

# Nutrition Facts

Serving Size 3 Squares (33g)

Servings Per Container 28

## Amount Per Serving

**Calories** 190      Calories from Fat 110

**%Daily Value\***

**Total Fat** 12g      19%

Saturated Fat 8g      38%

Trans Fat 0g

**Cholesterol** 0mg      0%

**Sodium** 20mg      1%

**Total Carbohydrate** 15g      5%

Dietary Fiber 4g      18%

Sugars 10g

**Protein** 4g

Vitamin A 0%      •      Vitamin C 35%

Calcium 2%      •      Iron 10%

Potassium 7%      •      Magnesium 15%

Omega -3 Fatty Acids 200mg

† 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	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

### Calories per gram:

Fat 9      Carbohydrate 4  
Protein 4

**Ingredients:** Dark Chocolate (Unsweetened Chocolate, Raw Cane Juice Crystals, Antioxidant Blend [Natural Cocoa, Açai, and Blueberry Powders], Lecithin [as an emulsifier]), DHA Omega-3 Powder (Glucose Syrup Solids, Algae Oil, Sodium Caseinate, Sodium Ascorbate, Lecithin, a mix of Natural Tocopherols and Ascorbyl Palmitate as Antioxidants), Whole Flaxseed, Orange Peel Bits with Natural Flavor.

**Allergy Info:** Contains soy & milk. Manufactured on equipment that produces products containing peanuts, tree nuts, and/or wheat. Dark chocolate may contain milk protein.

**Suitable for Vegetarians**

**GMO-Free!**

\* Based on standard ORAC and Flavonoid testing of selected production samples. Values may vary.

## Distributed by:

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Dairy



Non Cholesterol  
Yisroel

## Total ORAC<sub>FN</sub> Values

(Per Daily Serving – 33g)

1023	Peroxynitrite
27093	Super Oxide Anion
13959	Peroxyl Radicals
31020	Hydroxyl Radicals
2310	Singlet Oxygen
75405	<b>TOTAL ORAC<sub>FN</sub> SCORE</b>

## Total Flavonoids

Recent studies on cacao have concluded that best results were obtained by consuming a daily minimum of 600- 900mg of Total Flavonoids, plant- based antioxidants that help the body's cells resist damage by free radicals.

The Omega Squares™ have an astounding 1,203mg of Total Flavonoids per daily serving (33g).

Visit [www.mxicorp.com/thewholestory](http://www.mxicorp.com/thewholestory) for more information on the new Total ORAC<sub>FN</sub> testing standard.

MADE IN CANADA