

# TROPICAL PARADISE



**MAWA'S**  
GRAINFREENOLA™

## Mawa's Grainfreenola - Tropical Paradise 8oz

### Nutrition Facts

8 servings per container  
Serving size **2 Tbsp (28g)**

Amount per serving  
**Calories 150**

	% Daily Value*
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>

**Protein** 4g

Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.2mg	6%
Potassium 200mg	4%
Vitamin C 2mg	2%
Vitamin E 2.6mg	15%
Vitamin K 3mcg	2%
Thiamin 0.05mg	4%
Riboflavin 0.05mg	4%
Niacin 1.1mg	6%
Vitamin B <sub>6</sub> 0.06mg	4%
Biotin 7.3mcg	25%
Pantothenic Acid 0.2mg	4%
Phosphorus 100mg	8%
Magnesium 50mg	10%
Zinc 0.8mg	8%
Selenium 2mcg	4%
Manganese 0.67mg	30%
Molybdenum 1.6mcg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ORGANIC DRIED FIGS, ORGANIC ALMONDS, ORGANIC HAZELNUTS, ORGANIC CASHEWS, ORGANIC DRIED MANGO, ORGANIC DRIED COCONUT, ORGANIC PUMPKIN SEEDS, WATER, ORGANIC GRAPESEED OIL, HIBISCUS FLOWERS, ORGANIC GINGER, SALT, VANILLA EXTRACT, CINNAMON.

**CONTAINS ALMOND, CASHEW, COCONUT, HAZELNUT.**