

Nutrition for Women Athletes"

Blueberry

Nutrition Facts Serving Size 6 pieces (30g) Servings per packet 1	Not a significant source of Calories from Fat, Saturated Fat, Trans	
Amount Per Serving	Fat, Cholesterol,	
Calories 100	Dietary Fiber, Calcium	
10ta11at vy 0/a		
Sodium 70mg Potassium 20mg 09	3%	
	0	
Total Carb. 24g 89	v	
Sugars 12g	*Percent Daily Values (DV) are	
Protein Og	based on a 2,000 calorie diet.	
Vitamin A 20% • Vitamin C 20% • Vitamin E 20%		

INGREDIENTS: Organic Brown Rice Syrup, Organic Evaporated Cane Juice, Organic Brown Rice Syrup Solids, Pectin, Citric Acid, Colored With Black Carrot Juice Concentrate, Natural Flavor, Ascorbic Acid (Vit. C), Organic Sunflower Oil, Carnauba Wax, Palmitate (Vit. A), Tocopheryl Succinate (Vit. E).



Nutrition Facts Serving Size 6 pieces (30g) Servings per packet 1	Not a significant source of Calories from Fat, Saturated Fat, Trans
Amount Per Serving	Fat, Cholesterol,
Calories 100	Dietary Fiber, Vitamin A,
Total Fat 0g 0%	Calcium and Iron.
Sodium 70mg	3%
Potassium 20mg 09	6
Total Carb. 24g 89	6
Sugars 12g	*Percent Daily Values (DV) are
Protein Og	based on a 2,000 calorie diet.
Vitamin C 50%	

INGREDIENTS: Organic Brown Rice Syrup, Organic Evaporated Cane Juice, Organic Brown Rice Syrup Solids, Pectin, Citric Acid, Natural Flavor, Colored With Black Carrot Juice Concentrate, Ascorbic Acid (Vit. C), Organic Sunflower Oil, Carnauba Wax.

Watermelon

Nutrition Facts Serving Size 6 pieces (30g) Servings per packet 1	Not a significant source of Calories from Fat, Saturated Fat, Trans	
Amount Per Serving Calories 100	Fat, Cholesterol,	
	Dietary Fiber, Vitamin A,	
Total Fat Og 0%	Vitamin C, Calcium	
Sodium 70mg	a ູກູd Iron.	
Potassium 20mg 09	0	
Total Carb. 24g 89	*Percent Daily Values (DV) are	
Sugars 12g	based on a 2,000 calorie diet.	
Protein Og	<i>,</i>	
Thiamin 20% • Riboflavin 20% • Niacin 20% Vitamin B6 20% • Vitamin B12 20%		

INGREDIENTS: Organic Brown Rice Syrup, Organic Evaporated Cane Juice, Organic Brown Rice Syrup Solids, Pectin, Citric Acid, Natural Flavor, Colored With Black Carrot Juice Concentrate, Organic Sunflower Oil, Carnauba Wax, Niacinamide (Vit. B3), Pyridoxine HCI (Vit. B6), Thiamin HCI (Vit. B1), Riboflavin (Vit. B2), Cyanocobalamin (Vit. B12).



Pomegranate





Watermelon







CASE UPC

PACKET UPC

CADDY UPC