

MILK CHOC. BANANA GUMMI BEARS		
#228	Nutrition facts	
serving size	40g	
serving per container	3.9 approx.	
calories	150	
calories from fat	35	
total fat	4g	6%
saturated fat	2.5g	13%
trans fat	0g	
cholesterol	0mg	0%
sodium	15mg	1%
total carbohydrate	27g	9%
dietary fiber	0g	0%
sugar	20g	
protein	2g	
vitamin A	0%	
Vitamin C	0%	
Calcium	2%	
iron	2%	

CHOC. COVERED GUMMI BEARS		
#227	Nutrition facts	
serving size	40g	
serving per container	3.9 approx.	
calories	150	
calories from fat	35	
total fat	4g	6%
saturated fat	2.5g	13%
trans fat	0g	
cholesterol	0mg	0%
sodium	15mg	1%
total carbohydrate	27g	9%
dietary fiber	0g	0%
sugar	19g	
protein	2g	
vitamin A	0%	
vitamin C	0%	
calcium	2%	
iron	2%	

ALMONDS HNY. GLZD. SESAME		
#821	Nutrition facts	
serving size	28g	
serving per container	6 approx.	
calories	150	
calories from fat	100	
total fat	11g	18%
saturated fat	1g	5%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrate	9g	3%
dietary fiber	3g	12%
sugar	5g	
protein	5g	
vitamin A	0%	
vitamin C	0%	
calcium	6%	
iron	6%	

BLUEBERRIES DRIED		
#216	Nutrition facts	
serving size	40g	
serving per container	5.6 approx.	
calories	130	
calories from fat	0.5	
total fat	0.5g	1%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	10mg	0%
total carbohydrate	32g	11%
dietary fiber	1g	4%
sugar	30g	
protein	1g	
vitamin A	4%	
vitamin C	2%	
calcium	10%	
iron	2%	

MACADAMIA RAW		
#528	Nutrition facts	
serving size	134g	
serving per container	1.2 approx.	
calories	962	
calories from fat	850	

S/F MILK CHOC. ALMONDS		
#823	Nutrition facts	
serving size	40g	
serving per container	4.6 approx.	
calories	220	
calories from fat	160	

total fat	102g	156%
saturated fat	16g	81%
trans fat	0g	
cholesterol	0mg	0%
sodium	7mg	0%
total carbohydrates	19g	6%
dietary fiber	12g	46%
sugar	6g	
protein	11g	
vitamin A		0%
vitamin C		3%
calcium		11%
iron		27%

total fat	18g	27%
saturated fat	6g	30%
trans fat	0g	
cholesterol	5mg	1%
sodium	30mg	1%
total carbohydrates	15g	5%
dietary fiber	3g	11%
sugar	0g	
protein	5g	
vitamin A		0%
vitamin C		0%
calcium		6%
iron		6%

CHOCOLATE ENGLISH TOFFE SQUARES		
#434	Nutrition facts	
serving size	30g	
serving per container	4.8 approx.	
calories	160	
calories from fat	92	
total fat	10g	16%
saturated fat	6g	31%
trans fat	0g	
cholesterol	17mg	6%
sodium	100mg	4%
total carbohydrates	18g	6%
dietary fiber	1g	1%
sugar	17g	
protein	1g	
vitamin A		5%
vitamin C		0%
calcium		2%
iron		0%

MACA POWDER-ORG.		
#49	Nutrition facts	
serving size	1/2 tsp (4.65g)	
serving per container	33.1 approx.	
calories	25	
calories from fat	0	
total fat	0g	0%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	19g	1.5%
dietary fiber	0g	0%
sugar		0%
protein		0%
vitamin A		0%
vitamin C		0%
calcium		0%
iron		0%

ORG. ALMONDS TRUFFLE CACAO/CHILI		
#62	Nutrition facts	
serving size	100g	
serving per container	1.5 approx.	
calories	598	
calories from fat	414	
total fat	47g	72%
saturated fat	22g	108%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	25g	7%

ORG. ALMONDS TRUFFLE CACAO		
#61	Nutrition facts	
serving size	100g	
serving per container	1.7 approx.	
calories	612	
calories from fat	414	
total fat	47g	72%
saturated fat	22g	108%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	32g	11%

dietary fiber	11g	43%
sugar	22g	
protein	11g	
vitamin A		0%
vitamin C		0%
calcium		22%
iron		0%

dietary fiber	7g	29%
sugar	25g	
protein	11g	
vitamin A		0%
vitamin C		0%
calcium		22%
iron		0%

POMEGRANATE POWDER		
#138	Nutrition facts	
serving size	100g	
serving per container	1.49 approx.	
calories	393	
calories from fat	18	
total fat	2.02g	3%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	166.18mg	7%
total carbohydrates	92.8g	31%
dietary fiber	1.06g	4%
sugar	31.51g	
protein	0.99g	
vitamin A		0%
vitamin C		16%
calcium		3%
iron		5%

RASPBERRY POWDER		
#139	Nutrition facts	
serving size	1 scoop (9g)	
serving per container	18.14 approx.	
calories	30	
calories from fat	0	
total fat	0g	0%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	7g	2%
dietary fiber	2g	6%
sugar	5g	
protein	0g	
vitamin A		0%
vitamin C		2%
calcium		2%
iron		4%

BARLEY GRASS POWDER		
#134	Nutrition facts	
serving size	100g	
serving per container	0.99 approx.	
calories	361	
calories from fat	44	
total fat	4.87g	7%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	95.2mg	4%
total carbohydrates	59.17g	20%
dietary fiber	33.85g	135%
sugar	4.87g	
protein	20.17g	
vitamin A		640%
vitamin C		135%
calcium		202%

SPIRULINA		
#135	Nutrition facts	
serving size	112g	
serving per container	1.53 approx.	
calories	325	
calories from fat	72	
total fat	9g	13%
saturated fat	3g	15%
trans fat	0g	
cholesterol	0mg	0%
sodium	1174mg	49%
total carbohydrates	27g	9%
dietary fiber	4g	16%
sugar	3g	
protein	64g	
vitamin A		13%
vitamin C		19%
calcium		13%

iron	303%
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iron	177%
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ALMONDS HONEY ROASTED		
#468	Nutrition facts	
serving size	28g	
serving per container	6 approx.	
calories	170	
calories from fat	120	
total fat	14g	20%
saturated fat	1.5g	6%
trans fat	0g	
cholesterol	0mg	0%
sodium	35mg	0%
total carbohydrates	8g	2%
dietary fiber	4g	15%
sugar	6g	
protein	5g	
vitamin A		0%
vitamin C		0%
calcium		8%
iron		4%

GOJI BERRIES		
#534	Nutrition facts	
serving size	28g	
serving per container	4 approx.	
calories	112	
calories from fat	14	
total fat	1.4g	5%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	84mg	3%
total carbohydrates	19g	6%
dietary fiber	2g	8%
sugar	15g	
protein	4g	
vitamin A		170%
vitamin C		20%
calcium		6%
iron		12%

PITTED CHERRIES		
# 362	Nutrition facts	
serving size	40g	
serving per container	4 approx.	
calories	130	
calories from fat	5	
total fat	0.5g	1%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	33g	11%
dietary fiber	1g	6%
sugar	31g	
protein	1g	
vitamin A		15%
vitamin C		2%
calcium		8%
iron		2%

CHOC. MINI M&M'S		
# 662	Nutrition facts	
serving size	14g	
serving per container	17 approx.	
calories	70	
calories from fat	25	
total fat	3g	5%
saturated fat	2g	10%
trans fat	0g	
cholesterol	0mg	0%
sodium	10mg	0%
total carbohydrates	10g	3%
dietary fiber	0g	0%
sugar	9g	
protein	1g	
vitamin A		0%
vitamin C		0%
calcium		0%
iron		0%

DARK CHOC. RAISINS		
#522	Nutrition facts	
serving size	40g	
serving per container	5 approx.	

DARK CHOCOLATE CASHEW		
# 531	Nutrition facts	
serving size	40g	
serving per container	4 approx.	

calories	180	
calories from fat	90	
total fat	10g	16%
saturated fat	6g	30%
trans fat	0g	
cholesterol	0mg	0%
sodium	5mg	0%
total carbohydrates	26g	9%
dietary fiber	2g	10%
sugar	21g	
protein	2g	
vitamin A		0%
vitamin C		0%
calcium		2%
iron		10%

calories	220	
calories from fat	130	
total fat	15g	23%
saturated fat	7g	38%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	20g	7%
dietary fiber	2g	8%
sugar	14g	
protein	3g	
vitamin A		0%
vitamin C		0%
calcium		2%
iron		8%

CHOCOLATE ALMONDS		
#442	Nutrition facts	
serving size	38g	
servings per container	5 approx.	
calories	230	
calories from fat	130	
total fat	14g	22%
saturated fat	5g	25%
trans fat	0g	
cholesterol	5mg	2%
sodium	35mg	1%
total carbohydrates	19g	6%
dietary fiber	3g	12%
sugar	16g	
protein	5g	
vitamin A		0%
vitamin C		0%
calcium		6%
iron		6%

DRY CHESNUTS		
# 23	Nutrition facts	
serving size	28g	
servings per container	7 approx.	
calories	103	
calories from fat	9	
total fat	1g	0%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	10mg	0%
total carbohydrates	22g	7%
dietary fiber	0g	0%
sugar	0g	
protein	0g	
vitamin A		0%
vitamin C		7%
calcium		2%
iron		4%

N/S CHOC. BRDG. MIX 3 OZ		
#56	Nutrition facts	
serving size	45g	
servings per container	2 approx.	
calories	230	
calories from fat	160	
total fat	18g	27%
saturated fat	7g	35%
trans fat	0g	
cholesterol	5mg	1%

N/S CHOC. RAISINS 3.2 OZ		
#179	Nutrition facts	
serving size	40g	
servings per container	2 approx.	
calories	160	
calories from fat	70	
total fat	8g	13%
saturated fat	5g	26%
trans fat	0g	
cholesterol	5mg	1%

sodium	40mg	2%
total carbohydrates	20g	7%
dietary fiber	2g	9%
sugar	4g	
protein	4g	
vitamin A		2%
vitamin C		0%
calcium		4%
iron		4%

sodium	35mg	1%
total carbohydrates	25g	8%
dietary fiber	2g	7%
sugar	13g	
protein	2g	
vitamin A		0%
vitamin C		0%
calcium		2%
iron		4%

MACADAMIA WHOLE SALTED 2.7 OZ		
#185	Nutrition facts	
servicing size	132g	
servicing per container	.60 approx.	
calories	945	
calories from fat	841	
total fat	100g	155%
saturated fat	16g	79%
trans fat	0g	
cholesterol	0mg	0%
sodium	350mg	15%
total carbohydrates	17g	6%
dietary fiber	11g	42%
sugar	5g	
protein	10g	
vitamin A		0%
vitamin C		2%
calcium		9%
iron		19%

MACADAMIA WHOLE NO SALT 2.7 OZ		
#186	Nutrition facts	
servicing size	132g	
servicing per container	.60 approx.	
calories	948	
calories from fat	841	
total fat	100g	155%
saturated fat	16g	79%
trans fat	0g	
cholesterol	0mg	0%
sodium	5mg	0%
total carbohydrates	18g	6%
dietary fiber	11g	42%
sugar	5g	
protein	10g	
vitamin A		0%
vitamin C		2%
calcium		9%
iron		19%

WALNUTS RAW 3 OZ		
#293	Nutrition facts	
servicing size	117g	
servicing per container	.78 approx.	
calories	765	
calories from fat	639	
total fat	76g	117%
saturated fat	7g	36%
trans fat	0g	
cholesterol	0mg	0%
sodium	2mg	0%
total carbohydrates	16g	5%
dietary fiber	8g	31%
sugar	3g	
protein	18g	
vitamin A		0%

PECANS RAW 3 OZ		
#294	Nutrition facts	
servicing size	109g	
servicing per container	0.79 approx.	
calories	753	
calories from fat	121	
total fat	78g	121%
saturated fat	7g	34%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	15g	5%
dietary fiber	10g	42%
sugar	4g	
protein	10g	
vitamin A		1%

vitamin C	3%
calcium	11%
iron	19%

vitamin C	2%
calcium	8%
iron	15%

PECANS PIECES 2.8 OZ		
#316	Nutrition facts	
serving size	109g	
serving per container	.74 approx.	
calories	753	
calories from fat	657	
total fat	78g	121%
saturated fat	7g	34%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	15g	5%
dietary fiber	10g	42%
sugar	4g	
protein	10g	
vitamin A	1%	
vitamin C	2%	
calcium	8%	
iron	15%	

WALNUTS GRANULATED 2.9 OZ		
#317	Nutrition facts	
serving size	117g	
serving per container	.69 approx.	
calories	765	
calories from fat	639	
total fat	76g	117%
saturated fat	7g	36%
trans fat	0g	
cholesterol	0mg	0%
sodium	2mg	0%
total carbohydrates	16g	5%
dietary fiber	8g	31%
sugar	3g	
protein	18g	
vitamin A	0%	
vitamin C	3%	
calcium	11%	
iron	19%	

APRICOTS TURKISH 6 OZ		
#485	Nutrition facts	
serving size	51g	
serving per container	3 approx.	
calories	90	
calories from fat	0	
total fat	0g	0%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	10mg	0%
total carbohydrates	22g	7%
dietary fiber	3g	12%
sugar	19g	
protein	1g	
vitamin A	0%	
vitamin C	0%	
calcium	0%	
iron	0%	

CASHEW SALTED 4 OZ		
#501	Nutrition facts	
serving size	129g	
serving per container	.87 approx.	
calories	349	
calories from fat	516	
total fat	62g	95%
saturated fat	11g	55%
trans fat	0g	
cholesterol	0mg	0%
sodium	397mg	17%
total carbohydrates	39g	13%
dietary fiber	4g	17%
sugar	6g	
protein	22g	
vitamin A	0%	
vitamin C	1%	
calcium	6%	
iron	43%	

RASPBERRY CRANBERRY 4.5 OZ		
#504	Nutrition facts	

CHERRY CRANBERRY 4.5 OZ		
#505	Nutrition facts	

servicing size	100g
servicing per container	1 approx.
calories	320
calories from fat	0
total fat	1g 2%
saturated fat	0.2g 0%
trans fat	0g
cholesterol	0mg 0%
sodium	25mg 1%
total carbohydrates	78g 26%
dietary fiber	3g 12%
sugar	75g
protein	0g
vitamin A	15%
vitamin C	60%
calcium	2%
iron	0%

servicing size	100g
servicing per container	1 approx.
calories	320
calories from fat	0
total fat	1g 2%
saturated fat	0.2g 0%
trans fat	0g
cholesterol	0mg 0%
sodium	25mg 1%
total carbohydrates	78g 26%
dietary fiber	3g 12%
sugar	75g
protein	0g
vitamin A	15%
vitamin C	60%
calcium	2%
iron	0%

GOLDEN RAISINS 5 OZ	
#680	Nutrition facts
servicing size	165g
servicing per container	.85 approx.
calories	498
calories from fat	6
total fat	1g 1%
saturated fat	0g 1%
trans fat	0g
cholesterol	0mg 0%
sodium	20mg 1%
total carbohydrates	131g 44%
dietary fiber	7g 26%
sugar	98g
protein	6g
vitamin A	0%
vitamin C	9%
calcium	9%
iron	16%

HONEY ROASTED PEANUTS 4 OZ	
#681	Nutrition facts
servicing size	33g
servicing per container	3 approx.
calories	230
calories from fat	200
total fat	24g 37%
saturated fat	2g 10%
trans fat	0g
cholesterol	0mg 0%
sodium	0mg 0%
total carbohydrates	5g 2%
dietary fiber	3g 13%
sugar	1g
protein	3g
vitamin A	0%
vitamin C	0%
calcium	2%
iron	4%

PEANUTS BLANCHED N/S 4 OZ	
#685	Nutrition facts
servicing size	30g
servicing per container	4 approx.
calories	180
calories from fat	135
total fat	15g 23%
saturated fat	2g 10%

PEANUTS BLANCHED R/S 4 OZ	
#686	Nutrition facts
servicing size	40g
servicing per container	3 approx.
calories	230
calories from fat	180
total fat	20g 31%
saturated fat	2.5g 14%

trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	5g	1%
dietary fiber	3g	1%
sugar	1g	
protein	8g	
vitamin A		0%
vitamin C		0%
calcium		0%
iron		0%

trans fat	0g	
cholesterol	0mg	0%
sodium	172mg	7%
total carbohydrates	8g	3%
dietary fiber	4g	16%
sugar	1g	
protein	11g	
vitamin A		0%
vitamin C		0%
calcium		4%
iron		4%

SESAME CHIPS 2.9 OZ		
#689	Nutrition facts	
serving size	28g	
servings per container	3 approx.	
calories	160	
calories from fat	100	
total fat	0g	0%
saturated fat	1.5g	8%
trans fat	0g	
cholesterol	0mg	0%
sodium	420mg	4%
total carbohydrates	12g	4%
dietary fiber	1g	4%
sugar	0g	
protein	3g	
vitamin A		0%
vitamin C		0%
calcium		6%
iron		10%

SESAME STIX 2.9 OZ		
#690	Nutrition facts	
serving size	28g	
servings per container	3 approx.	
calories	160	
calories from fat	100	
total fat	11g	17%
saturated fat	1.5g	8%
trans fat	0g	
cholesterol	0mg	0%
sodium	420mg	17%
total carbohydrates	13g	4%
dietary fiber	1g	3%
sugar	0g	
protein	3g	
vitamin A		4%
vitamin C		3%
calcium		20%
iron		4%

SOY BEANS SALTED 3.8 OZ		
#693	Nutrition facts	
serving size	172g	
servings per container	.68 approx.	
calories	810	
calories from fat	366	
total fat	44g	67%
saturated fat	60g	32%
trans fat	0g	
cholesterol	0mg	0%
sodium	280mg	12%
total carbohydrates	58g	19%
dietary fiber	30g	122%
sugar	7g	

SUNFLOWER MEAT N/S 4 OZ		
#694	Nutrition facts	
serving size	32g	
servings per container	4 approx.	
calories	180	
calories from fat	130	
total fat	14g	22%
saturated fat	1.5g	7%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	8g	2%
dietary fiber	2g	8%
sugar	0g	

protein	61g
vitamin A	7%
vitamin C	6%
calcium	24%
iron	37%

protein	7g
vitamin A	0%
vitamin C	2%
calcium	0%
iron	2%

ORANGE SLICES 5.1 OZ		
#698 Nutrition facts		
serving size	46g	
servings per container	3 approx.	
calories	150	
calories from fat	0	
total fat	0g	0%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	10mg	0%
total carbohydrates	38g	13%
dietary fiber	0g	0%
sugar	26g	
protein	0g	
vitamin A		0%
vitamin C		0%
calcium		0%
iron		0%

SPEARMINT LEAVES 5.6 OZ		
#699 Nutrition facts		
serving size	41g	
servings per container	4 approx.	
calories	130	
calories from fat	0	
total fat	0g	0%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	10mg	0%
total carbohydrates	34g	11%
dietary fiber	0g	0%
sugar	25g	
protein	0g	
vitamin A		0%
vitamin C		0%
calcium		0%
iron		0%

DARK CHOC. RAISINS 5.6 OZ		
#702 Nutrition facts		
serving size	40g	
servings per container	4 approx.	
calories	180	
calories from fat	90	
total fat	10g	16%
saturated fat	6g	30%
trans fat	0g	
cholesterol	0mg	0%
sodium	5mg	0%
total carbohydrates	26g	9%
dietary fiber	2g	10%
sugar	21g	
protein	2g	
vitamin A		0%
vitamin C		0%
calcium		2%
iron		10%

DARK CHOC. CRANBERRIES 5.3 OZ		
#703 Nutrition facts		
serving size	40g	
servings per container	4 approx.	
calories	190	
calories from fat	100	
total fat	11g	17%
saturated fat	7g	33%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	26g	9%
dietary fiber	2g	10%
sugar	21g	
protein	1g	
vitamin A		0%
vitamin C		0%
calcium		2%
iron		10%

JET FIGHTERS 5.4 OZ		
#708 Nutrition facts		
serving size	40g	
servings per container	4 approx.	
calories	120	
calories from fat	0	
total fat	0g	0%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	10mg	0%
total carbohydrates	30g	10%
dietary fiber	0g	0%
sugar	19g	
protein	2g	
vitamin A		0%
vitamin C		0%
calcium		0%
iron		0%

LARGE PEACH RING 5 OZ		
#709 Nutrition facts		
serving size	40g	
servings per container	4 approx.	
calories	118	
calories from fat	0	
total fat	0g	0%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	9mg	0%
total carbohydrates	28g	10%
dietary fiber	0g	0%
sugar	20g	
protein		2
vitamin A		0%
vitamin C		0%
calcium		0%
iron		0%

JELLY BEANS 6.5 OZ		
#713 Nutrition facts		
serving size	42g	
servings per container	4 approx.	
calories	130	
calories from fat	0	
total fat	0g	0%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	30mg	1%
total carbohydrates	0g	0%
dietary fiber	0g	0%
sugar	27g	
protein	0g	
vitamin A		0%
vitamin C		3%
calcium		0%
iron		0%

GUM BALLS 5 OZ		
#714 Nutrition facts		
serving size	2g	
servings per container	68 approx.	
calories	10	
calories from fat	0	
total fat	0g	0%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	2g	1%
dietary fiber	0g	0%
sugar	2g	
protein	0g	
vitamin A		0%
vitamin C		0%
calcium		0%
iron		0%

#56 Nutrition facts		
serving size		
servings per container		
calories		
calories from fat		

#56 Nutrition facts		
serving size		
servings per container		
calories		
calories from fat		

total fat	
saturated fat	
trans fat	
cholesterol	
sodium	
total carbohydrates	
dietary fiber	
sugar	
protein	
vitamin A	
vitamin C	
calcium	
iron	

total fat	
saturated fat	
trans fat	
cholesterol	
sodium	
total carbohydrates	
dietary fiber	
sugar	
protein	
vitamin A	
vitamin C	
calcium	
iron	

#56 Nutrition facts	
servings per container	
total calories	
total fat	
saturated fat	
trans fat	
cholesterol	
sodium	
total carbohydrates	
dietary fiber	
sugar	
protein	
vitamin A	
vitamin C	
calcium	
iron	

#56 Nutrition facts	
servings per container	
total calories	
total fat	
saturated fat	
trans fat	
cholesterol	
sodium	
total carbohydrates	
dietary fiber	
sugar	
protein	
vitamin A	
vitamin C	
calcium	
iron	

CRANBERRY ALMOND MYRTLES		
#242	Nutrition facts	
serving size	24g	
serving per container	6.2 approx.	
calories	110	
calories from fat	50	
total fat	6g	9%
saturated fat	2.5g	13%
trans fat	0g	
cholesterol	5mg	2%
sodium	30mg	1%
total carbohydrates	14g	5%
dietary fiber	1g	4%
sugar	10g	
protein	2g	
vitamin A	0%	
vitamin C	2%	
calcium	4%	
iron	2%	

ORGANIC MORINGA LEAF POWDER		
#251	nutrition facts	
serving size	(1 tsp)	3g
serving per container	34.8 approx.	
calories	8	
calories from fat	1	
total fat	0g	0%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	26mg	1%
total carbohydrates	1g	0%
dietary fiber	1g	2%
sugar	0g	
protein	1g	
vitamin A	65%	
vitamin C	1%	
calcium	6%	
iron	5%	

MACADAMIA W/ SALT		
#525	Nutrition facts	
serving size	132g	
serving per container	1.1 approx.	
calories	945	
calories from fat	841	
total fat	100g	155%
saturated fat	16g	79%
trans fat	0g	
cholesterol	0mg	0%
sodium	350mg	15%
total carbohydrates	17g	6%
dietary fiber	11g	42%
sugar	5g	
protein	10g	
vitamin A	0%	
vitamin C	2%	
calcium	9%	
iron	19%	

MACADAMIA W.H. N/S		
#526	Nutrition facts	
serving size	132g	
serving per container	2 approx.	
calories	948	
calories from fat	841	
total fat	100g	155%
saturated fat	16g	79%
trans fat	0g	
cholesterol	0mg	0%
sodium	5mg	0%
total carbohydrates	18g	6%
dietary fiber	11g	42%
sugar	5g	
protein	10g	
vitamin A	0%	
vitamin C	2%	
calcium	9%	
iron	19%	

N/S ADDED CHOC. BRIDGE MIX		
#824	Nutrition facts	
serving size	45g	
serving per container	4.4 approx.	
calories	230	
calories from fat	160	

CHOCOLATE WALNUTS		
#178	Nutrition facts	
serving size	40g	
serving per container	4.7 approx.	
calories	240	
calories from fat	160	

total fat	18g	27%
saturated fat	7g	35%
trans fat	0g	
cholesterol	5mg	1%
sodium	40mg	2%
total carbohydrates	20g	7%
dietary fiber	2g	9%
sugar	2g	
protein	4g	
vitamin A		2%
vitamin C		0%
calcium		4%
iron		4%

total fat	18g	28%
saturated fat	7g	35%
trans fat	0g	
cholesterol	5mg	2%
sodium	25mg	1%
total carbohydrates	17g	6%
dietary fiber	1g	4%
sugar	15g	
protein	4g	
vitamin A		2%
vitamin C		0%
calcium		6%
iron		4%

DARK CHOC. WALNUTS		
#189	Nutrition facts	
serving size	40g	
servings per container	3.8 approx.	
calories	230	
calories from fat	150	
total fat	17g	26%
saturated fat	6g	30%
trans fat	0g	
cholesterol	0mg	0%
sodium	25mg	1%
total carbohydrates	18g	6%
dietary fiber	3g	12%
sugar	14g	
protein	3g	
vitamin A		0%
vitamin C		0%
calcium		2%
iron		10%

MIXED CHOCOLATE CRANBERRIES		
#268	Nutrition facts	
serving size	40g	
servings per container	5 approx.	
calories	170	
calories from fat	70	
total fat	8g	13%
saturated fat	5g	24%
trans fat	0g	
cholesterol	5mg	1%
sodium	10mg	9%
total carbohydrates	27g	9%
dietary fiber	2g	8%
sugar	22g	
protein	1g	
vitamin A		0%
vitamin C		0%
calcium		2%
iron		2%

ORG. ALMONDS TRUFFLE CACAO/CINNAMON		
#63	Nutrition facts	
serving size	100g	
servings per container	1.5 approx.	
calories	598	
calories from fat	414	
total fat	47g	72%
saturated fat	18g	108%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	25g	7%

GOJI POWDER		
#137	Nutrition facts	
serving size	28g	
servings per container	5.8 approx.	
calories	112	
calories from fat	14	
total fat	1.4g	5%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	84mg	3%
total carbohydrates	28g	9%

dietary fiber	11g	43%
sugar	22g	
protein	11g	
vitamin A		0%
vitamin C		0%
calcium		22%
iron		0%

dietary fiber	4g	16%
sugar	4g	
protein	4g	
vitamin A		170%
vitamin C		20%
calcium		6%
iron		12%

D-RIBOSE POWDER		
#140	Nutrition facts	
serving size	2 tsp (5g)	
serving per container	31.75 approx.	
calories	20	
calories from fat	0	
total fat	0g	0%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	5g	2%
dietary fiber	0g	0%
sugar	0g	
protein	0g	
vitamin A		0%
vitamin C		0%
calcium		0%
iron		0%

GLUTAMINE POWDER		
#133	Nutrition facts	
serving size	1 tsp (5g)	
serving per container	38.1 approx.	
calories	20	
calories from fat	0g	
total fat	0g	0%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	0g	0%
dietary fiber	0g	0%
sugar	0g	
protein	0g	
vitamin A		0%
vitamin C		0%
calcium		0%
iron		0%

CHLORELLA POWDER		
#136	Nutrition facts	
serving size	100g	
serving per container	1.49 approx.	
calories	437	
calories from fat	134	
total fat	14.9g	23%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	63.7mg	3%
total carbohydrates	14.9g	5%
dietary fiber	23.28g	93%
sugar	0.3g	
protein	60.9g	
vitamin A		2080%
vitamin C		4400%
calcium		22%

CHOCOLATE CASHEWS		
#490	Nutrition facts	
serving size	40g	
serving per container	4 approx.	
calories	220	
calories from fat	130	
total fat	15g	23%
saturated fat	9g	44%
trans fat	0g	
cholesterol	0mg	0%
sodium	10mg	0%
total carbohydrates	21g	7%
dietary fiber	1g	3%
sugar	17g	
protein	3g	
vitamin A		0%
vitamin C		0%
calcium		2%

iron	1167%
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iron	4%
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PISTACHIO MEAT SALTED		
#200	Nutrition facts	
serving size	28g	
serving per container	5 approx.	
calories	172	
calories from fat	120	
total fat	15g	21%
saturated fat	2g	8%
trans fat	0g	
cholesterol	0mg	0%
sodium	100mg	5%
total carbohydrates	8g	3%
dietary fiber	3g	12%
sugar	2g	
protein	2g	
vitamin A		3%
vitamin C		3%
calcium		3%
iron		7%

PISTACHIO MEAT NO SALT		
#399	Nutrition facts	
serving size	28g	
serving per container	5 approx.	
calories	172	
calories from fat	120	
total fat	15g	21%
saturated fat	2g	8%
trans fat	0g	
cholesterol	0mg	0%
sodium	10mg	0%
total carbohydrates	8g	3%
dietary fiber	3g	12%
sugar	2g	
protein	6g	
vitamin A		3%
vitamin C		3%
calcium		3%
iron		7%

CANDY COATED CHOC. ROCKS		
# 34	Nutrition facts	
serving size	40g	
serving per container	5 approx.	
calories	200	
calories from fat	100	
total fat	11g	17%
saturated fat	11g	55%
trans fat	0g	
cholesterol	0mg	0%
sodium	25mg	1%
total carbohydrates	26g	9%
dietary fiber	1g	4%
sugar	24g	
protein	2g	
vitamin A		0%
vitamin C		0%
calcium		4%
iron		6%

DARK CHOC. COFFEE BEANS		
#519	Nutrition facts	
serving size	40g	
serving per container	5 approx.	
calories	180	
calories from fat	110	
total fat	12g	18%
saturated fat	7g	36%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	23g	8%
dietary fiber	2g	9%
sugar	18g	
protein	2g	
vitamin A		0%
vitamin C		0%
calcium		2%
iron		10%

DARK CHOC. CRANBERRIES		
# 533	Nutrition facts	
serving size	40g	
serving per container	5 approx.	

DARK CHOC. ALMONDS		
# 517	Nutrition facts	
serving size	40g	
serving per container	5 approx.	

calories	190	
calories from fat	100	
total fat	11g	17%
saturated fat	7g	33%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	26g	9%
dietary fiber	2g	10%
sugar	21g	
protein	1g	
vitamin A		0%
vitamin C		0%
calcium		2%
iron		10%

calories	200	
calories from fat	120	
total fat	14g	21%
saturated fat	7g	33%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	22g	7%
dietary fiber	3g	12%
sugar	17g	
protein	3g	
vitamin A		0%
vitamin C		0%
calcium		2%
iron		10%

MILK CHOC. PRETZEL 2.2 OZ		
#17 Nutrition facts		
servicing size	40g	
servicing per container	2 approx.	
calories	190	
calories from fat	80	
total fat	9g	14%
saturated fat	6g	28%
trans fat	0g	
cholesterol	5mg	2%
sodium	140mg	6%
total carbohydrates	27g	9%
dietary fiber	1g	4%
sugar	16g	
protein	3g	
vitamin A		2%
vitamin C		0%
calcium		6%
iron		2%

S/F CHOC. ALMONDS 3.3 OZ		
# 55 Nutrition facts		
servicing size	40g	
servicing per container	2 approx.	
calories	220	
calories from fat	160	
total fat	18g	27%
saturated fat	6g	30%
trans fat	0g	
cholesterol	5mg	1%
sodium	30mg	1%
total carbohydrates	15g	5%
dietary fiber	3g	11%
sugar	0g	
protein	5g	
vitamin A		0%
vitamin C		0%
calcium		6%
iron		6%

CHOC. MINI M&M'S 4.2 OZ		
# 182 Nutrition facts		
servicing size	14g	
servicing per container	9 approx.	
calories	70	
calories from fat	25	
total fat	3g	5%
saturated fat	2g	10%
trans fat	0g	
cholesterol	0mg	0%

RSTD. SLTD PISTACHIO 2 OZ		
#184 Nutrition facts		
servicing size	28g	
servicing per container	2 approx.	
calories	160	
calories from fat	120	
total fat	13g	20%
saturated fat	1.5g	8%
trans fat	0g	
cholesterol	0mg	0%

sodium	10mg	0%
total carbohydrates	10g	3%
dietary fiber	0g	0%
sugar	9g	
protein	1g	
vitamin A		0%
vitamin C		0%
calcium		0%
iron		0%

sodium	115mg	5%
total carbohydrates	8g	3%
dietary fiber	3g	12%
sugar	2g	
protein	6g	
vitamin A		2%
vitamin C		0%
calcium		4%
iron		6%

HONEY GLZD. SES. ALMONDS 2.5 OZ		
#187	Nutrition facts	
servicing size	28g	
servicing per container	3 approx.	
calories	150	
calories from fat	100	
total fat	11g	18%
saturated fat	1g	5%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	9g	3%
dietary fiber	3g	12%
sugar	5g	
protein	5g	
vitamin A		0%
vitamin C		0%
calcium		6%
iron		6%

ALMOND RAW 5 OZ		
#292	Nutrition facts	
servicing size	95g	
servicing per container	1 approx.	
calories	546	
calories from fat	393	
total fat	47g	72%
saturated fat	4g	18%
trans fat	0g	
cholesterol	0mg	0%
sodium	1mg	0%
total carbohydrates	21g	7%
dietary fiber	12g	46%
sugar	4g	
protein	20g	
vitamin A		0%
vitamin C		0%
calcium		25%
iron		20%

ALMOND DICED 3.2 OZ		
#295	Nutrition facts	
servicing size	95g	
servicing per container	1 approx.	
calories	546	
calories from fat	393	
total fat	47g	72%
saturated fat	4g	18%
trans fat	0g	
cholesterol	0mg	0%
sodium	1mg	0%
total carbohydrates	21g	7%
dietary fiber	12g	46%
sugar	4g	
protein	20g	
vitamin A		0%

FANCY NUTS MIX R/S 4 OZ		
#305	Nutrition facts	
servicing size	30g	
servicing per container	4 approx.	
calories	190	
calories from fat	140	
total fat	17g	26%
saturated fat	2.5g	13%
trans fat	0g	
cholesterol	0mg	0%
sodium	110mg	5%
total carbohydrates	5g	2%
dietary fiber	2g	10%
sugar	1g	
protein	7g	
vitamin A		0%

vitamin C	0%
calcium	25%
iron	20%

vitamin C	0%
calcium	4%
iron	4%

CARAMEL BULLEYES 4 OZ	
#454	Nutrition facts
serving size	34g
servings per container	3 approx.
calories	130
calories from fat	30
total fat	3g 5%
saturated fat	1g 3%
trans fat	0g
cholesterol	0mg 0%
sodium	50mg 2%
total carbohydrates	23g 8%
dietary fiber	0g 0%
sugar	17g
protein	17g
vitamin A	4%
vitamin C	3%
calcium	20%
iron	4%

ALMONDS ROASTED SALTED 4.7 OZ	
#484	Nutrition facts
serving size	138g
servings per container	1 approx.
calories	824
calories from fat	610
total fat	73g 112%
saturated fat	6g 26%
trans fat	0g
cholesterol	0mg 0%
sodium	468mg 19%
total carbohydrates	27g 9%
dietary fiber	16g 65%
sugar	16g
protein	30g
vitamin A	0%
vitamin C	0%
calcium	37%
iron	35%

VEGGIE CHIPS 1.5 OZ	
#502	Nutrition facts
serving size	28g
servings per container	2 approx.
calories	130
calories from fat	90
total fat	7g 11%
saturated fat	1g 5%
trans fat	0g
cholesterol	0mg 0%
sodium	250mg 10%
total carbohydrates	15g 5%
dietary fiber	1g 4%
sugar	1g
protein	1g
vitamin A	0%
vitamin C	20%
calcium	0%
iron	2%

DRIED CRANBERRIES 3.5 OZ	
#503	Nutrition facts
serving size	100g
servings per container	1 approx.
calories	320
calories from fat	0
total fat	1g 2%
saturated fat	0.2g 0%
trans fat	0g
cholesterol	0mg 0%
sodium	25mg 1%
total carbohydrates	78g 26%
dietary fiber	3g 12%
sugar	75g
protein	0g
vitamin A	15%
vitamin C	60%
calcium	2%
iron	0%

CHOC. TOFFEE PRETZEL 2.7 OZ	
#574	Nutrition facts

JUMBO BEARS 6 OZ	
#576	Nutrition facts

servicing size	40g	
servicing per container	2 approx.	
calories	190	
calories from fat	80	
total fat	9g	14%
saturated fat	7g	35%
trans fat	0g	
cholesterol	2mg	1%
sodium	241mg	10%
total carbohydrates	27g	9%
dietary fiber	1g	4%
sugar	15g	
protein	3g	
vitamin A		0%
vitamin C		0%
calcium		3%
iron		3%

servicing size	100g	
servicing per container	2 approx.	
calories	120	
calories from fat	0	
total fat	0g	0%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	10mg	0%
total carbohydrates	29g	10%
dietary fiber	0g	0%
sugar	19g	
protein	2g	
vitamin A		0%
vitamin C		0%
calcium		0%
iron		0%

PAPAYA DICED 4 OZ		
#682	Nutrition facts	
servicing size	40g	
servicing per container	3 approx.	
calories	140	
calories from fat	0	
total fat	0g	0%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	90mg	4%
total carbohydrates	35g	12%
dietary fiber	1g	5%
sugar	31g	
protein	0g	
vitamin A		0%
vitamin C		0%
calcium		4%
iron		4%

PEANUTS HOT & SPICY 5 OZ		
#683	Nutrition facts	
servicing size	40g	
servicing per container	4 approx.	
calories	230	
calories from fat	180	
total fat	20g	31%
saturated fat	2.5g	13%
trans fat	0g	
cholesterol	0mg	0%
sodium	170mg	7%
total carbohydrates	8g	3%
dietary fiber	4g	16%
sugar	1g	
protein	10g	
vitamin A		0%
vitamin C		0%
calcium		4%
iron		4%

PINEAPPLE DICE 5 OZ		
#687	Nutrition facts	
servicing size	40g	
servicing per container	4 approx.	
calories	140	
calories from fat	0	
total fat	0g	0%
saturated fat	0g	0%

BLACK RAISINS 4 OZ		
#688	Nutrition facts	
servicing size	40g	
servicing per container	3 approx.	
calories	130	
calories from fat	0	
total fat	0g	0%
saturated fat	0g	0%

trans fat	0g	
cholesterol	0mg	0%
sodium	90mg	4%
total carbohydrates	35g	12%
dietary fiber	1g	5%
sugar	29g	
protein	0g	
vitamin A		0%
vitamin C		0%
calcium		0%
iron		0%

trans fat	0g	
cholesterol	0mg	0%
sodium	10mg	0%
total carbohydrates	31g	10%
dietary fiber	2g	9%
sugar	29g	
protein	1g	
vitamin A		0%
vitamin C		0%
calcium		0%
iron		0%

HNY RSTD SESAME STICKS 4 OZ		
#691	Nutrition facts	
serving size	28g	
servings per container	4 approx.	
calories	150	
calories from fat	80	
total fat	9g	14%
saturated fat	1.5g	8%
trans fat	0g	
cholesterol	0mg	0%
sodium	360mg	15%
total carbohydrates	15g	5%
dietary fiber	0g	0%
sugar	3g	
protein	2g	
vitamin A		0%
vitamin C		0%
calcium		0%
iron		0%

SOY BEANS N/S 3.4 OZ		
#692	Nutrition facts	
serving size	30g	
servings per container	3 approx.	
calories	140	
calories from fat	70	
total fat	7g	11%
saturated fat	1g	5%
trans fat	0g	
cholesterol	0mg	0%
sodium	0mg	0%
total carbohydrates	10g	3%
dietary fiber	5g	20%
sugar	0g	
protein	10g	
vitamin A		4%
vitamin C		3%
calcium		20%
iron		4%

RSTD SUNFLOWER MEAT SLTD 4 OZ		
#695	Nutrition facts	
serving size	32g	
servings per container	4 approx.	
calories	190	
calories from fat	160	
total fat	18g	27%
saturated fat	2g	9%
trans fat	0g	
cholesterol	0mg	0%
sodium	90mg	4%
total carbohydrates	4g	1%
dietary fiber	2g	8%
sugar	2g	

VANILLA CARAMEL 5 OZ		
#696	Nutrition facts	
serving size	100g	
servings per container	1 approx.	
calories	400	
calories from fat	80	
total fat	9g	13%
saturated fat	2.5g	12%
trans fat	0g	
cholesterol	0mg	0%
sodium	270mg	11%
total carbohydrates	77g	28%
dietary fiber	0g	0%
sugar	71g	

protein	7g
vitamin A	0%
vitamin C	0%
calcium	2%
iron	10%

protein	4g
vitamin A	4%
vitamin C	3%
calcium	20%
iron	4%

ASSRT. JLLY. FRT. SLICES 5.6 OZ	
#700 Nutrition facts	
serving size	16g
servings per container	10 approx.
calories	150
calories from fat	0
total fat	0g 0%
saturated fat	0g 0%
trans fat	0g
cholesterol	0mg 0%
sodium	10mg 0%
total carbohydrates	38g 13%
dietary fiber	0g 0%
sugar	28g
protein	0g
vitamin A	0%
vitamin C	0%
calcium	0%
iron	0%

POWER TRAIL MIX 5 OZ	
#701 Nutrition facts	
serving size	40g
servings per container	4 approx.
calories	180
calories from fat	90
total fat	10g 15%
saturated fat	2.5g 13%
trans fat	0g
cholesterol	0mg 0%
sodium	65mg 3%
total carbohydrates	22g 7%
dietary fiber	2g 8%
sugar	17g
protein	5g
vitamin A	0%
vitamin C	0%
calcium	2%
iron	4%

DOUBLE DIP CHOC. PEANUT 4.3 OZ	
# 705 Nutrition facts	
serving size	30g
servings per container	4 approx.
calories	160
calories from fat	85
total fat	9g 14%
saturated fat	5g 25%
trans fat	0g
cholesterol	3mg 1%
sodium	18mg 1%
total carbohydrates	17g 6%
dietary fiber	1g 4%
sugar	15g
protein	2g
vitamin A	0%
vitamin C	0%
calcium	3%
iron	0%

GIANT CHOC. RAISINS 5.6 OZ	
#706 Nutrition facts	
serving size	30g
servings per container	4 approx.
calories	130
calories from fat	49
total fat	5g 8%
saturated fat	10.8g 16%
trans fat	0g
cholesterol	2mg 1%
sodium	10mg 0%
total carbohydrates	21g 7%
dietary fiber	1g 3%
sugar	18g
protein	1g
vitamin A	0%
vitamin C	0%
calcium	0%
iron	2%

NEON WORMS 5.4 OZ		
#711 Nutrition facts		
serving size	40g	
servings per container	4 approx.	
calories	118	
calories from fat	0	
total fat	0g	0%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	9mg	0%
total carbohydrates	28g	10%
dietary fiber	0g	0%
sugar	20g	
protein	2g	
vitamin A		0%
vitamin C		0%
calcium		0%
iron		0%

ASSRTD. FISH 5.5 OZ		
#712 Nutrition facts		
serving size	40g	
servings per container	4 approx.	
calories	120	
calories from fat	0	
total fat	0g	0%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	10mg	0%
total carbohydrates	30g	10%
dietary fiber	0g	0%
sugar	19g	
protein	2g	
vitamin A		0%
vitamin C		0%
calcium		0%
iron		0%

NORDIC ASSRTD. FISH 5.4 OZ		
#715 Nutrition facts		
serving size	38g	
servings per container	4 approx.	
calories	130	
calories from fat	0	
total fat	0g	0%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	35mg	1%
total carbohydrates	32g	11%
dietary fiber	0g	0%
sugar	23g	
protein	0g	
vitamin A		0%
vitamin C		0%
calcium		0%
iron		0%

AUSTRALIAN RED LICORICE 5 OZ		
#716 Nutrition facts		
serving size	38g	
servings per container	4 approx.	
calories	130	
calories from fat	5	
total fat	5g	1%
saturated fat	0g	0%
trans fat	0g	
cholesterol	0mg	0%
sodium	45mg	2%
total carbohydrates	31g	10%
dietary fiber	0g	1%
sugar	13g	
protein	1g	
vitamin A		0%
vitamin C		0%
calcium		0%
iron		2%

#56 Nutrition facts		
servings per container		
calories		
calories from fat		

#56 Nutrition facts		
servings per container		
calories		
calories from fat		

total fat	
saturated fat	
trans fat	
cholesterol	
sodium	
total carbohydrates	
dietary fiber	
sugar	
protein	
vitamin A	
vitamin C	
calcium	
iron	

total fat	
saturated fat	
trans fat	
cholesterol	
sodium	
total carbohydrates	
dietary fiber	
sugar	
protein	
vitamin A	
vitamin C	
calcium	
iron	

#56	Nutrition facts
servings per container	
total fat	
saturated fat	
trans fat	
cholesterol	
sodium	
total carbohydrates	
dietary fiber	
sugar	
protein	
vitamin A	
vitamin C	
calcium	
iron	

#56	Nutrition facts
servings per container	
total fat	
saturated fat	
trans fat	
cholesterol	
sodium	
total carbohydrates	
dietary fiber	
sugar	
protein	
vitamin A	
vitamin C	
calcium	
iron	