# Product Nutrition and Contribution

## ENERGY-2-GO POWER UP

### Nutrition Facts

Serving Size 8.66 ounces (245.51g)
Servings Per Container 1

| Amount Per Serving | |
|---|---|
| **Calories** 660 | Calories from Fat 310 |
| | **% Daily Value*** |
| **Total Fat** 34g | **52%** |
| Saturated Fat 3g | **15%** |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 310mg | **13%** |
| **Total Carbohydrate** 81g | **27%** |
| Dietary Fiber 8g | **32%** |
| Sugars 51g | |
| **Protein** 15g | |

Vitamin A 0% • Vitamin C 8%
Calcium 15% • Iron 25%

* 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 |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

| | |
|---|---|
| **Meat/Meat Alternate** | 2 oz |
| **Grain/Bread** | 1 Serving |
| **Vegetable/Fruit** | 3/4 cup |

**Allergen:** **Wheat, may contain Soy**