

My Name Is Red, Just Red - Raspberry		
	Per 100g	Per serving (40g)
Energy kcal	380.25	152.1
Carbohydrates (grams)	43.25	17.3
Fiber	20	8
Starch	0.75	0.3
Sugars	8	3.2
Net carbs	23.25	9.3
Lipids (grams)	13.75	5.5
Monosaturated gr.	1.75	0.7
Polysaturated. gr.	7	2.8
Omega - 3 gr.	5	2
Omega - 6 gr.	1.5	0.6
Saturated fats	1.25	0.5
Trans fats	0	0
Cholesterol	0	0
Protein (grams)	19	7.6
Vitamins		
B1 (Thiamine) mg.	0.25	0.1
B2 (Riboflavin) mg.	0	0
B3 (Niacin) mg.	1.25	0.5
B5 (Pantothenic acid) mg.	0.25	0.1
B6 (Pyridoxine) mg.	0.25	0.1
B12 (Cobalamin) Ug	0	0
Folate Ug	17	6.8
Vitamin A IU.	30	12
Vitamin C mg.	3.5	1.4
Vitamin D IU.	0	0
Vitamin E mg.	0	0
Vitamin K. Ug.	89.25	35.7
Minerals		
Calcium mg.	149.25	59.7
Copper mg.	0.25	0.1
Iron mg.	5.5	2.2
Magnesium mg.	97.75	39.1
Manganese. mg.	1.25	0.5
Phosphorus mg.	216.75	86.7
Potassium mg.	152.5	61
Selenium Ug.	10	4
Sodium mg.	21.25	8.5
Zinc. mg.	1	0.4

Cheeky Choccy Wowza - Chocolate & Coconut		
	Per 100g	Per serving (40g)
Energy kcal	507.5	203
Carbohydrates (grams)	42.25	16.9
Fiber	19.75	7.9
Starch	7.25	2.9
Sugars	4.25	1.7
Net carbs	22.25	8.9
Lipids (grams)	26.5	10.6
Monosaturated gr.	0.5	0.2
Polysaturated. gr.	2.5	1
Omega - 3 gr.	4	1.6
Omega - 6 gr.	1.5	0.6
Saturated fats	15.25	6.1
Trans fats	0	0
Cholesterol	0	0
Protein (grams)	20.5	8.2
Vitamins		
B1 (Thiamine) mg.	0.25	0.1
B2 (Riboflavin) mg.	0	0
B3 (Niacin) mg.	1.75	0.7
B5 (Pantothenic acid) mg.	0.25	0.1
B6 (Pyridoxine) mg.	0	0
B12 (Cobalamin) Ug	0	0
Folate Ug	17.5	7
Vitamin A IU.	5	2
Vitamin C mg.	0.25	0.1
Vitamin D IU.	0	0
Vitamin E mg.	0.25	0.1
Vitamin K. Ug.	84.25	33.7
Minerals		
Calcium mg.	165.75	66.3
Copper mg.	0.25	0.1
Iron mg.	6.5	2.6
Magnesium mg.	196	78.4
Manganese. mg.	1.25	0.5
Phosphorus mg.	220.75	88.3
Potassium mg.	580.5	232.2
Selenium Ug.	11.75	4.7
Sodium mg.	19.25	7.7
Zinc. mg.	1	0.4

I'm Coconuts About You - Coconut & Vanilla		
	Per 100g	Per serving (40g)
Energy kcal	519.25	207.7
Carbohydrates (grams)	40.25	16.1
Fiber	16.75	6.7
Starch	10.5	4.2
Sugars	4.5	1.8
Net carbs	23.25	9.3
Lipids (grams)	30.5	12.2
Monosaturated gr.	1.5	0.6
Polysaturated. gr.	7	2.8
Omega - 3 gr.	5	2
Omega - 6 gr.	1.75	0.7
Saturated fats	17.75	7.1
Trans fats	0	0
Cholesterol	0	0
Protein (grams)	18.75	7.5
Vitamins		
B1 (Thiamine) mg.	0.5	0.2
B2 (Riboflavin) mg.	0	0
B3 (Niacin) mg.	1.75	0.7
B5 (Pantothenic acid) mg.	0.25	0.1
B6 (Pyridoxine) mg.	0.25	0.1
B12 (Cobalamin) Ug	0	0
Folate Ug	22.5	9
Vitamin A IU.	6.75	2.7
Vitamin C mg.	0.25	0.1
Vitamin D IU.	0	0
Vitamin E mg.	0.25	0.1
Vitamin K. Ug.	89.25	35.7
Minerals		
Calcium mg.	155.5	62.2
Copper mg.	0.25	0.1
Iron mg.	5.25	2.1
Magnesium mg.	115	46
Manganese. mg.	1.5	0.6
Phosphorus mg.	278.75	111.5
Potassium mg.	357.5	143
Selenium Ug.	15.25	6.1
Sodium mg.	20.75	8.3
Zinc. mg.	1.75	0.7