

PLR – 2021 FORMULA MGCN Mixed Berry Granola Bar - BW0317R2 - MG 2233 Mixed Berry Granola Bar-Organic 5th May 2021 - 100350

INGREDIENTS:

40,4% Pure gluten free oats*, Agave syrup*, Brown rice syrup*, Brown rice crisps*, Sunflower oil*, Invert cane syrup*, **4,4%** Raisins*, Gluten free oat flour*, **2,8%** Sweetened dried cranberries* (apple juice concentrate*, cranberries*, sunflower oil*), **2,3%** Currant raisins*, **1,0%** Freeze dried raspberries*, **0,37%** Vegetable extracts (spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms), Natural flavour*, Agar*, Salt.

*Organic.

| Statements | |
|--------------------|-------------|
| Contains Statement | May Contain |
| N/A | N/A |

Nutrition Facts Panel – Film & Carton

| Nutrition Information | | |
|-----------------------|---------------------|-----------------------------|
| | Per 100 g | Per portion of 1 bar (24 g) |
| Energy | 1,666 kJ / 396 kcal | 399 kJ / 95 kcal |
| Fat | 9.5 g | 2.3 g |
| Saturates | 1.3 g | 0.3 g |
| Carbohydrate | 67 g | 16 g |
| Sugars | 27 g | 6.5 g |
| Fibre | 6.3 g | 1.5 g |
| Protein | 7 g | 1.7 g |
| Salt | 0.07 g | 0.02 g |
| Vitamin A | 741 mcg (93% RI*) | 178 mcg (22% RI*) |
| Vitamin D | 16 mcg (329% RI*) | 4.0 mcg (79% RI*) |
| Vitamin E | 12 mg (103% RI*) | 3.0 mg (25% RI*) |
| Vitamin C | 74 mg (93% RI*) | 18 mg (22% RI*) |
| Thiamin | 1.1 mg (100% RI*) | 0.26 mg (24% RI*) |
| Vitamin B6 | 1.4 mg (101% RI*) | 0.34 mg (24% RI*) |
| Iron | 2.3 mg (16% RI*) | 0.54 mg (4% RI*) |

*Reference intake of an average adult (8,400 kJ / 2,000 kcal)

| | | | |
|--|--|--|--|
| Nutrition Facts Valeur nutritive Serving Size 1 bar (24 g) Portion 1 barre (24 g) Servings Per Container 5 Portions par contenant 5 | | Nutrition Facts Valeur nutritive Serving Size 1 bar (24 g) Portion 1 barre (24 g) Servings Per Container 5 Portions par contenant 5 | |
| Calories 100 | | Calories 100 | |
| Fat / Lipides 2.5 g | | Fat / Lipides 2.5 g | |
| Saturated / saturés 0.3 g | | Saturated / saturés 0.3 g | |
| + Trans / trans 0 g | | + Trans / trans 0 g | |
| Carbohydrate / Glucides 18 g | | Carbohydrate / Glucides 18 g | |
| Fibre / Fibres 2 g | | Fibre / Fibres 2 g | |
| Sugars / Sucres 6 g | | Sugars / Sucres 6 g | |
| Protein / Protéines 2 g | | Protein / Protéines 2 g | |
| Cholesterol / Cholestérol 0 mg | | Cholesterol / Cholestérol 0 mg | |
| Sodium 10 mg | | Sodium 10 mg | |
| Potassium 50 mg | | Potassium 50 mg | |
| Calcium 10 mg | | Calcium 10 mg | |
| Iron / Fer 0.5 mg | | Iron / Fer 0.5 mg | |
| Vitamin A / Vitamine A 200 µg | | Vitamin A / Vitamine A 200 µg | |
| Vitamin C / Vitamine C 18 mg | | Vitamin C / Vitamine C 18 mg | |
| Vitamin D / Vitamine D 4 µg | | Vitamin D / Vitamine D 4 µg | |
| Vitamin E / Vitamine E 3 mg | | Vitamin E / Vitamine E 3 mg | |
| Thiamine 0.25 mg | | Thiamine 0.25 mg | |
| Vitamin B ₆ / Vitamine B ₆ 0.35 mg | | Vitamin B ₆ / Vitamine B ₆ 0.35 mg | |
| * 5% or less is a little . 15% or more is a lot . * 5% ou moins c'est peu . 15% ou plus c'est beaucoup | | * 5% or less is a little . 15% or more is a lot . * 5% ou moins c'est peu . 15% ou plus c'est beaucoup | |

Nutrition Facts

Valeur nutritive

Serving Size 1 bar (24 g)
Portion 1 barre (24 g)

Calories 100

* DV = Daily Value
* VQ = valeur quotidienne

| | % DV * / % VQ * | | % DV * / % VQ * |
|---------------------------------------|-----------------|--|-----------------|
| Fat / Lipides 2.5 g | 3 % | Potassium 50 mg | 1 % |
| Saturated / saturés 0.3 g | 2 % | Calcium 10 mg | 1 % |
| + Trans / trans 0 g | | Iron / Fer 0.5 mg | 3 % |
| Carbohydrate / Glucides 18 g | | Vitamin A / Vitamine A 200 µg | 22 % |
| Fibre / Fibres 2 g | 7 % | Vitamin C / Vitamine C 18 mg | 20 % |
| Sugars / Sucres 6 g | 6 % | Vitamin D / Vitamine D 4 µg | 20 % |
| Protein / Protéines 2 g | | Vitamin E / Vitamine E 3 mg | 20 % |
| Cholesterol / Cholestérol 0 mg | | Thiamine 0.25 mg | 21 % |
| Sodium 10 mg | 1 % | Vitamin B ₆ / Vitamine B ₆ 0.35 mg | 21 % |

* 5% or less is a **little**, 15% or more is a **lot** / * 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Thiamine rounded to 0.3mg
Vitamin B6 rounded to 0.4mg

| Weight Available | |
|--|----------------------------------|
| 5 - 24 g BARS NET 120 g | |
| Net Quantity Declaration | |
| Primary Declared Net Quantity: 24 g | Secondary Declared Net Quantity: |

| Claims | | |
|--------|--|-------------|
| Claims | Other Claims | Regulations |
| | Contains 11 g whole grains per serving / Contient 11 g de grains entiers par portion | |

| | | |
|--|--|--|
| | | |
| Country of Origin Statement | | |
| Made in Canada with domestic and imported ingredients Fabriqué au Canada avec des ingrédients canadiens et importés | | |
| Destination Country | | |
| Canada | | |
| Domicile Statement | | |
| Riverside Natural Foods Ltd. Vaughan, ON, L4K 4N5 www.madegoodfoods.com | | |

Printed Date: July 14, 2021

Disclaimer: Values are calculated using the information entered or available on ESHA R&D Genesis to this date, for informational purposes only. Such information is, to the best of our knowledge, true and accurate. However, it does not take into consideration the transformation of ingredients that may occur during processing or final ingredients acquired.