

Nuts 'n Stuff provides an excellent source of nutrition derived from a wide variety of nuts, seeds and whole foods. As it may often be difficult to obtain all of the required nutrients from diet alone, Nuts 'n Stuff was designed as a whole food addition to a healthy and balanced diet. Please enjoy it as part of a healthy lifestyle.

**Directions:** Mix 1 scoop of Nuts 'n Stuff with 8-12 ounces of water, juice or your favorite beverage.

**Warnings:** Consult a physician before using if you are taking any medications.

Not suitable for nut and seed allergy sufferers.

Keep out of the reach of children.

Store in a cool, dry place.  
Do not expose to excessive heat.

Nuts 'n Stuff has been formulated **without** addition of the following ingredients: wheat, shellfish, honey, lactose, egg, milk, yeast, fish.

**Note:** Ingredients settle, shake jar before using to mix ingredients.



## NutriPowders



# Nuts 'n Stuff

Raw & All Natural  
Protein, Fiber, Omega-3  
Organic White Chia Seed

14oz (400g) 20 Servings

## Nutrition Facts

Serving Size: 20g  
Servings Per Container: 20

### Amount Per Serving

**Calories** 82    Calories from Fat 14  
**Daily Value\***

**Total Fat** 1.6g    **2%**

Saturated Fat <1g    **0%**

Trans Fat 0g

**Cholesterol** <1g    **0%**

**Sodium** 33mg    **1%**

**Total Carbohydrate** 12g    **4%**

Dietary Fiber 12g    **48%**

Sugar <1g

**Protein** 4g    **8%**

Vitamin A 0%    •    Vitamin C 38%

Calcium 8%    •    Iron 7%

\*Percent Daily Values are based on a 2,000 calorie diet.

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Proprietary Blend of:** Almond, Organic White Chia Seed, Pumpkin Seed, Flax Seed, Hazelnut, Banana, Organic Oatmeal, Organic Coconut Sugar, Coconut, Organic Peanuts

**Other Ingredients:** Guar Gum, Xanthan Gum, Vanilla

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135 Madison Avenue, 12th Fl., New York, NY 10016  
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