MOVE YOUR HYDE®
POWER GRANOLA

Ingredients: Oats, Molasses, Almonds, Flax Seeds, Roasted Soybeans, Maple Syrup, Sunflower Seeds, Pumpkin Seeds, Coconut, Sunflower Oil, Salt, Cinnamon, Vanilla Bean, Cayenne Pepper ……NET WT 1.1 LB (500 g)

Contains: Soy, Almonds, Coconut

Nutrition Facts

Serving Size 1/2 cup (50g)
Servings Per Container about 10

Amount Per Serving

Calories 210	Calories from Fat 100
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 3.5g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Potassium 330mg	**9%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 5g	**20%**
Sugars 6g	
Protein 7g	

Vitamin A 0% •	Vitamin C 0%
Calcium 6% •	Iron 10%
Vitamin E 15% •	Thiamin 15%
Riboflavin 8% •	Niacin 4%
Vitamin B6 8% •	Folate 8%
Magnesium 25% •	Zinc 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		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Move Your Hyde Power Foods LLC • PO Box 1651 • Cincinnati, OH 45201
www.moveyourhydepowergranola.com