

**PLR – 2021 FORMULA MGCN Chocolate Banana Granola Bar - BW0315R1 - MG 2233 Chocolate Banana Granola Bar-Organic- 5th May2021 - 100346**

**INGREDIENTS:**

**41,9%** Pure gluten free oats\*, Agave syrup\*, Brown rice syrup\*, **6,7%** Chocolate\* (cane sugar\*, unsweetened chocolate\*, cocoa butter\*), **6,3%** Dried banana pieces\* (dried bananas\*, banana powder\*), Sunflower oil\*, Invert cane syrup\*, Brown rice crisps\*, **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	1,722 kJ / 410 kcal	421 kJ / 100 kcal
Fat	12 g	2.9 g
Saturates	2.8 g	0.7 g
Carbohydrate	65 g	16 g
Sugars	27 g	6.5 g
Fibre	6.2 g	1.5 g
Protein	7.1 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 (99% RI*)	0.26 mg (24% RI*)
Vitamin B6	1.4 mg (101% RI*)	0.34 mg (24% RI*)
Iron	2.4 mg (17% RI*)	0.58 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	
<b>Calories 100</b>	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides 3 g</b>	4 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %
<b>Carbohydrate / Glucides 17 g</b>	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 6 g	6 %
<b>Protein / Protéines 2 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 10 mg</b>	1 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 0.5 mg	3 %
Vitamin A / Vitamine A 200 µg	22 %
Vitamin C / Vitamine C 18 mg	20 %
Vitamin D / Vitamine D 4 µg	20 %
Vitamin E / Vitamine E 3 mg	20 %
Thiamine 0.25 mg	21 %
Vitamin B <sub>6</sub> / Vitamine B <sub>6</sub> 0.35 mg	21 %
*5% or less is <b>a little</b> , 15% or more is <b>a lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

## 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 *
<b>Fat / Lipides 3 g</b>	4 %	Potassium 75 mg	2 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %	Calcium 10 mg	1 %
<b>Carbohydrate / Glucides 17 g</b>		Iron / Fer 0.5 mg	3 %
Fibre / Fibres 1 g	4 %	Vitamin A / Vitamine A 200 µg	22 %
Sugars / Sucres 6 g	6 %	Vitamin C / Vitamine C 18 mg	20 %
<b>Protein / Protéines 2 g</b>		Vitamin D / Vitamine D 4 µg	20 %
<b>Cholesterol / Cholestérol 0 mg</b>		Vitamin E / Vitamine E 3 mg	20 %
<b>Sodium 10 mg</b>	1 %	Thiamine 0.25 mg	21 %
		Vitamin B <sub>6</sub> / Vitamine B <sub>6</sub> 0.35 mg	21 %
*5% or less is <b>a little</b> , 15% or more is <b>a lot</b> / *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>			

**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 <a href="http://www.madegoodfoods.com">www.madegoodfoods.com</a>

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.