

Nutritional Information Per 100 Grams
ART#68-NS Natural Elderberry Artisan Flavor

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)
+ ART#68	100	Gram	100.00	321.21	0.04	0.02	0.01	0
Total			100.00	321.21	0.04	0.02	0.01	0

Item Name	Carb (g)	TotFib (g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit A-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)
+ ART#68	71.95	0.31	65.48	59.13	1.27	5.00	275.86	0
Total	71.95	0.31	65.48	59.13	1.27	5.00	275.86	0

Item Name	Calc (mg)	Iron (mg)	Pot (mg)	Sod (mg)	Water (g)	Ash (g)	Vit E-IU (IU)	Folate (mcg)
+ ART#68	9.34	0.47	0.12	162.02	22.44	0.93	0	0
Total	9.34	0.47	0.12	162.02	22.44	0.93	0	0

Item Name	Fol_Acid (mcg)
+ ART#68	0
Total	0

ART#68
11/19/2018

Nutrition Facts

servings per container

Serving size (100g)

Amount per serving

Calories **320**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 72g **26%**

Dietary Fiber 0g **0%**

Total Sugars 65g

Includes 59g Added Sugars **120%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 9mg **0%**

Iron 0mg **0%**

Potassium 0mg **0%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4