

# 4 SEED

**FREE OF:** Gluten, Wheat, Dairy, Egg.

No Sulphites No GMO, No Added Cane Sugar, No Artificial Colours, Flavours or Additives.

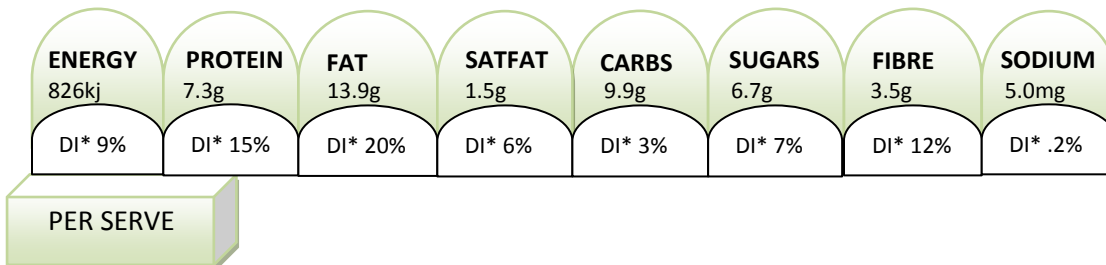
High Fibre, Source of Protein Low in Sodium, Vegetarian. Low GI.

## NUTRITION INFORMATION

Servings per package: 1

Serving size: 40g/1.41oz

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
ENERGY	826kJ (197Cal)	9%	2070kJ (493Cal)
PROTEIN	7.3g	15%	18.2g
FAT, TOTAL	13.9g	20%	34.8g
- SATURATED	1.5g	6%	3.9g
- TRANS	0.0g		0.0g
- POLYUNSATURATED	8.4g		20.9g
- OMEGA-3 ALA	593mg		1480mg
- MONOUNSATURATED	4.0g		10.0g
CHOLESTEROL	0.0mg		0.0mg
CARBOHYDRATE	9.9g	3%	24.8g
- SUGARS	6.7g	7%	18.1g
DIETARY FIBRE	3.5g	12%	8.7g
SODIUM	5.0mg	0.2%	12mg
POTASSIUM	184mg		461mg
MAGNESIUM	62.5mg (25%RDI*)		200mg
PHOSPHORUS	235mg (24%RDI)		588mg
IRON	1.7mg (15%RDI)		4.4mg
ZINC	1.6mg (14%RDI)		4.1mg
COPPER	0.5mg(17%ESD*)		1.3mg
THIAMIN	0.3mg (29%RDI)		0.8mg
NIACIN	2.3mg (23%RDI)		5.7mg
VITAMIN E	2.5mg (25%RDI)		6.3mg
GLUTEN	0.0mg		0.0mg
GLYCEMIC INDEX (GI) 33 (Low)			



Ingredients: ^Seeds (65%) (Sunflower, Pepitas, Sesame, Flax seed), ^Rice Syrup, ^Manuka Honey(7%), Soy Grits. ^Certified Organic

**Contains Soy, Sesame and Other Seeds.**

**May Contain Traces of Peanuts, Other Tree Nuts.**