

## PRODUCT INFO

# IT'S ESSENTIAL<sup>®</sup> {DARK CHOCOLATE BERRY} WEIGHT LOSS ENERGY BARS

Satisfy your sweet tooth and support your weight loss goals with this healthy treat filled with the dietary fiber of powerful ancient grains plus a boost of antioxidants and omegas, all in a delicious dark chocolate and berry snack.

- Supercharge your weight loss results
- Curb appetite and cut cravings
- Get a boost of heart healthy omegas and antioxidants
- Delicious dark chocolate and berry flavor

(Includes 10 weight loss energy bars.)



## US LABEL

<b>Nutrition Facts</b>	
Serving Size 1 Bar 1.59 oz. (45g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 170</b>	Calories from fat 60
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 105mg</b>	<b>4%</b>
<b>Potassium 95mg</b>	<b>3%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 10g	
<b>Protein 10g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 10%
*Percent Daily 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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

## INGREDIENTS

Brown rice syrup, soy crisp (soy protein isolate, tapioca starch, salt), SolaGrain<sup>®</sup> (soy protein isolate, oat fiber, soy hull fiber, psyllium, maltodextrin, flax fiber, beet fiber, flax protein, cellulose, guar), inulin (Jerusalem artichoke), organic coconut oil, diced pineapples, organic dark chocolate chips (organic sugar, organic chocolate liquor, organic cocoa butter, organic soy lecithin [an emulsifier]), almond butter, soy protein isolate, arabic gum, natural flavors, chocolate liquor, apricot, organic quinoa powder, cocoa nibs, flax seed, goji berry, malic acid, mixed tocopherols.

**Contains:** Almond, soybeans.

This product is manufactured in a facility that uses peanuts, milk, tree nuts, wheat and eggs.

## DIRECTIONS

Have two bars a day as a nutritious snack between meals. Eat one between breakfast and lunch and one between lunch and dinner.



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## FREQUENTLY ASKED QUESTIONS

### What Is It's Essential?

It's Essential is a weight loss energy bar with super antioxidants, heart healthy omegas, and powerful ancient grains in a delicious dark chocolate and berry flavor that will supercharge your weight loss results!

### Is It's Essential a meal replacement bar?

It's Essential is a nutritious, fit snack for in between meals or when you're on the go!

### What are the health benefits of It's Essential?

It's Essential bars contain a new, cutting-edge ingredient, SolaGrain<sup>®</sup>, that packs each bar with plant-derived protein and dietary fiber to promote digestive health. It's Essential bars contain good fats, good carbs, and are only 170 calories per bar!

### How many can I eat a day?

We recommend two bars a day as a nutritious snack between meals.

### Does It's Essential contain gluten?

No, it is gluten free!

### Can I take It's Essential if I am pregnant or nursing?

We suggest that you consult your physician prior to using any of our products if you are pregnant or nursing.

