Container About 1.4

**Amount Per Serving**  
Calories: 140 Cal from Fat: 110

	% Daily Value*
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 1.5g	<b>8%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 8%	

\*Percent 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 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carb	300g	375g
Dietary Fiber	25g	30g

Calories Per Gram  
Fat 9 • Carbohydrate 4 • Protein 4

A classic flavor combination reinterpreted with healthy, nutrient-rich almonds and vitamin & mineral-rich cashews.

**INGREDIENTS:** Sprouted almonds\*, sprouted cashews\*, coconut vinegar\*, sun-dried tomatoes\*, dates\*, apple cider vinegar\*, extra virgin olive oil\*, lemon juice\*, coconut nectar\*, scallions\*, cayenne powder\*, onion powder\*, garlic powder\*, habaero powder\*, dill\*, pink crystal salt (\* indicates organic ingredient)

**Contains:** Tree nuts. Processed in a facility with nuts. May contain occasional date pits, nut shell fragment, or seed husks.