

Nutrition Facts

Serving Size About 1/5 Pack (3.4g)

Serving Per Container About 5

Amount Per Serving

Calories 20 **Calories from Fat 12**

	% Daily Value*
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	3%
Sugar 0g	
Protein 1g	

Vitamin A 0%	•	Vitamin C 11%
Calcium 1%	•	Iron 1%

* Percent Daily Values are based on a 2,000calorie 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
Saturated Fat	Less than	20g	25g
Cholester Fat	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Organic Seaweed,
Organic Canola Oil, Sea Salt