Apple & Cinnamon Soy Puffs **Nutrition Facts** Servings Size 1 packet (38g) Servings per package 7 Amount Per Serving Calories 150 Calories from Fat 45 % Daily Value Total Fat 5g Ingredients: Soy protein isolate, tapioca flour, sugar, sunflowe oil, resistant maltodextrin, oligofructose (chicory root extract), Saturated Fat 0g Trans Fat 0g apple peel powder, calcium carbonate, cinnamon, natural and 0% 6% Cholesterol 0mg artificial flavours, sucralose (non-nutritive sweetener). Sodium 140mg 150mg Total Carbohydrate 15g Dietary Fiber 4g 16% Contains soy and wheat Manufactured in a facility that processes egg, milk, sesame 28% Protein 15g and tree nuts. /itamin A 0% C 2% Iron 15% Calcium 35% Distributed by: Percent Daily Values are based on a 2,000 calorie diet our Daily Values may be higher or lower depending on you Laboratories C.O.P. Inc. 178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3 2,500 Less than Less than 300mg 300mg 2,400mg Less than 3,500mg 3,500mg 50g ies per gram

BBQ R	idges		CASS	
Nutriti	on Fac	ts	\neg	
Servings			å I	
	per packa		′ I	
	er Servin		\neg	
	170 Cal		Fat 45	
Calonies	170 Can		v Value*	Ingredients: Whey protein concentrate, (derived from milk),
Total Fat	5a	/0 Dun	7%	wheat, triticale, oat, rye, millet, barley, buckwheat, brown rice
	ed Fat 1g		6%	seasoning (sugar, salt, spices and spice extractives (including paprika), maltodextrin, garlic, dextrose, tomato, onion, hydro-
Trans F				lyzed soy protein, annatto color, natural flavor, silicon dioxide
Choleste			0%	sunflower oil.
Sodium	-		18%	
Total Ca	rbohydra	te 16g	5%	
Dietary	Fiber 3g		11%	
Sugars	3g			
Protein 1	5g		30%	Contains milk, soybeans and wheat.
			Vitamin	
Vitamin A	8%		C 15%	
Calcium 8%			Iron 6%	
* Percent Daily Your Daily Valu calone needs:	Values are base ses may be highe	ed on a 2,000 c ar or lower depe	slone diet ending on your	Distributed by: Laboratories C.O.P. Inc.
	Calones	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fat	Less than	86g	80g	Product of Canada
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium Total Carbony	Less than	3,500mg	3,500mg	
diste		300g	375g	
Dietary Fiber		25g	30g	
Protein		50g	65g	
Calories per gra	anc			
Fat 9	Carbohydrate 4		Protein 4	

Nutriti	on Fac	ts	
Servings :	Size 1 pag	cket (25g)
Servings	per packa	ge 7	
Amount P	er Serving	3	
Calories	80 Calor	ies from	Fat 0
		% Daily	y Value
Total Fat			0%
	ed Fat 0g		09
Trans F			
Choleste			09
Sodium (09
	bohydrat	e 2g	19
	Fiber 0g		09
	less than	19	
Protein 17	g		161 1
Vitamin A	0%		Vitamir C 89
Vitamin A Calcium	0%		
	0%		
Calcium 0% Percent Duly	0% Values are base as may be highe		C 89
Calcium 0% * Percent Daily V Your Daily Value	Values are base		C 89
Calcium 0% Percent Daly Value	Values are base as may be highe	r ar lower depe	Iron 29
Calcium 0% Percent Daily Your Daily Value calone needs	Values are base is may be highe Calories	2,000	C 89 Iron 29 alone diet inding on you 2,500
Calcium 0% Percent Daily Veur Daily Value calone needs: Total Fat	Values are base as may be higher Calories Less than	2,000 E5g	C 89 Iron 29 Alone diet. Iriding tin you 2,500 80g
Calcium 0% Percent Daily Year Daily Value calone needs: Total Fat Sat Fat	Values are base as may be higher Calories Less than Less than	2,000 65g 20g	C 89 Iron 29 alone diet inding on you 2,500 80g 25g
Calcium 0% "Percert Daily Value Cady Value Catorie needs: Total Fat Sat Fat Cholesterul Sedium Potavoium	Values are base to may be higher Calories Less than Less than Less than	2,000 2,000 65g 20g 300mg	C 89 Iron 29 alone diet inding on you 2,500 80g 25g 300mg
Calcium 0% Percent Daily Your Daily Value calonie needs Total Fat Sat Fat Cholesterul Sodium	Values are base as may be higher Calories Less than Less than Less than Less than	2,000 65g 20g 300mg 2,400mg	C 89 Iron 29 alone diet, inding on you 2,500 80g 25g 300mg 2,400mg
Calcium 0% Percent Daily Your Daily Value calorie needs Total Fat Sat Fat Cholesterul Sedium Total Carboby Total Carboby Total Carboby	Values are base as may be higher Calories Less than Less than Less than Less than	2,000 65g 20g 300mg 2,400mg 3,500mg	C 89 Iron 29 Alone dist. andreg on year 2,500 80g 25g 300mg 2,400mg 3,500mg
Calcium 0% Percent Daily Value calone needs Total Fat Sat Fat Cholesterul Sodium Potassium Total Carbohy- drafe	Values are base as may be higher Calories Less than Less than Less than Less than	2,000 65g 20g 300mg 2,400mg 3,500mg 300g	C 89 Iron 29 Avne diet niding un yee 2,500 80g 25g 300mg 2,400mg 3,500mg 375g
Calcium 0% Percent Daily Value calorie needs Total Fat Sat Fat Cholesterul Sodium Petaenium Total Carbohydrate Dietary Fiber	Values are bases may be higher carriers. Less than Less than Less than Less than Less than Less than	2,000 65g 20g 300mg 2,400mg 3,500mg 300g 25g	C 89 Iron 29 Jame diet miding im yee 2,500 80g 25g 300mg 2,400mg 375g 30g

Ingredients: Collagen protein, fruit juice powders (blueberry, cranberry, pomegranate), citric acid, natural flavors, malic acid, contains 2 percent or less of acesulfame potassium (non-nutritive sweetener), sucralose (non-nutritive sweetener), calcium gluconate, calcium citrate, silicon dioxide.

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Nutritie	on Fac	ts	
Servings :	Size 1 pa	cket (24,	Dg)
Servings p	er packa	ge 7	
Amount P	er Servin	9	
Calories	90 Calo	ries from	Fat 10
		% Dail	y Value
Total Fat			2%
Saturate	ed Fat 0g		0%
Trans F			
Choleste	-		3%
Sodium 2			10%
	bohydra	te 2g	1%
	Fiber 1g		4%
Sugars			
Protein 18	Sg		36%
Vitamin A	0%		Vitamir C 10%
Calcium 5	0%		Iron 4%
Percert Daily V Your Daily Value calorie needs	/alues are base is may be highe	d on a 2,000 c or or lower dep	alorie diet ending on you
	Calones	2,000	2,500
Total Fat	Less than	65g	80g
	Less than	20g	25g
Satfat			300mg
Sat Fat Cholesterol	Less than	300mg	
	Less than Less than	300mg 2,400mg	2,400mg
Cholesterol Sodium Potassium	100000000000000000000000000000000000000		2,400mg 3,500mg
Cholesteral Sodium Potassium Total Carbohy-	Less than	2,400mg	100000000000000000000000000000000000000
Cholesterol Sodium Potassium Fotal Carbohy- frate	Less than	2,400mg 3,500mg	3,500mg
Cholesteral Sodium Patassium Total Carbohy-	Less than	2,400mg 3,500mg 300g	3,500mg 375g
Cholesterol Sodium Potassium Total Carbohy- drate Dietary Fiber	Less than Less than	2,400mg 3,500mg 300g 25g	3,500mg 375g 30g

Ingredients: Milk protein concentrate, soy protein isolate, natural flavour, sea salt, xanthan gum, skim milk powder, colour, sucralose, silicon dioxide, potassium acesulfame.

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Nutriti	on Fac	ts	
Servings	Size 1 pa	cket (30g)
Servings	per packa	ige 7	-
	er Servin		
Calories	140 Cale	ories from	Fat 60
		% Dail	y Value
Total Fat		CONTRACTOR ASSET	119
	ed Fat 1g		59
Trans F			
Choleste			09
Sodium :			139
Potassiu	m		
400mg	rbohydra	- 0-	119
		te ad	39
			1.00
Dietary	Fiber 4g	- V	169
Dietary Sugars	Fiber 4g 3g	- · · ·	169
Dietary	Fiber 4g 3g		229
Dietary Sugars Protein 1	Fiber 4g 3g 1g		229 Vitami
Dietary Sugars	Fiber 4g 3g 1g		229 Vitami
Dietary Sugars Protein 1 Vitamin A	Fiber 4g 3g 1g		229 Vitami C 29
Dietary Sugars Protein 1 Vitamin A Calcium 4%	Fiber 4g 3g 1g	d on a 2000 c	229 Vitamii C 29
Dietary Sugars Protein 1 Vitamin A Calcium 4% 'Percent Daly Your Daly Valu- calprie needs	Fiber 4g 3g 1g 0%	d on a 2,000 cr or or lower depa	229 Vitamii C 29
Dietary Sugars Protein 1 Vitamin A Calcium 4%	Fiber 4g 3g 1g . 0%	d on a 2,000 cr or or lower depa	229 Vitamin C 29 Fron 159 alorie diet, ending on yo
Dietary Sugars Protein 1 Vitamin A Calcium 4% * Percent Daily Year Daily Velor Calcium seeds Total Fat Sat Fat	Fiber 4g 3g 1g . 0%	d on a 2,000 cr or or lower depa	229 Vitamir C 29 ron 159 slorie diet, indiring on ye- 2,500 809 259
Dietary Sugars Protein 1 Vitamin A Calcium 4% * Pieccet Daly Your Daly Valu calcrie needs Total Fat Sat Fat Cholesterol	Fiber 4g 3g 1g 0% Values are basses may be higher Cateries Lete than Lets than Lets than	ed on a 2,000 cr or for lower depa 2,000 85g 20g 300mg	229 Vitamin C 29 ron 159 alorie diet ending on you 2,500 80g 25g 300mg
Dietary Sugars Protein 1 Vitamin A Calcium 4% *Fascert Daly Valva Your Daly Valva Calcium reads: Total Fat Sat Fat Cholesterol Sodium	Fiber 4g 3g 1g . 0% . 0% . 0% . Less than . Less than . Less than . Less than	d on a 2,000 cr or or lower depe 2,000 66g 20g 300mg 2,400mg	229 Vitamin C 29 Iron 159 alone dist. ending on you 2,500 809 259 300mg 2,400mg
Dietary Sugars Protein 1 Vitamin A Calcium 4% *Paccet Daly Valu- calotie media Total Fat Sat Fat Cholesterol Sodium Potossium Potossium Potossium Potossium	Fiber 4g 3g 1g 0% Values are basses may be higher Cateries Lete than Lets than Lets than	ed on a 2,000 cr or for lower depa 2,000 65g 20g 300mg	229 Vitamin C 29 ron 159 alorie diet ending on you 2,500 80g 25g 300mg
Dietary Sugars Protein 1 Vitamin A Calcium 4% *Fascert Daly Valva Your Daly Valva Calcium reads: Total Fat Sat Fat Cholesterol Sodium	Fiber 4g 3g 1g . 0% . 0% . 0% . Less than . Less than . Less than . Less than	d on a 2,000 cr or or lower depe 2,000 66g 20g 300mg 2,400mg	229 Vitamin C 29 Iron 159 alone dist. ending on you 2,500 809 259 300mg 2,400mg
Dietary Sugars Protein 1 Vitamin A Calcium 4% * Pascet Daly vor Daly vor Daly vor Daly Sugars Sat Fat Cholesterol Sodium Potossium Potossium Total Cateohy-	Fiber 4g 3g 1g . 0% . 0% . 0% . Less than . Less than . Less than . Less than	d on a 2,000 c or or lower depair 2,000 6,6g 20g 3,00mg 2,400mg 2,500mg	229 Vitamin C 29 vron 159 slore dist, inding on year 2,500 80g 25g 300mg 2,400mg 3,500mg

Ingredients: Soybeans, BBQ seasoning, (salt, sugar, yeast, spice, onion powder, tomato powder, garlic powder, citric acid, artificial flavor, silicon dioxide), sunflower oil.

Contains soy.

Manufactured in a facility that processes milk, wheat, eggs, essame and tree puts.

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Blueberry Pudding Mix Nutrition Facts Servings Size 1 packet (29g) Servings per package 7 Amount Per Serving Calories 100 Calories from Fat 0 % Daily Value Total Fat 0g Saturated Fat 0g Trans Fat 0g Cholesterol 15mg 0% Sodium 180mg 8% Total Carbohydrate 6g Dietary Fiber 0g 4% Sugars 2g 36% Vitamin A 0% C 8% Calcium 40% 2% 2,500 SatFat Less than 300mg 2,400mg 2,400mg 3.500ma 3 500m 300g

Ingredients: Milk protein concentrate, whey protein isolate (milk), karaya gum, blueberry juice powder, dehydrated blueberry, natural and artificial flavors, contains 2 percent or less of sea salt, citric acid, sucralose (non-nutritive sweetener), silicon dioxide.

Contains Milk.

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Broccoli and Cheese Soup Nutrition Facts Ingredients: Milk protein concentrate, cheese powder (cheddar and blue cheese (pasteurized cultured milk, sea salt, annatto extract color enzyme), whey (milk), skim milk, soybean oil, but termilk, discolium phosphate, butter (cream, sea salt, water), natural flavor, citric acid, lactic acid, annatto color, yellow 5 lake), whey protein isolate (whey (milk), soy lecthin), broccoli, yeast extract, cheese flavor [dehydrated cheese (pasteurized cultured milk, sea salt, enzymes), sea salt, buttermilk, maltodextrin, calcium silicate (as an anti-caking agent), hydrolyzed casein (milk)], guar gum, potassium chloride. ervings Size 1 packet (36g) Servings per package 7 mount Per Serving alories 140 Calories from Fat 35 % Daily Value* Saturated Fat 2g Trans Fat 0.5g Cholesterol 20mg 10% odium 500mg otal Carbohydrate 7g 21% 2% Dietary Fiber 1g 4% Sugars 5g Contains milk and soybeans. 36% Vitamir C 10% alcium 35% Iron 6% Distributed by: Laboratories C.O.P. Inc. 178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3 2,500 80g 25g 300mg 2,400mg 2,400mg 3,500mg

Cappu	ccino D	rink M	ix	
Servings	on Fac Size 1 pa per packa	cket (28g)	
Amount F	er Servin	g	\neg	
Calories	90 Calor	ries from	Fat 0	
		% Dail	y Value*	Ingredients: Milk protein concentrate, whey protein isolate
Total Fat	: Og		0%	(whey (milk), soy lecithin), skim milk, decaffeinated coffee, nat
Saturat	ed Fat 0g		0%	ral flavor, caramel color, contains 2 percent or less of sea salt
Trans F	at 0g			sucralose (non-nutritive sweetener), acesulfame potassium (n
Choleste	rol 10mg		3%	-nutritive sweetener), xanthan gum, silicon dioxide.
Sodium	180mg		8%	
	rbohydra	te 4g	1%	
Dietary	Fiber 0g		0%	
Sugars	3g			Contains milk and soybeans.
Protein 1	8g		36%	
Vitamin A	0%		Vitamin C 0%	
Calcium 2	25%		Iron 0%	
* Percent Daily Your Daily Valu calone needs:	Values are base ses may be high	ed on a 2,000 c er or lower depe	alone diet ending on your	Distributed by: Laboratories C.O.P. Inc.
	Calories	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fat	Less than	65g	809	Product of Canada
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium Total Carbohy-	Less than	3,500mg	3,500mg	
drate		300g	375g	
Dietary Fiber		25g	30g	
Protein		50g	650	
Calories per gri	WN.			
Fat 9	Carbohydrate 4		Protein 4	

Caram	el Nut F	Protein	Bar	
Nutriti	on Fac	ts		
Servings	Size 1.45	oz (41g)	1	
	per packa			Ingredients: Protein blend (soy protein isolate, hydrolyzed g
	er Servin			tin, whey protein concentrate, acid casein, milk protein isolate
	160 Cal		Fat 50	milk protein concentrate), maltitol syrup, glycerin, sugar, pea
		% Dail	y Value*	nuts, palm and palm kernel oil, water, natural and artificial fla
Total Fat	6q		9%	vors, malted milk powder (barley malt, wheat, milk, sodium bi carbonate, salt), fructooligosaccharide, cocoa powder, butter
Saturat	ed Fat 3.5	ig	18%	soy lecithin, canola oil, maltitol, cram, sorbitol, mono- and dic
Trans F	at 0g			erides, pectin, Vanilla extract, salt, gellan gum, dicalcium pho
Choleste	rol 10mg	1	3%	phate, sodium phosphate, sodium citrate, sucralose (non-
Sodium	130mg		5%	nutritive sweetener), carrageenan, tocopherol (antioxidant).
Potassiu	m 60mg		2%	
Total Ca	rbohydra	te 15g	5%	
Dietary	Fiber 1g		4%	
Sugars				
	Alcohols		- 1	Contains soy, milk, peanuts and wheat.
8g				Manufactured in a facility that processes egg, sesame ar
Protein 1	4g		29%	tree nuts.
	240		Vitamin	
Vitamin A Calcium	0%		C 0%	
6%			Iron 4%	
	Values are base	of co. 2 2000 c	-	Distributed by:
Your Daily Valu	es may be high			Laboratories C.O.P. Inc.
calorie needs	Calones	2,000	2.500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fig.	Lass than	650	000	Product of Canada
Sat Fat	Less than	20g	250	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Putassium	Less than	3,500ng	3,500mg	
Total Carbohy- drate		300g	3759	
Dietary Fiber		250	30g	
		50a	65a	

Butters	scotch i	Puddin	ng Mix	
	on Fac			
Servings	Size 1 pa	cket (26g	1)	
Servings	per packa	ge 7		
Amount F	er Servin	g	- 5	Ingredients: Milk protein concentrate, soy protein isolate, qua
Calories	90 Calo	ries from	Fat 0	gum, natural flavor, contains 2 percent or less of sea salt, bet
		% Dail	y Value*	carotene color, caramel color, sucralose (non-nutritive sweet-
Total Fat	t Og		0%	ener), acesulfame potassium (non-nutritive sweetener).
Saturat	ed Fat 0g		0%	
Trans F	at 0g		1,100	Contains Milk and soybeans
	rol 15mg		5%	
Sodium	240mg		10%	
	rbohydra	te 4g	1%	
Dietary	Fiber 1g		4%	
Sugars	2g			
Protein 1	8g		36%	
	0.00		Vitamin	
Vitamin A	0%		C 4%	
Calcium	100/		Iron 0%	
-	Values are base	d 2000 -		Distributed by:
Your Daily Valo calorie needs	as may be high	er or lower depo	ending on your	Laboratories C.O.P. Inc.
	Calores	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fat	Less than	65g	BOg	Product of Canada
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodem	Lean than	2,400mg	2,400mg	
Potessium Total Carbohy-	Less than	3.500ing	3,500mg	
Total Carbony- drate		300g	375g	
Dietary Fiber		25g	30g	
Protein		50g	66g	
Calories per gr	am			
	Carbohydrate 4		Frotein 4	

Destance tak Desiding Miss

Caram	el Crun	ch Bar		
Servings	Size 1.4 o	oz (42g)		Ingredients: Soy nuggets (isolated soy protein, rice starch), brown rice syrup, white coating (maltitol, fractionated palm ker-
Amount	Per Servin	q		nel oil, calcium carbonate, milk protein concentrate, whey pow-
Calories	150 Cal	ories from	Fat 35	der, soy lecithin, vanillin), caramel (maltitol syrup, modified palm
		% Dail	v Value*	kernel oil, skim milk powder, whey protein concentrate, water
Total Fa	t 4g		6%	soy lecithin, disodium phosphate, natural flavor, salt cream
Satura	ted Fat 2.5	ig .	13%	(cream, milk cellulose gel, milk solids, carrageenan, cellulose gum), glycerine, slated butter, carrageenan, dextrose), polydex-
Trans	Fat 0g			trose, soy protein nuggets (soy protein isolate, rice flour, and
Cholest	erol Omg		0%	salt), isolated soy protein, dextrose, dextrin, glycerin, high oleic
Sodium	260mg		11%	sunflower oil, n&a caramel toffee flavor, sea salt, soy lecithin (as
Total Ca	rbohydra	te 16g	5%	emulsifier).
Dietary	Fiber 2g		8%	
Sugars	5g		100.00	
	Alcohols			
7g				Contains milk and soy.
Protein 1	5g			May also contain egg, wheat, peanuts, tree nuts and fish.
			Vitamin	
Vitamin /	The same of the sa		C 0%	
Calcium	WARRING TO THE REAL PROPERTY.		ron 15%	120122 0007
	y Values are basi lues may be high			Distributed by: Laboratories C.O.P. Inc.
	Calories	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fat	Less than	65g	80g	Product of Canada
SatFat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium Total Carbohy	Less than	3,500mg	3,500mg	
drate		300g	375g	
Dietary Fiber		25g	30g	
Protein		50a	65a	
Calories per g	ram:			
Eat 9	Carbohydrate 4		Protein 4	

Chicken	a la King	flavored	Pottage	
Servings	on Fac Size 1 pa per packa	cket (32g)	
Amount F	er Servin	g		Ingredients: Soy protein isolate, dehydrated vegetables (peas,
Calories	110 Cal	ories from	Fat 10	carrots, corn mushrooms, onions), textured wheat protein (when
		% Daily	y Value*	gluten, wheat starch, sodium phosphate, soybean oil, titanium dioxide, tocopherols), artificial flavor, enriched pasta (durum
Total Fa	t 1g	-202-300	2%	flour (wheat), niacin, ferrous sulfate (iron), thiamine mononitrate
Saturat	ted Fat 0g		0%	(vitamin B1), riboflavin (vitamins B2), folic acid), sea salt, yeast
Trans I				extract, contains 2 percent or less of spices, corn starch, xan-
	erol less th	nan 5mg	2%	than gum, silicon dioxide.
Sodium			26%	
	rbohydra	te 7g	2%	
	Fiber 1g		4%	
Sugars				Contains wheat (gluten), milk, eggs and soybeans.
Protein 1	8g		36%	
Vitamin A	6%		Vitamin C 6%	
Calcium 2%			Iron 4%	
	Values are base uss may be high			Distributed by: Laboratories C.O.P. Inc.
	Calories	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fat	Less than	66g	80g	Product of Canada
SatFat	Less than	20g	259	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium Total Carbohy	Less than	3,500mg	3,500mg	
drate		300g	375g	
Dietary Fiber		25g	30g	
Protein		50g	65g	
Calones per ge			100000000	
Fat 9	Carbohydrate 4		Protein 4	

Chicken Noodle Soup Mix **Nutrition Facts** ervings Size 1 packet (30g) ervings per package 7 mount Per Serving Ingredients: Hydrolyzed collagen, whey protein isolate (milk), enriched noodles (durum flour (wheat), niacin, ferrous sulfate (iron), thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), natural and artificial flavors, sea salt, yeast extract, contains 2 percent or less of chicken meat, spices, beta-carotene color, soy lecithin, maltodextrin (corn), potassium chloride, silicon dioxide. alories 100 Calories from Fat 0 % Daily Value* Fotal Fat 0g Saturated Fat 0g Trans Fat 0g 0% 0% Cholesterol 10mg Sodium 590mg 10% 2% 0% 360mg Total Carbohydrate 5g Dietary Fiber 0g Sugars 0g Contains wheat (gluten), milk, eggs and soybeans. Vitami itamin A 0% C 0% Iron 2% Distributed by: Laboratories C.O.P. Inc. 2,500 178 Jean-Proutx St Suite 202 Gatineau QC Canada J8Z 1V3 801 2,400mg 2,400mg

Choco	Peanut	Butte	r Bars	
Nutriti	on Fac	ts		
	Size 1.4		- 1	Ingredients: Soy Nuggets (isolates soy protein, rice starch),
	per packa			dark chocolate coating (sugar, fractionated palm kernel oil, co-
	er Servin		-	coa processed with alkali, lactose, palm oil, sov lecithin, and va
	150 Cal		. 5-1.40	nilla), organic brown right syrup, chocolate layer (maltitol syrup,
Calories	150 Cal			modified palm kernel oil, skim milk powder, chocolate liquor, wa
Total For	4-	% Dail	y Value* 6%	ter, glycerine, cocoa, soy lecithin, disodium phosphate, salt, car
Total Fat	ed Fat 2.5		13%	rageenan, vanilla extract), polydextrose, soy protein nuggets
		g	13%	(soy protein isolate, rice flour and salt), soy protein isolate, or-
Trans F			200/	ganic agave syrup, glycerin, peanut flour, peanut oil, natural &
Choleste			12%	artificial flavors, organic gum acacia, sea salt, soy lecithin (as
Sodium :			-	emulsifier).
	rbohydra	te 1/g	6% 12%	
	Fiber 3g		12%	
Sugars Sugar A			-	
Sugar A	uconoi			Contains milk, soybeans and wheat.
Protein 1:	50		-	Manufactured in a facility that processes egg, tree nuts,
riotein i	Jy .		Vitamin	peanuts, sesame and fish.
Vitamin A	094		C 0%	
Calcium	0.70		0 076	
4%			ron 15%	
* Percent Daily Your Daily Valu	Values are base es may be high	et on a 2,000 o	alone dies	Distributed by: Laboratories C.O.P. Inc.
calone needs	Makesee	2000	2.500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
	Calories	2,000	2,500	Product of Canada
Total Fit	Less than	66g	80g	Product of Carlada
SatFat	Less than	202	25g	
Chalesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium Total Carbohy-	Less than	3.500mg	3,500mg	
drafé		3000	375g	
Dietary Fiber		259	30g	
Protein		50a	85a	
Calories per gri				
Fat 9	Carbohydrate 4		Pastein 4	

Choco	late Ch	ip Coo	kies	
	ion Fac			
	Size 1 pa	TATA STATE OF THE	š 1	
	per packa		′ I	Ingredients: Milk protein concentrate, soy protein isolate.
	Per Servin		\neg	polydextrose, maltitol syrup, chocolate chips (sugar, chocolate
	180 Cal		Fat 45	liquor, cocoa butter, soy lecithin, vanilla extract), inulin, oils
			v Value*	(canola, palm and soybean), glycerin, calcium caseinate (milk),
Total Fa	t 5g	76	8%	whey protein isolate (milk), lactitol, oat flakes (gluten), contains 2 percent or less of natural and artificial flavors, glucono-delta-
	ted Fat 2g		9%	lactone, sodium bicarbonate, salt, diacetyl tartaric acid esters of
Trans				mono- and diglycerides, guar gum, potassium sorbate, toco-
Choleste	erol 5mg		2%	pherols, sucralose (non-nutritive sweetener).
Sodium	260mg		11%	
Total Ca	rbohydra	te 23g	8%	
Dietary	Fiber 9g	0000000	36%	
Sugars	3g			
Sugar A	lcohols			
8g				
Protein 1	5g		30%	Contains gluten (oats), milk and soybeans.
	Digital Section		Vitamin	
Vitamin A			C 0%	
Calcium			Iron 6%	200200000000000000000000000000000000000
	Values are basi ues may be high			Distributed by: Laboratories C.O.P. Inc.
	Calones	2,000	2,500	178 Jean-Proutx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fit:	Less than	659	60g	Product of Canada
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium	Less than	3,500mg	3,500mg	
Total Carbohy drate		300g	375g	
Dietary Fiber		259	30g	
Protein		50a	654	
Culories per g	nam:			
Fat 9	Carbohydrate 4		Protein 4	

Chicke	n Soup	Mix		
Servings	on Fac Size 1 pa per packa	cket (28g)	
	er Servin		- 1	
	100 Cal		Fat 10	Ingredients: Soy protein isolate, artificial flavor, sea salt, pot
	100 000		y Value*	sium chloride, contains 2 percent or less of dehydrated veget bles (onion, garlic), autolyzed yeast extract, celery salt, spice
Total Fat	1a	70 0 0.11	1%	turmeric, beta-carotene color, xanthan gum, sodium bicarbon
	ed Fat 0g	8	0%	ate, silicon dioxide.
Trans F				
	rol less th	han 5mg	2%	Contains soybeans.
Sodium		Jing	36%	May contain milk and eggs.
Potassiu			2000	
420mg			12%	
Total Ca	bohydra	te 1g	0%	
Dietary	Fiber 0g		0%	
Sugars	Og			
Protein 2	1g		42%	
Vitamin A	0%		Vitamin C 0%	
Calcium 0%			Iron 0%	
	Values are base on may be high			Distributed by: Laboratories C.O.P. Inc.
The state of the s	Calones	2,000	2,506	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fat	Less then	469	000	Product of Canada
Sat Fat	Less than	204	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Petassum Total Carbohu-	Less than	3,500mg	3,500mg	
drate		3009	3756	
Dietary Fiber		254	30g	
Protein		503	850	
Culones per gr	m:			
Ext.	Carbohydrate 4		Protein 4	

Nutriti	on Fac	ts					
Servings			- 1				
Servings							
Amount P			$\overline{}$	Ingredients: Soy nuggets (isolated soy protein, rice starch).			
Calories			Eat 0	chocolate coating (maltitol, fractionated palm kernel oil, cocoa			
Calones	140 Car		v Value*	powder, inulin, soya lecithin, acesulfame K, vanilla, and su-			
Total Fat	4n	70 Dali	6%	cralose), soy protein nuggets (soy protein isolate, rice flour, ma			
	ed Fat 2.5	in.	13%	extract, and salt), polydextrose, organic brown rice syrup, iso-			
Trans F		9	1370	lated soy protein, organic agave syrup, dextrose, dextrin, glyc- erin, high oleic sunflower oil, natural flavor, dextrose, dextrin,			
Choleste			0%	beet juice concentrate, soy lecithin (as emulsifier).			
Sodium 2			9%	best parte constraints, soy actual (as chaising).			
	bohydra	te 15a	5%				
	Fiber 3g	109	12%				
Sugars			12.70				
Sugar A				Contains soy and milk.			
Oq			- 1	May contain traces of egg, wheat, peanuts, tree nuts and fish.			
Protein 1	5g		0%				
			Vitamin	0.00000000000			
Vitamin A	0%		C 0%				
Calcium							
4%			ron 15%				
	Values are book on may be high			Distributed by: Laboratories C.O.P. Inc.			
Marie Calledon	Calones.	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3			
Total Fat	Less than	65g	80g	Product of Canada			
Sat Fat	Less than	20g	25g				
Cholestensi	Less than	300mg	300mg				
Sodium	Less than	2,400mg	2,400mg				
Potassium Total Carbohy-	Less than	3,500mg	3,500mg				
drate		2009	375g				
Distary Fiber		259	30g				
Protein		503	85g				
Calories per gra	m:						
	Carbohydrate &		Protein 4				



Chocolate Pancake Mix **Nutrition Facts** ervings Size 1 packet (44g) Servings per package 7 mount Per Serving Calories 180 Calories from Fat 18 Total Fat 2g Saturated Fat 0g Trans Fat 0g Cholesterol Omg Sodium 270mg otassium otal Carbohydrate 22g Dietary Fiber 4g 16% 36% Vitami C 0% 8% storie diet ending on y 2,500 80g 300mg 2,400mg 2.400mg

Ingredients: Oat flour, calcium caseinate (derived from milk), whey protein concentrate (derived from milk), soy protein is calet, albumen powder (egg white, yeast, citric acid), oat bran, cocoa processed with alkali, natural chocolate flavor, chicory root inulin, fructose, contains 2 percent or less of natural flavors, cream of tartar, sodium bicarbonate, sea salt, silicon dioxide.

May also contain wheat.

Distributed by: Laboratories C.O.P. Inc. 178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3

Chocolate Drink UHT **Nutrition Facts** Ingredients: Filtered water, protein blend (milk protein isolate, calcium caseinate, whey protein concentrate), cocca powder (processed with alkali), sunflower oil, inulin, artificial flavor, cellulose, carboxymethylcellulose, salt, sodium phosphate, DATEM (diacetyl tartaric acid esters of mono and diglycerides), potas-Servings Size 1 carton (236 ml) ervings per package 6 Amount Per Serving Calories 100 Calories from Fat 35 sium phosphate, carrageenan, sucralose and acesulfame-potassium (non-nutritive sweeteners). % Daily Value* Total Fat 4g Saturated Fat 1g Trans Fat Og Cholesterol Omg Contains Milk Manufactured in a facility that processes soy, egg, wheat, odium 240mg otassium 350mg 10% sesame and tree nuts. Total Carbohydrate 4g 12% Sugars 0g 30% Vitamin C 0% Vitamin A 0% alcium 25% 6% Distributed by: rcert Dally Values are based on a 2,000 calore det r Dally Values may be higher or lower depending on y Laboratories C.O.P. Inc. 178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3 Product of Canada 2,500 2,400mg 2,400mg 300s

Cran-G	ranata	Protei	n Bar	
Nutriti	7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7			
	Size 1.41		8	
	per packa			
	Per Servin		-	Ingredients: Protein blend [soy protein isolate, whey protein
Calories	140 Cal			concentrate (derived from milk)], maltitol syrup, maltitol, fructor
	23	% Dail	y Value*	gosaccharide, tapioca starch (wheat), sugar, palm kernel oil.
Total Fa			5%	cranberries, glycerin, apple juice concentrate, blueberries, water
	ed Fat 2g		10%	natural and artificial flavors, cranberry juice concentrate, pome-
Trans I				granate arils, mono- and diglycerides, canola oil, citric acid, sal
Choleste			2%	vanilla extract, sunflower oil, sucralose (non-nutritive sweet-
Sodium			9%	ener), soy lecithin, tocopherol.
Potassiu	ım		400	
150mg			4% 6%	
	rbohydra	te 1/g	12%	
	Fiber 3g		12%	Contains soy, milk and wheat. Manufactured in a facility that processes egg, sesame, pea nuts and tree nuts.
Sugars			30%	
Protein 1	og		-	
Vitamin A	00/		Vitamin C 0%	
Calcium	V U76		C 0%	
4%			Iron 10%	
* Percent Daily Your Daily Val. calone needs	Values are boo ues may be high	ed on a 2,000 c er or lower dep	altrie det ending on your	Distributed by: Laboratories C.O.P. Inc.
1000	Calories	2,000	2,600	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fut	Less than	659	800	Product of Canada
Sat Fat	Lass than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium Total Carbohy-	Less than	3,500mg	3,500mg	
drate		300g	375g	
Distary Fiber		259	30g	
Protein		50a	654	
Calories per gr	arn.			
FurQ	Cabababatatat		Destain 4	

Nutriti	on Fac	:ts		
Servings	Size 1 pa	cket (35g)	
	per packa			
Amount F	er Servin	g		
Calories	150 Cale	ories from	Fat 60	
			v Value*	to any disease. Contain bland (non-nestria instate, orbits) and the
Total Fal	6g	- Minimore and	9%	Ingredients: Protein blend (soy protein isolate, whey protein concentrate (milk)), sugar, modified palm kernel oil, cocoa
Saturat	ed Fat 5g		25%	(processed with alkali), tapioca starch, rich flour, calcium car-
Trans F	at 0g			bonate, soy lecithin, natural and artificial flavors, sucralose (non-
Choleste	rol 5mg		2%	nutritive sweetener).
Sodium	110mg		5%	
Potassiu	ım		9503	
190mg	4107.		5%	
	rbohydra	te 11g	4%	
	Fiber 1g		4%	Contains milk, wheat and soy. Manufactured in a facility that processes peanuts and tree
Sugars				
Protein 1	5g		29%	nuts.
	02237		Vitamin	
Vitamin A			C 0%	
Calcium 2			ron 15%	20000 00
	Values are bace ies may be highe			Distributed by: Laboratories C.O.P. Inc.
	Calories	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fat	Less than	65g	80g	Product of Canada
SatFat	Lessthan	20g	25g	
Chalesteral	Less than	300mg	300mg	
Sodium	Lessthan	2,400mg	2,400mg	
Potassium Less than 3,500mg 3,500mg		3,500mg		
frate		300g	3750	
Dietary Fiber		25g	30g	
Protein		50a	654	
Calones per gr	arn.			
Fat 9	Carbohydrate 4		Protein 4	

Nutriti	ion Fac	ts		
	Size 1.45	3535	- 1	Ingredients: Brown rice syrup, soy nuggets (isolated soy pro-
	per packa			tein, rice starch), white coating (maltitol, fractionated palm kern
	Per Servin			oil, calcium carbonate, milk protein concentrate, whey powder,
	150 Cal		Fat 35	soy lecithin, vanillin), soy protein isolate, organic agave syrup,
		% Dail	Value*	cookies crumbs (sugar, gluten free flour blend (corn flour, potal
Total Fa	t 4g		6%	starch, rice flour, tapioca starch, soy flour, potato flour, carra- geenan, acacia gum, xanthan gum), palm oil, canola oil, cocoa
Saturat	ted Fat 2.5	ig	13%	powder, invert sugar, natural flavor, com starch, egg whites, so
Trans I	Fat Og			dium bicarbonate, sea salt, soy lecithin, ammonium bicarbon-
Choleste	erol Omg		0%	ate), glycerin, cocoa powder, high oleic sunflower oil, artificial
Sodium			8%	flavor, natural flavor, soy lecithin (as emulsifier).
Total Ca	rbohydra	te 17g	6%	
Dietary	Fiber 0g	- 5554	0%	
Sugars				
	Alcohol			
5g				Contains egg, milk and soybeans. May also contain peanut, tree nuts and wheat.
Protein 1	5g		30%	
			Vitamin	
Vitamin A		-	C 0%	
Calcium			ron 15%	
Percent Daty	r'hlives are base ues may be highe	et on a 2,000 co er or lower depe	iona diet nding on your	Distributed by: Laboratories C.O.P. Inc.
calorie needs:			5-30 CONT	
	Calories	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
calorie needs:	Calories Less than	2,000 66g	2,500 80g	178 Jean-Proutx St Suite 202 Gatineau QC Canada J8Z 1V3 Product of Canada
calorie needs:				
Calorie needs: Total Fat	Less than	66g	80g	
Calorie needs Total Fat Sat Fat	Less than Less than	66g 20g	80g 25g	
Catalifiat Satifiat Cholesterol Sodium Potansium	Less than Less than Less than Less than	65g 20g 300mg	80y 25g 300mg	
Catorie needs Total Fat Sat Fat Cholesterol Sodium Potansium	Less than Less than Less than Less than	65g 20g 300mg 2,400mg	80g 25g 300mg 2,400mg	
Total Fat Sat Fat Cholesterol Sodium Potassium Total Cartichy- drate	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 3,500mg	80g 25g 300mg 2,400mg 3,500mg	
Catorie needs Total Fat Sat Fat Cholesterol Sodium Potassium Total Cartshy-drate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 3,500mg 300g	80g 25g 300mg 2,400mg 3,500mg 375g	
Catorie needs Total Fat Sat Fat Cholesterell Sodium Potassium Total Cartehy-	Less than Less than Less than Less than Less than	65g 20g 300mg 2,400mg 3,500mg 300g 25g	80y 25g 300mg 2,400mg 3,500mg 375g 30g	

Crepe				
Nutriti	on Fac	ts	- 1	
Servings	Size 1 pa	cket (39c	2)	
Servings	per packa	ge 7		
	er Servin			
	140 Ca		m Fat 15	Ingredients: Oat bran flour, calcium caseinate (derived from
			y Value*	milk), oat bran, milk protein concentrate, soy protein isolate
Total Fat	1.5g	10 0000	2%	albumin protein, sea salt, silicon dioxide.
Saturat	ed Fat 0g		0%	
Trans F				
Choleste	rol Omg		0%	
Sodium	210mg		9%	
Total Ca	rbohydra	te 13g	4%	
Dietary	Fiber 2g		8%	
Sugars	0g			
Protein 1	8g		36%	
0.300 000000000000000000000000000000000	*****		Vitamin	
Vitamin A	0%		C 8%	
Calcium 1	15%		Iron 6%	
* Percent Daily Your Daily Val. calone needs:	Values are base ses may be highe	ed on a 2,000 c or or lower dep	alone diet ending on your	Distributed by: Laboratories C.O.P. Inc.
1000	Calories	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V
Total Fix	Lesithan	659	000	Product of Canada
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium Total Carbohy-	Lessthan	3,500mg	3,500mg	
drate		300g	375g	
Dietary Fiber		26g	30 ₉	
Protein		501	65a	
Calories per gr	im		50257005	
Fat9	Carbohydrate 4		Protein 4	

Crispy Cereal Nutrition Facts Servings Size 1 packet (29g) Servings per package 7 Amount Per Serving Calories 110 Calories from Fat 10 % Daily Value* Total Fat 1g 195 Saturated Fat 0g 0% Trans Fat 0g Cholesterol less than 5mg 2% Sodium 160mg 7% Total Carbohydrate 7g 2% Dietary Fiber 0g 0% Sugars 3g Vitamin Vitamin A 0% C 0% From Calcium 15% 8% Vitamin A 0% C 0% Calcium 15% 8% Cross Serving Servi

Calories 190 Calories from Fat 70 Saturated Fat 0.5g 12%	Servings Size 1 packet (42.5g) Servings per package 7 Amount Per Serving Calories 190 Calories from Fat 70 **Bully Value** Total Fat 8g 12% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol Omg 20% Potassium 130mg 4% Dietary Fiber 2g 8% Sugars 2g Total Catobytydrate 15g 5% Dietary Fiber 2g 8% Sugars 2g Witamin Witamin A 0% Calcilum 2% Less than 6% Calcilum 2% Less than 6% 8% 8% Sugars 1 best than 6% 8% Sugars 2 company of the service destrons on the service of the s		kle Zij		\neg	
Servings per package 7 Amount Per Serving Calories 190 Calories from Fat 70 **So Daily Value** Total Fat 8g 12% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol Omg 0% Sodium 470mg 20% Sodium 470mg 20% Sodium 470mg 4% Total Carbohydrate 15g 5% Dietary Fiber 2g 8% Sugars 2g Contains 50 Witamin Vitamin A 0% C 10% Caloium 2% Survine service on 2000 2000 Size In Inc. 10% Total Fat 8g 12% Sugars 2g Contains 50 Mitamin Vitamin A 0% C 10% Caloium 2% Survine service on 2000 2000 Survine servine service on 2000 2000 Survine servine service on 2000 2000 Survine service on 2000 2000 Survine service on 2000 2000 Survine servine servin	Servings per package 7 Amount Per Serving Calories 190 Calories from Fat 70 **S Daily Value** Total Fat 8g 12% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol Omg 0% Sodium 470mg 20% Potassium 130mg 4% Total Carbohydrate 15g 5% Dietary Fiber 2g 8% Sugars 2g Protein 15g 30% Vitamin Vitamin A 0% C 10% Calcium Vitamin A 0% C 10% Calcium 2% Fexcer Loby Values we based on a 2000 celoris det. Type Daily Values we based on a 2000 celoris det. Type Daily Values may be higher of these depending on your coloris selection. **Common Calcium Calci				- 1	
Amount Per Serving Calories 190 Calories from Fat 70 % Daily Value* Total Fat 8g 12% Saturated Fat 0.5g 37% Trans Fat 0g Cholesterol Omg 0% Sodium 470mg 20% Potassium 130mg 47% Total Carbohydrate 15g 5% Dietary Fiber 2g 8% Sugars 2g Total Carbohydrate 15g 30% Witamin Vitamin A 0% C 1 0% Calcium 2% Usamin A 0% Calcium 2% Louis Satura	Amount Per Serving Calories 190 Calories from Fat 70 % Daily Value* Total Fat 8g 12% Saturated Fat 0.5g 37% Trans Fat 0g Cholesterol Omg 0% Potassium 130mg 47% Dietary Fiber 2g 87% Dietary Fiber 2g 87% Calcium Vitamin A 0% C 10% C				5g)	
Calories 190 Calories from Fat 70 Spair Value* Total Fat 8g 12% Saturated Fat 0.5g 3% Trans Fat 0g 12% Saturated Fat 0.5g 3% Trans Fat 0g 10% Trans Fat 0g 10% Trans Fat 0g 10% Trans Fat 0g 10% Total Carbohydrate 15g 5% Sugars 2g 10% Total Carbohydrate 15g 5% Sugars 2g 10% Total Total Carbohydrate 15g 30% Sugars 2g 10% Total Total Carbohydrate 15g 30% Sugars 2g 10% Total Carbohydrate 15g 30% Contains soy and milk. Manufactured in a facility that processes eggs, wheat, same and tree nuts. Sugars 2g 10% Total Carbohydrate 15g 30% Total Carbohydrate 15g 30% Total Carbohydrate 15g 30% Sugars 2g 10% Total Carbohydrate 15g 30% Total Carbohydrate 15g 30% Total Carbohydrate 15g 30% Sugars 2g 10% Total Carbohydrate 15g 30% Sugars 2g 10% Total Carbohydrate 15g 30% Total Carbohydrate 15g 30% Total Carbohydrate 15g 30% Total Carbohydrate 15g 30% Sugars 2g 10% Total Carbohydrate 15g 30% Total Carbohydrate 15g	Calories 190 Calories from Fat 70 % Daily Value* Total Fat 8g 12% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterd Dmg 0% Sodium 470mg 20% Potassium 130mg 4% Total Carbohydrate 15g 5% Dietary Fiber 2g 8% Sugars 2g Total Carbohydrate 15g 30% Vitamin Witamin A 0% C 10% Calcilum 2% Cal					
Total Fat 8g 12% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol Omg 0% Sodium 470mg 20% Potassium 130mg 4% Total Carbohydrate 15g 5% Dietary Fiber 2g 8% Sugars 2g Protein 15g 30% Witamin A 0% C 10% Calcium Vitamin A 0% Calcium Vitamin A 0% Calcium Vitamin A 0% Calcium Vitamin A 0% Calcium V	Total Fat 8g 12% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol Omg 0% Sodium 470mg 20% Potassium 130mg 4% Total Carbohydrate 15g 5% Dietary Fiber 2g 8% Sugars 2g Protein 15g 30% Vitamin Vitamin A 0% C 10% Calcium 2% Feacet Caby Vitam we based on 2,000 celons det. Total Carbohydrate may be higher of these degending in your before the preference of the protein fiber of the protein form fiber of the protein fiber of the protein fiber of the protein form fiber of the protein fiber of the protein form fiber of the protein fiber of t		DESCRIPTION OF THE PARTY OF THE PARTY.	4		
Total Fat 8g 12% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol Omg 0% Sodium 470mg 20% Potassium 130mg 4% Dietary Fiber 2g 8% Dietary Fiber 2g 8% Sugars 2g 4% Dietary Fiber 2g 8% Calcium Vitamin A 0% C 10% Calcium 2% Utamin Vitamin A 0% C 10% Calcium 2% Dietary Vulues are braid on a 2,000 a 2,000 Float I Less than 309 86 Suffer I Less than 200 2,000 Solicitary I a Less than 200 300mg Solicitary I a Less than 200 300mg Solicitary Less than 200 375g Solicitary Fiber 35 30g	Total Fat 8g 12% Saturated Fat 0.5g 3% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol Omg 0% Sodium 470mg 20% Potassium 130mg 4% Dietary Fiber 2g 8% Dietary Fiber 2g 8% Sugars 2g 4% Total Carbohydrate 15g 30% Vitamin A 0% C 10% Calcium Vitamin A 0% Calcium Vitamin A 0% Calcium Vitamin A 0% Calcium Vitamin A 0% Calciu	Calories	190 Cald			
Saturated Fat 0.5g 3% Trans Fat 0g 9 Cholesterol Omg 0% Sodium 470mg 20% Potassium 130mg 4% Total Carbohydrate 15g 5% Sugars 2g 8 Protein 15g 30% Sugars 2g 9 Protein 15g 30% Vitamin Vitamin A 0% C 10% Calcium 2% Sugars 2g 9 Protein 15g 30% Utamin Vitamin A 0% C 10% Calcium 2% Sugars 2g 9 Protein 15g 30% Utamin Vitamin A 0% C 10% Calcium 2% Sugars 2g 9 Protein 15g 30% Utamin Vitamin A 0% C 10% Calcium 2% Sugars 2g 9 Protein 15g 30% Utamin Vitamin A 0% C 10% Calcium 2% Sugars 2g 9 Protein 15g 30% Utamin Vitamin A 0% C 10% Calcium 2% Sugars 2g 9 Protein 15g 30% Utamin Vitamin A 0% C 10% Calcium 2% Sugars 2g 9 Protein 15g 30% Utamin Vitamin A 0% C 10% Calcium 2% Sugars 2g 9 Protein 15g 30% Utamin Vitamin A 0% C 10% Calcium 2% Sugars 2g 9 Protein 15g 30% Distributed by: Laboratories C.O.P. Inc. 178 Jean-Proubt St Suite 202 Gatineau QC Canada JBZ 1V. Product of Canada	Saturated Fat 0.5g 3% Trans Fat 0g 5 5% Cholesterol Comp 0% Sodium 470mg 20% Potassium 130mg 4% Total Carbohydrate 15g 5% Dietary Fiber 2g 8% Sugars 2g 7 Protein 15g 30% Vitamin Manufactured in a facility that processes eggs, wheat, ame and tree nuts. Vitamin Manufactured in a facility that processes eggs, wheat, ame and tree nuts. Distributed by: Laboratories By Johns we based on a 2000 celetie det. Paccert Daly Valeus we based on a 2000 celetie det. Paccert Daly Valeus we based on a 2000 celetie det. Paccert Daly Valeus we based on a 2000 celetie det. Contains soy and milk. Manufactured in a facility that processes eggs, wheat, ame and tree nuts. Contains soy and milk. Manufactured in a facility that processes eggs, wheat, ame and tree nuts. Contains soy and milk. Laboratories C.O.P. Inc. 178 Jean-Prouk St Suite 202 Gatineau QC Canada J82 1\ Product of Canada Product of Canada Contains soy and milk. Manufactured in a facility that processes eggs, wheat, ame and tree nuts. Laboratories C.O.P. Inc. 178 Jean-Prouk St Suite 202 Gatineau QC Canada J82 1\ Product of Canada Contains soy and milk. Manufactured in a facility that processes eggs, wheat, ame and tree nuts. Laboratories C.O.P. Inc. 178 Jean-Prouk St Suite 202 Gatineau QC Canada J82 1\ Product of Canada Contains soy and milk. Manufactured in a facility that processes eggs, wheat, ame and tree nuts.			% Dail		Ingredients: Protein blend (soy protein isolate, whey protein
Trans Fat Og Cholesterol Omg O% Sodium 470mg 20% Potassium 130mg 4% Total Carbohydrate 15g 5% Dietary Fiber 2g Sugars 2g Protein 15g 30% Vitamin A 0% C 10% Calcium Vitamin A 0% C 10%	Trans Fat Og Cholesterol Omg O% Sodium 470mg 20% Potassium 130mg 4% Total Carbohydrate 15g Dietary Fiber 2g Sugars 2g Protein 15g Vitamin Vitamin A 0% C 10% Calcium 2% Force Daily Vision we band on 2,000; calone det. Trans Daily Vision were band on 2,000; calon					isolate (milk), sodium caseinate), potato flour, sunflower oil,
Cholesterol Omg O% Sodium 470mg 20% Potassium 130mg 4% Sugars 2g 5% Dietary Fiber 2g 8% Sugars 2g 57 Potein 15g 30% Witamin C 10% Calcium 2% Vitamin A 0% C 10% Calcium 2% Dietary Values are brand on a 2000 2000 Calcium 2% Distributed by: Cutows 2000 2000 Calcium 2000 2000 Calcium 2% Distributed by: Cutows 2000 2000 Calcium 2000 20	Cholesterol Omg			g	3%	
Sodium 470mg 20% Potassium 130mg 4% Total Carbohydrate 15g 5% Dietary Fiber 2g 8% Sugars 2g 9 Protein 15g 30% Vitamin A 0% C 10% Calcium 2% Iron 10%	Sodium 470mg 20% Potassium 130mg 4% Total Carbohydrate 15g 5% Dietary Fiber 2g 8% Sugars 2g 9 Protein 15g 30% Witamin A 0% C 10% Calcium 2% Iron 1					
Potassium 130mg	Potassium 130mg 4% Total Carbohydrate 15g 5% Dietary Fiber 2g 8% Sugars 2g Protein 15g 30% Vitamin A 0% C 10% Calcium 2% Iron 10% Calcium 2% Distributed by: Laboratories C.O.P. Inc. 178 Jean-Proub St Suite 202 Gatineau QC Canada J8Z 1\ Productor I Less than 0% 200 2000 Calcium 2					dill, malic acid, mono-diglycerides, tocopherol, dill oil.
130mg	130mg				20%	
Total Carbohydrate 15g	Total Carbohydrate 15g 5% Dietary Fiber 2g 8% Sugars 2g Protein 15g 30% Vitamin Vitamin A 0% C 10% Calcium 2% First Daly Yakes we based on 2 2002 cabes dat. return Daly Calcium return Daly Vitamin to the order of the order of the order Daly Calcium return Daly Yakes we based on 2 2002 cabes dat. return Daly Vitamin return Daly Yakes were based on 2 2002 cabes dat. return Daly Vitamin return Daly Vitamin return Daly Calcium return Daly Vitamin		m		49/	
Dietary Fiber 2g 8% Sugars 2g Contains soy and milk. Manufactured in a facility that processes eggs, wheat, s ame and tree nuts. Witamin A 0% C 10% Calcilum 2% Intel 1/2 Nuts may be higher or lower depending in your places table. Cutows 2000 2000 2000 Intel 1/4 Less than 009 300 300 300 300 500 500 14 500	Dietary Fiber 2g 8% Sugars 2g Solventries of the Protein 15g 30% Vitamin A 0% C 10% Calcium 2% Iron 10% Paccer Daly Values and briefer or lever depending since of the Daly Values and briefer or lever depending since of the Daly Values and briefer or lever depending since of the Daly Values and briefer or lever depending since of the Daly Values and briefer or lever depending since of the Daly Values and briefer of lever depending since of the Daly Values and briefer of lever depending since of the Daly Values and briefer of lever depending since of the Daly Values and briefer of lever depending since of the Daly Values and briefer of lever depending since of the Daly Values and briefer of lever depending since of the Daly Values and briefer of lever depending since of the Daly Values and briefer of lever depending since of the Daly Values and briefer of lever depending since of the Daly Values and briefer of the Daly Values and the Daly Val		rhohydra	n 15a		
Sugars 2g Protein 15g 30% Witamin A 0% C 10% Calcium 22% Iron 10% Paccer Loby Values are based on a 2000 calce dear. Tree Daly Values are based on a 2000 calce dear. Tree Daly Values are based on a 2000 calce dear. Tree Daly Values are based on a 2000 calce dear. Tree Daly Values are based on a 2000 calce dear. Tree Daly Values are based on a 2000 calce dear. Tree Daly Values are based on a 2000 calce dear. Tree Daly Values are based on a 2000 calce dear. Tree Daly Values are based on a 2000 calce dear. Tree Daly Values are based on a 2000 calce dear. Tree Daly Values are based on a 2000 calce dear. Tree Daly Values are based on a 2000 calce dear. Tree Daly Values are based on a 2000 calce dear. Tree Daly Values are based on a 2000 calce dear. Tree Daly Values are based on a 2000 calce dear. Tree Daly Values are based on a facility that processes eggs, wheat, s ame and tree nuts. Manufactured in a facility that processes eggs, wheat, s ame and tree nuts. Manufactured in a facility that processes eggs, wheat, s ame and tree nuts. Manufactured in a facility that processes eggs, wheat, s ame and tree nuts. Manufactured in a facility that processes eggs, wheat, s ame and tree nuts. Manufactured in a facility that processes eggs, wheat, s ame and tree nuts. Manufactured in a facility that processes eggs, wheat, s ame and tree nuts.	Sugars 2g Protein 15g 30% Witamin Manufactured in a facility that processes eggs, wheat, ame and tree nuts. Witamin Milliamin A 0% C 10% Calcilum 2% Iron 10% Paccer Loby Values we based on a 2000 calcins det. Proceedings by your county values may be higher or leaver depending an your capture seeds. Calcilum 2000 2 2000 1star I a Less than 66g 60g 60g 1star I a Less than 200g 2 2000 general county values and the seed of the county values and the seed of the county values and the seed of the county values and the county values and the county values and the county values and the county value and the county values and the county value and the c			101		
Protein 15g 30% Vitamin C 10% C	Note				0.0	
Vitamin A 0%	Vitamin A 0%				30%	
Mtamin A 0%	Mtamin A 0% C 10%		-			uno una decinata.
Iron 10%	Iron 10%	Vitamin A	0%			
Peacet Daily Values were based on 2,000 caloné dut.	Peacet Daily Valers were based on 2,000 celoris dat.		99.000 O.			
Trans Daily Values may be higher or linear depending in your project	Trace Daily visions may be higher or lower depending on your projects eachs Colores 2,000 2,000	2%			ron 10%	
Cultimate Cult	Cultimate sets Cultimate Co.D.P. Inc. Inc. Laboratories C.O.P. Inc. Inc. Laboratories C.O.P. Inc. Inc. Laboratories C.O.P. Inc.					
Test Fa	Treat Fat		er met aandie	in or number output	many on you	
Sat Fat	Sulf Fat		Calories	2,000	2,500	
Cholederol Less Shan 300mg 300mg 2,400mg 2,400mg 2,400mg 2,400mg 2,400mg 2,400mg 2,400mg 2,400mg 3,500mg 3,5	Cholederol Less Shan 200mg 300mg Softum Less Shan 2,400mg 2,400mg Vibrassum Less Shan 3,500mg 3,500mg Trial Culture 3500mg 3,500mg 375g Detay Filter 30g 30g 30g Dotalen 50g 65a 65a	0.000			00000	Product of Canada
Sodium Less than 2,600mg 2,400mg Purposeum Less than 3,500mg 3,500mg Sodiac Carbothy 300g 375g Index 35g 30g	Sodum Less than 2,000mg 2,000mg Prossesum Less than 3,500mg 3,500mg Sodum 300g 305g Delay Fiber 25g 30g Datas Fiber 40g 65s Colories per gram 55s 30g	Sat Fat	Less than	20g	25g	
Pitasserm Lees then 3:500mg 3:500mg Class Culture 3:000 3:500 3:50	Florascium Less than 3,500mg 3,500mg Total Civilida Civilida 2009 375g Delary Floer 25g 30g Entrely Floer 40g 665g Solitions per gram					
Traid Clarkhoth- distribution 2009 375g Delatry Fiber 25g 30g	Trial Clarkothy foliate 300g 375g betary Flore 25g 30g bottery Flore 40g 656		-			
Dietary Floer 25g 30g	Delary Filter 25g 30g Potlein 50a 65a Calorino per gram		Less than	3,500mg		
18 18 18 18 18 18 18 18 18 18 18 18 18 1	Postario 40a 65a Colorina per grano.					
Postein 50a 65a	Calories per grant	Dietary Fiber		1000	0.772	
	CONTROL CONTRO			50a	654	

Fine He	rbs & Ch	eese O	melet	
Nutriti Servings Servings	Size 1 pa	cket (35	3)	Ingredients: Egg whites (egg whites, yeast, citric acid), eggs, cheddar cheese powder [cheddar cheese (pasteurized milk,
Amount F			-	cheese cultures, salt, enzymes), whey (milk), maltodextrin, soy-
Calories			n Fat 40	bean oil, salt, buttermilk, citric acid, disodium phosphate, natural flavor, lactic acid, silicon dioxide), red bell pepper, green bell
			ly Value*	pepper, natural flavor, contains 2 percent or less of onion, garlic
Total Fal	4.5g		7%	spices, gum (cellulose, xanthan, carrageenan), sodium bicar-
Saturat Trans F	ed Fat 1.5	ig	7%	bonate, beta-carotene color, silicon dioxide.
	rol 25mg		8%	
Sodium	-		26%	Contains milk and eggs.
Potassiu				
250mg			7%	
Total Ca	rbohydra	te 7g	2%	
Dietary	Fiber less	than 1g	4%	
Sugars	3g			
Protein 1	8g		36%	
Vitamin A	30%		Vitamin C 100%	
Calcium			Iron	
6%			6%	
* Percent Daily Your Daily Valu calorie needs	Values are basi ses may be high	ed on a 2,000 o er or lower dep	calone diet ending on your	Distributed by: Laboratories C.O.P. Inc.
	Calories	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fix	Less than	959	1009	Product of Canada
Sat Fat	Less than	20g	25g	
Cholesterol	Lessthan	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium Total Carbohy-	Less than	3,500mg	3,500mg	
drate		300g	3759	
Dietary Fiber		25g	30g	
Protein		50a	65q	
Calories per gr	am			

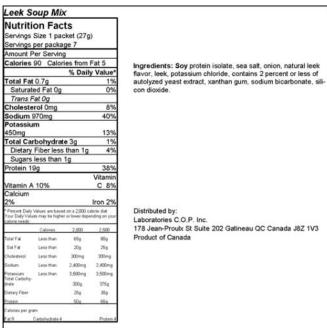
Dark C	hocolai	te Pud	ding	
Nutriti	on Fac	ts		
Servings			1)	
Servings				
Amount P				
	100 Cal		m Fat 10	Ingredients: Milk protein concentrate, cocoa processed with
o Caronic S	100 0		v Value*	alkali, soy protein isolate, guar gum, contains 2 percent or less of natural flavor, sea salt, caramel color, sucralose (non-nutritive
Total Fat	1a		2%	sweetener), silicon dioxide.
	ed Fat 0.5	ia	4%	orrestory, succession
Trans F		9		Contains Milk and soybeans.
Choleste			3%	
Sodium 2			10%	
Potassiu				
480mg			14%	
Total Car	bohydrat	te 7g	2%	
	Fiber 4g	-	16%	
Sugars				
Protein 18			36%	
	-		Vitamin	
Vitamin A	0%		C 0%	
			Iron	
Calcium 3	35%		10%	
* Percent Daily Your Daily Value calorie needs:	Values are base as may be highe	ed on a 2,000 c or or lower dep	alorie diet. ending on your	Distributed by: Laboratories C.O.P. Inc.
	Calones	2,000	2.500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fat	Less than	664	80g	Product of Canada
SatFat	Less than	20g	359	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium	Less than	3,500mg	3,500mg	
Total Carbony- drate		300e	3759	
Dietary Fiber		254	30g	
Protein		50a	654	
Calories per gra	en .	- 201	- 7000	
	Carbofordrate 4		Protein 4	
Double	Choco	late B	ars	
Nutriti	on Fac	ts		
Servings		200		to an electric Could be great (includes a superstale size already)
Servings				Ingredients: Soy Nuggets (isolates soy protein, rice starch), organic brown rice syrup, dark chocolate coating (sugar, frac-
				tionated palm kernel oil, cocoa processed with alkali, lactose,
Amount P			F-1 40	palm oil, soy lecithin and vanilla), chocolate layer (maltitol syrup
Calories	150 Caio			modified palm kernel oil, skim milk powder, chocolate liquor, wa
Tarted For		% Dan	y Value*	ter, glycerine, cocoa, soy lecithin, disodium phosphate, salt, car
Total Fat		120	7%	rageenan, vanilla extract), soy protein nuggets (soy protein iso-
		g	13%	late, rice flour and salt), soy protein isolate, polydextrose, glyc-
Trans F	ed Fat 2.5	g	13%	late, rice flour and salt), soy protein isolate, polyde

		- 1	
		- 1	Ingredients: Soy Nuggets (isolates soy protein, rice starch).
			organic brown rice syrup, dark chocolate coating (sugar, frac- tionated palm kernel oil, cocoa processed with alkali, lactose,
150 Cal			palm oil, soy lecithin and vanilla), chocolate layer (maltitol syrup modified palm kernel oil, skim milk powder, chocolate liquor, wa
	% Dail	y Value*	ter, glycerine, cocoa, soy lecithin, disodium phosphate, salt, car-
		7%	rageenan, vanilla extract), soy protein nuggets (soy protein iso-
ed Fat 2.5	ig	13%	late, rice flour and salt), soy protein isolate, polydextrose, glyc-
at 0g	200	7.55	erin, high oleic sunflower oil, cocoa powder, cocoa butter, cocoa
rol Omg			extract, natural flavor, sea salt, vanilla extract, soy lecithin (as
220mg	V 700 4735	9%	emulsifier).
rbohydra	te 17g	6%	
Fiber 2g		8%	
6g			
Vicohol			
			Contains milk and soy. May also contain egg, peanut, tree nuts and wheat.
5g			
27.7		Vitamin	
0%		C 0%	
	1	ron 15%	
Values are bosses may be high	ed on a 2,000 c er or lower depe	abrie det inding on your	Distributed by: Laboratories C.O.P. Inc.
Calones	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Line than	659	80g	Product of Canada
Less than	20g	25g	
Less than	300mg	300mg	
Lessthan	2,400mg	2,400mg	
Less than	3.500mg	3,500mg	
	300s	375a	
	254	304	
	90s	650	
en:			
Carbohydrate 4		Protein 4	
	per packar per servini 15.0 Call 15.	4.5g % Dail 4.5g ed Fat 2.5g at 0g at 0g rot 0mg 220mg bohydrate 17g Fiber 2g 6g 40cohol 55g 40cohol 55g 40cohol 60c	per package 7 Per Serving 150 Calories from Fat 40 50 Calories from

Nutriti	on Fac	ts					
Servings	Size 1 pa	cket (30a)				
	per packa		50				
	er Servin						
	140 Cale		Fat 60				
			v Value*				
Total Fal	7a		11%				
	ed Fat 1g		5%	Ingredients: Soybeans, onion and garlic seasoning (salt, suga			
Trans f	at Og			autolysed yeast, yeast onion powder, spice garlic powder, vege			
Choleste	erol Omg		0%	table oil, silicon dioxide), sunflower oil.			
Sodium	310mg		13%				
Potassium							
400mg			11%				
	rbohydra	te 9g	3%				
Dietary	Fiber 4g		16%				
Sugars							
Protein 1	1g		22%	May contain milk, wheat, eggs, peanuts and tree nuts.			
			Vitamin				
Vitamin A	0%		C 2%				
Calcium		0.0					
4%			ron 15%				
" Percent Daily Your Daily Valu calone needs:	Values are base ses may be highe	id on a 2,000 co er or lower depe	slarie diet. Inding on your	Distributed by: Laboratories C.O.P. Inc.			
(2 to	Catones	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3			
Total Fat	Less than	65g	60g	Product of Canada			
SatFat	Less than	20g	25g				
Cholesterol	Less than	300mg	300mg				
Sodium	Less than	2,400mg	2,400mg				
Potassium Total Carbohy-	Less than	3,500mg	3,500mg				
fotal Carbony- frate		300g	3759				
Dietary Fiber		250	30g				
Protein		50g	65g				
Calones per gr	ani .						
Fax9	Carbohydrate 4		Protein 4				

***Disclaimer: Ideal Protein products are subject to formulation changes at any time.

Each clinic and dieter must always reference the box for exact ingredients.***



Lemon	Puddii	ng Mix		
Nutriti	on Fac	ts		
Servings	Size 1 pa	cket (26c	0	
Servings			" I	
Amount F			$\overline{}$	
	90 Calo		Fat 0	Ingredients: Milk protein concentrate, guar gum, contains 2 pe
		% Dail	y Value*	cent or less of sea salt, natural flavor, citric acid, sucralose (nor
Total Fat	0a		0%	nutritive sweetener), FD&C Yellow # 5 color.
	ed Fat 0g		0%	
Trans Fat 0g				Contains Milk.
Choleste	rol 20mg		7%	AND AND THE STOCKARD OF STOCKARD AND AND AND AND AND AND AND AND AND AN
Sodium 2	210mg		9%	
Total Car	bohydra	te 4g	1%	
Dietary	Fiber 1g		4%	
Sugars	2g			
Protein 18	Bg		36%	
Vitamin A	0%		Vitamin C 2%	
Calcium 5	20 M-00		Iron 0%	
	Values are base es may be highe			Distributed by: Laboratories C.O.P. Inc.
-	Calories	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fat	Less than	66g	80g	Product of Canada
SatFat	Less than	20g	25g	
Cholestwol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium	Less than	3,500mg	3,500mg	
Total Carbohy- drate		300g	375g	
Dietary Fiber		25g	30g	
Protein 50a 65a			650	
Calories per gra	WTT.			
Fat 9	Carbohydrate 4		Protein 4	

Maple	Oatmea	al .		
Nutrit	ion Fac	ts		
Servings	Size 1 pa	cket (37a	0	
	per packa		"	
_	Per Servin	7	\neg	
	130 Cal		n Fat 15	Ingredients: Oat flakes, soy protein isolate, milk protein concen- trate, whey protein isolate (milk), contains 2 percent or less of
	100 000		y Value*	artificial flavor, sea salt, xanthan gum, sucralose (non-nutritive
Total Fa	t 1.5a	10 0 0.11	2%	sweetener), sodium bicarbonate, silicon dioxide.
	ted Fat Og	i i	0%	
Trans				
Cholest	erol 5mg		2%	
Sodium	240mg		10%	Contains milk and soybeans.
Total Carbohydrate 12g 4%			4%	
Dietary Fiber 2g 8%			8%	
Sugars	less than	1g		
Protein 1	8g		36%	
	CLEAN COLOR		Vitamin	
Vitamin A	4 0%		C 0%	
20000 9			Iron	
Calcium			4%	
	Values are back ues may be high			Distributed by: Laboratories C.O.P. Inc.
	Calories	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fat	Less than	66g	80g	Product of Canada
SatFat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potacoium Total Carbohy	Less than	3,500mg	3,500mg	
drate		300g	375g	
Dietary Fiber		25g	30g	
Protein		50a	65g	
Calories per g	rans			
Fat 9	Carbohydrate 4		Protein 4	

Nutriti	on Fac	ts		
Servings	Size 1.41	oz (40a)		
Servings			- 1	
Amount P				Ingredients: Soy nuggets (isolated soy protein, rice starch),
Calories			Fat 35	white coating (maltitol, fractionated palm kernel oil, calcium ca
			v Value*	bonate, milk protein concentrate, whey powder, soy lecithin, vi
Total Fat	4a		6%	nillin), liquid polydextrose, organic brown rice syrup, organic agave syrup, soy protein nuggets (soy protein isolate, rice flou
	ed Fat 2.5	ig	13%	malt extract, and salt), isolated soy protein, dextrose, dextrin,
Trans F	at 0g			glycerin, poppy seeds, high oleic sunflower oil, natural flavor,
Choleste	rol Omg		0%	soy lecithin (as emulsifier).
Sodium 2	210mg		9%	The second secon
Total Car	bohydra	te 15g	5%	
Dietary	Fiber 2g		8%	
Sugars	6g			
Sugar A	Moohol			
5g				Contains soy and milk.
Protein 18	5g		0%	May also contain egg, wheat, peanuts, tree nuts and fish.
	201		Vitamin	
Vitamin A Calcium 4		_	C 0%	
	Values are base			Distributed by
Your Daily Valu calorie needs:	es may be high	er or lower depe	nding on your	Distributed by: Laboratories C.O.P. Inc.
	Calories	2,000	7,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fut	Less than	65g	90g	Product of Canada
SatFat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium Total Carbohy-	Lessthan	3,500mg	3,500mg	
drate		300g	3759	
Dietary Fiber		25g	304	
Protein		500	65a	
Calones per gra	en:			

Lemon	Soy F	Puffs	2.0	
Nutriti	on Fac	ts		
Servings	Size 1 pa	cket (36g)	
Servings	per packa	ge 7		
Amount P	er Servin	g		
Calories	160 Cale	ories from	Fat 50	
		% Dail	y Value*	Ingredients: Protein blend (soy protein isolate, whey protein
Total Fat	6g		9%	isolate), sugar, palm kernel oil, tapioca starch, rice flour, yogu
Saturat	ed Fat 5g		25%	powder (cultured non-fat milk solids), citric acid, calcium carb
Trans F	at 0g			ate, natural flavors, soy lecithin, salt lemon juice powder, tur-
Choleste	rol 5mg		2%	meric extract (color), tocopherol.
Sodium	180mg		8%	
Potassiu	m		302000	
110mg			3%	
	bohydrat	e 12g	4%	
	Fiber 0g		0%	Contains soy and milk.
Sugars				Manufactured in a facility that processes egg, wheat, ses
Protein 1:	5g			ame, tree nuts and peanuts.
			Vitamin	
Vitamin A			C 0%	
Calcium 1	5%	1	ron 10%	
Petret Daly	Values are base as may be highe	d on a 2,000 c	alone diet.	Distributed by:
calorie needs:	es may be riigne	ir or lower depi	ending on your	Laboratories C.O.P. Inc.
	Calories	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fat	Less than	65g	80g	Product of Canada
SatFut	Cess than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodum	Less than	2,400mg	2,400mg	
Potassium	Less than	3,500mg	3,500mg	
Total Carbohy- drate		300g	375g	
Dietary Fiber		25g	30g	
Protein		50g	65a	
Calories per gra	erc :			
Self-Service and	Carbohydrate 4		Protein 4	

Nutriti				
Servings			1)	
Servings				
Amount P				Ingredients: Milk protein concentrate, cocoa processed with
Calories	110 Ca			alkali, natural flavor, guar gum, caramel color, chocolate (cocoa
		% Dail	y Value*	sugar, salt, carrageenan, sodium caseinate, artificial flavor), se
Total Fat	0.5g		1%	salt, sucralose (non-nutritive sweetener).
	ed Fat 0g		0%	
Trans F				Contains Milk.
Choleste			5%	
Sodium 1			5%	
Potassiu	m			
290mg			8%	
Total Car		te 7g	2%	
	Fiber 2g		8%	
Sugars			2001	
Protein 18	5g		36%	
	001		Vitamin	
Vitamin A	U%		C 2%	
Calcium 5	inek		Iron 6%	
	Values are base	dae s 2000 -	-	Distributed by:
Your Daily Value	values are base so may be highe			Laboratories C.O.P. Inc.
calone needs:	Calories	2.000	2500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Flat	Less than	654	804	Product of Canada
Sat Fat	Less than	20a	250	
Cholesterni	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassum	Lessthan	3.500mg	3,500mg	
Total Carbohy- drate		300g	376a	
Distary Fiber		254	30g	
Protein		50s	65a	

Mushroom Soup Mix **Nutrition Facts** ervings Size 1 packet (27,4g) Servings per package 7 Ingredients: Soy protein isolate, milk protein concentrate, whe protein isolate (derived from milk), sea salt, dehydrated mush-room, natural flavour, mushroom powder, xanthan gum, yeast extract, sodium bicarbonate, spiece mix (turmeric, garfic, mustard, white pepper), silicon dioxide, color (beta-carotene). Amount Per Serving Calories 90 Calories from Fat 10 % Daily Value* Total Fat 1g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg 8% 42% odium 1015mg otal Carbohydrate 2g Dietary Fiber 1g 36% Vitamin C 0% fitamin A 0% Iron 15% Distributed by: Laboratories C.O.P. Inc. 178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3 65g 80g 20g 25g 300mg 300mg 2,400mg 2,400mg

Orange	Drink	Mix		
Nutriti	on Fac	ts		
Servings		Contract Contract	ã I	
Servings			<u> </u>	
Amount P				
Calories			Fat 0	
	00.00		v Value*	
Total Fat	Oq	75	0%	Ingredients: Whey protein isolate (milk), malic acid, citric ac natural and artificial flavors, contains 2 percent or less of su-
	ed Fat Og		0%	cralose (non-nutritive sweetener), acesulfame potassium (no
Trans F				nutritive sweetener), beta-carotene color, caramel color, can-
Choleste			0%	thaxanthin color, silicon dioxide, soy lecithin.
Sodium 4	Omg		2%	
Total Car	bohydra	te less than 1	9 0%	
Dietary	Fiber 0g		0%	
Sugars	0g			Contains milk and soybeans. May contain fish.
Protein 18	3g		36%	
- San Araban Man	5050 A		Vitamin	
Vitamin A			C 2%	
Calcium 1	0%		ron 36%	
	Values are bace as may be highe			Distributed by: Laboratories C.O.P. Inc.
	Calories	2,000	2,500	178 Jean-Proutx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fat	Less than	65g	80g	Product of Canada
Sat Fat	Less than	20g	25g	
Cholemerol	Less than	300mg	300mg	
Sodum	Loss than	2,400mg	2,400mg	
Potassium Total Carbohy- drate	Less than	3,500mg	3,500mg	
drate Dietary Fiber		300g 25g	375g 30g	
Enetary riper Protein		20g. 50a	96g 66g	
Calories per gra		- 305	vod.	

Nutrit	ion Fac	ts		
	Size 1.48		8 I	
	per packa			
	Per Servin		-	
	170 Cal		n Eat 60	
Culonica	170 08		y Value*	
Total Fa	• 70	A Dan	11%	Ingredients: Protein blend (soy protein isolate, whey protein
	ted Fat 2.5	in	13%	isolate, reduced mineral whey powder, milk protein concentrate
Trans		9	1076	organic cane sugar, peanuts, glycerin, tapioca starch, peanut
	-6 0.1g			butter, inulin, water, sugar, palm and palm kernel oil, clarified
	-3 0.3g			brown rice syrup, natural and artificial flavors (contain sesame)
	erol Oma		0%	partially defatted peanut flour, maltitol syrup, chia oil (Salvia his pancia), malted malted milk powder (barley malt, wheat, milk,
Sodium			8%	pancia), maked maked milk powder (barley mait, wheat, milk, sodium bicarbonate, salt), salt, calcium carbonate, soy lecithin,
Potassi			-	butter, cream, sorbitol, sucralose (non-nutritive sweetener), too
110mg			3%	pherol, mono- and diglycerides, sodium phosphate, sodium cit-
Total Ca	rbohydra	te 14g	5%	rate, carrageenan.
Dietary	Fiber 3g		12%	
Sugars	6g			
Sugar	Alcohols			
3g				Contains soy, milk, peanuts, sesame and wheat.
Protein 1	5g		30%	Manufactured in a facility that processes egg and tree nut
	Total Control		Vitamin	
Vitamin /	A 0%		C 0%	
Calcium			275000000	
4%			Iron 8%	F Same Park A Market No.
Percert Daily Your Daily Val calorie needs	y Values are busi lues may be high	ed on a 2,000 o er or lower dep	abrie det ending on your	Distributed by: Laboratories C.O.P. Inc.
Control Control	Calories	2,000	2,500	178 Jean-Proutx St Suite 202 Gatineau QC Canada J8Z 1V3
	Less than	959	809	Product of Canada
Total Fat	Less than	20g	25g	
Total Fat Sat Fat		300mg	300mg	
1	Less than		2.400ma	
Sat Fat	Less than Less than	2,400mg	2,400mg	
Sat Fat Cholesterol Sodium Potasoium	Less than Less than	2,400mg 1,500mg	2,400mg 3,500mg	
Sat Fit Cholesterol Sodium	Less than Less than		12.71	
Sat Fat Cholesterol Sodium Potassium Total Carbohy	Less than Less than	3,500mg	3,500mg	

Omele	t Mix			
Nutriti	on Fac	:ts		
Servings	Size 1 pa	cket (28)	3)	
	per packa		"	00 (00% 00 P2 (00% 100% 100% 100% 100%
	er Servin		-	Ingredients: Egg whites (egg whites, yeast, citric acid), eggs,
	110 Cal		n Est 25	natural flavor, contains 2 percent or less of garlic, spices,
Culottes	110 Car		ly Value*	autolyzed yeast extract, gums (cellulose, xanthan, carrageena sodium bicarbonate, sea salt, beta-carotene color, silicon diox-
Total Fat	30	70 Dai	5%	ide.
	ed Fat 1g		5%	ide.
Trans F			370	
	rol 35mg		12%	
Sodium			18%	Contains eggs.
Potassiu			10.70	Continue office
270ma			8%	
	rbohydra	te 3a	1%	
	Fiber Og		0%	
Sugars				
Protein 1			36%	
			Vitamin	
Vitamin A	4%		C 2%	
Calcium			Iron	
2%			4%	
* Percent Daily Your Daily Valu calone needs	Values are base ses may be high	ed on a 2,000 o er or lower dep	calorie diet. ending on your	Distributed by: Laboratories C.O.P. Inc.
A CITED	Calories	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fix	Less than	66g	80g	Product of Canada
Safa	Lesisthan	20g	25g	
Cholesteral	Less than:	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potentum	Less than	3,500mg	3,500mg	
Total Carboky- drate		300g	375g	
Dietary Fiber		25g	309	
Protein		50g	66a	
Calorinis per gr	901			
Fat 9	Carbohydrate 4		Protein 4	

Nutriti	on Fac	ts	1.1	
Servings	Size 1 pa	cket (26a	0	
	per packa			
	er Servin			
	80 Calor		Fat 0	
	00 00101		y Value*	
Total Fat	0a		0%	Ingredients: Whey protein isolate (milk), malic acid, natural vors, citric acid, contains 2 percent or less of acesulfame pot
	ed Fat Og		0%	sium (non-nutritive sweetener), sucralose (non-nutritive sweetener)
Trans F			-	ener), beta-carotene color, caramel color, canthaxanthin colo
Choleste	rol Omg		0%	silicon dioxide, soy lecithin.
Sodium :	50mg		2%	0.00 (p. 10 p. 400 p. 200 p. 10 p. 1
Total Car	rbohydra	te 1g	0%	
Dietary	Fiber 0g	1110-223	0%	Contains milk and soybeans.
Sugars	0g		1000	May contain fish.
Protein 2	0g		40%	
	100		Vitamin	
Vitamin A	0%		C 4%	
Calcium 1	10%		Iron 2%	
* Percent Daily Your Daily Valu calone needs	Values are base es may be highe	et on a 2,000 c er or lower depa	alone diet. ending on your	Distributed by: Laboratories C.O.P. Inc.
	Calones	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fat	Lessthan	66g	80g	Product of Canada
SatFat	Lessthan	20g	25g	
Chalesteral	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium Total Carbohn	Line than	3,500mg	3,500mg	
rotal Carbony- drafe		300g	375g	
Dietary Fiber		25g	36g	
Protein		50a	664	
Calones per gri	erc.		2000 A	
Fat 9	Carbohydrate 4		Proteis 4	

Peanu	t Soy F	Puffs		
Nutriti	on Fac	ts	\neg	
Servings	Size 1 pa	cket (35a)	
	per packa			
Amount f	er Servin	a a		
Calories	160 Cal	ories from	Fat 60	
		% Dail	y Value*	Ingredients: Protein blend [soy protein isolate, whey protein
Total Fa	6g		9%	isolate, reduced mineral whey powder[, sugar, palm and palm
Saturat	ed Fat 4g		20%	kernel oil, partially defatted peanut flour, tapioca starch, rice
Trans	at 0g			flour, natural and artificial flavors, salt, soy lecithin, calcium car-
Choleste	erol Omg		0%	bonate, citric acid.
Sodium	200mg		8%	
Potassiu	ım			
135mg			4%	
	rbohydra	te 11g	4%	
Dietary	Fiber 1g		4%	
Sugars				Contains soy, milk, wheat, peanuts and sesame.
Protein 1	5g			Manufactured in a facility that processes tree nuts.
			Vitamin	
Vitamin A	Charles and the Control of the Contr		C 0%	
Calcium			Iron 8%	CASS MICCOSS Vol. (ASSOCIATED
	Values are base ses may be high-			Distributed by: Laboratories C.O.P. Inc.
12 (1820)	Calories	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fat	Lessthan	66q	800	Product of Canada
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodiam	Less than	2,400mg	2,400mg	
Potassium Total Carbohy	Less than	3,500mg	3,500mg	
rotal Carbony- drate		300g	375g	
Dietary Fiber		25q	300	
Protein		50s	65a	
Calones per gr	art .			
Fat9	Carbohydrate 4		Protein 4	



Nutriti	on Fac		k Mix	
	Size 1 pa			
	per packa		,	
	Per Servin		$\overline{}$	
	80 Calor		F-10	
Calories	80 Calor			
	-	% Dail	y Value*	
Total Fa			0%	Ingredients: Whey protein isolate (derived from milk), citric
	ted Fat 0g		0%	acid, contains 2 percent or less of natural lemonade flavor, acc
Trans I			201	sulfame potassium (non-nutritive sweetener), beet powder colo
Choleste			2%	sucralose (non-nutritive sweetener), malic acid, silicon dioxide
Sodium Potassiu			0%	
450mg	im		13%	
	els a la celesa		0%	
	rbohydra	te ig	0%	
	Fiber 0g		0%	
Sugars			36%	
Protein 1	og			
Vitamin A	D0/		Vitamin C 0%	
Calcium	1 076		C 0%	
0%			Iron 0%	
PERMIT	Values are back	d on a 2000 c	The state of the s	Distributed by:
Your Daily Value calorie needs	ses may be highe	er or lower depe	inding on your	Laboratories C.O.P. Inc.
Lancing Date Service	Calories	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fix	Caron thorn	65g	900	Product of Canada
SatFat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodure	Less than	2,400mg	2,400mg	
Potassium	Less than	3,500mg	3,500mg	
Total Carbohy- drate		300e	3750	
Dietary Fiber		259	300	
Protein		50a	66a	
Calories per gr	aro:	12.200	200	
Fact)	Carbohydrate 4		Protein 4	

Raspb	erry Jei	lv Mix		
	ion Fac	_		
	Size 1 pa	0.0000000000000000000000000000000000000	,	
	per packa			
	Per Servin		-	
	80 Calc		Fat 0	Ingredients: Hydrolyzed collagen, beet powder color, citric a
Calonios	oo caic		y Value*	natural and artificial flavor, sucralose (non-nutritive sweetene
Total Fa	t Oa	70 0 5411	0%	tricalcium phosphate.
	ted Fat Og		0%	The state of the s
Trans				
	erol Omg		0%	
Sodium	15mg		1%	
Total Ca	rbohydra	te 2g	1%	
Dietary	Fiber 0g		0%	
Sugars	Og			
Protein 1	9g			
	03392910		Vitamin	
Vitamin A	4 0%		C 0%	
Calcium			Iron	
0%			2%	
	Values are bace ues may be high			Distributed by:
calorie needs		134-400-U200-0-0-		Laboratories C.O.P. Inc.
	Calories	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3 Product of Canada
Total Fat	Less than	66g	90g	Product of Canada
SurFut	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potagoium Total Carbohy	Less than	3,500mg	3,500mg	
drate		3004	375g	
Dietary Fiber		25g	30g	
Protein		50g	55g	
Calories per g			0.200300	
Fat 9	Carbohydrate 4		Protein 4	

Pineapp	le & Ban	ana Drii	nk Mix	
Servings	on Fac Size 1 pa per packa	cket (24g)	
Amount F	er Servin	a	\neg	
	80 Calor		Fat 0	
		% Dail	v Value*	to an all and a Million and all a last a dark and from million and many
Total Fat	0a	7.	0%	Ingredients: Whey protein isolate (derived from milk), natura pineapple flavor, malic acid, citric acid, contains 2 percent or
	ed Fat 0g	-	0%	less of natural banana flavor, beat-carotene color, acesulfam
Trans F	at 0g			potassium (non-nutritive sweetener), sucralose (non-nutritive
Choleste	rol 5mg		2%	sweetener), silicon dioxide.
Sodium	Omg		0%	
Total Ca	rbohydra	te 1g	0%	
	Fiber Og		0%	
Sugars	0g			
Protein 1	8g		36%	
Vitamin A	0%		Vitamin C 2%	
Calcium 0%			Iron 0%	
* Percent Daily Your Daily Valu calorie needs	Values are base ses may be highe	ed on a 2,000 ca et or lower depe	skrie diet. Inding on your	Distributed by: Laboratories C.O.P. Inc.
	Calories	2,000	2.500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fat	Less than	65g	80g	Product of Canada
Surfu	Less than	20g	25g	
Cholestarol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium Total Carbohy-	Less than	3,500mg	3.500mg	
frate:		300g	375g	
Dietary Fiber		25g	30g	
Protein		50g	65a	
Calones per gri	es.		- 1	
Fath	Carbohydrate 4		Protein 4	

Nutrition Fact	te		
Servings Size 1 pac		(I	
Servings per packag		′ I	
Amount Per Serving		-	
Calories 100 Calo		Fat 0	Ingredients: Calcium caseinate (milk), milk protein conc
Carones 100 Caro		/ Value*	whey protein (milk), potato flakes, egg whites, inulin, con
Total Fat 0g	70 40 0111	0%	percent or less of chive, onion, sea salt, dehydrated butte ter oil, soybean oil, yeast and yeast extract, guar gum, xa
Saturated Fat 0g		0%	gum, spices, mattodextrin, sodium bicarbonate, annato a
Trans Fat 0g			meric colors, mono- and diglycerides, sunflower lecithin,
Cholesterol 5mg		2%	phosphate, citric acid, ascorbly palmitate, silicon dioxide.
Sodium 330mg		14%	ome avas amen automisem e recesse en la Affect (1) y habite à l'alterior de la Sei de Sei de Sei de Sei de Sei
Total Carbohydrate	e 7g	2%	
Dietary Fiber 2g		8%	
Sugars less than 1	1g		Contains milk, eggs and soybeans.
Protein 18g		36%	
Vitamin A 2%		Vitamin C 10%	
0-1 4504		Iron 2%	
Calcium 15%			
Calcium 15% *Percert Daly Values are based Your Daly Values may be higher calorie needs:	on a 2,000 ci or lower depe	ilorie diet. nding on your	Distributed by: Laboratories C.O.P. Inc.
Percent Daily Values are based Your Daily Values may be higher	on a 2,000 cr or lower depe 2,000	ilorie diet. nding on your 2,500	Laboratories C.O.P. Inc. 178 Jean-Proutx St Suite 202 Gatineau QC Canada J8Z
Percent Daily Values are based Your Daily Values may be higher calorie needs:	or lower depe	nding on your	Laboratories C.O.P. Inc.
* Percent Daily Values are based Your Daily Values may be higher calorie needs: Calories	or lower depe 2,000	nding on your 2,500	Laboratories C.O.P. Inc. 178 Jean-Proutx St Suite 202 Gatineau QC Canada J8Z
* Percent Daily Values are based Your Daily Values may be higher calorie needs: Calories Total Fox Less than	2,000 65g	2,500 80g	Laboratories C.O.P. Inc. 178 Jean-Proutx St Suite 202 Gatineau QC Canada J8Z
Percent Disfy Values are based Your Disfy Values may be higher calone needs* Calories Total Fot Less than Sat Fit Less than	2,900 65g 20g 300mg 2,400mg	2,500 80g 25g 300mg 2,400mg	Laboratories C.O.P. Inc. 178 Jean-Proutx St Suite 202 Gatineau QC Canada J8Z
Percert Duly Values are based Your Duly Values may be higher catione needs: Cationes Total Fix Less than Sat Fix Less than Cholesterol Less than Potassium Less than Potassium Less than	2,900 65g 20g 300mg	2,500 80g 25g 300mg	Laboratories C.O.P. Inc. 178 Jean-Proutx St Suite 202 Gatineau QC Canada J8Z
Percent Duly Values are based Your Duly Values may be higher calories needs: Calories Total Fix: Less than Sat Fix: Less than Choleidarul Less than Sodium Less than	2,900 65g 20g 300mg 2,400mg	2,500 80g 25g 300mg 2,400mg	Laboratories C.O.P. Inc. 178 Jean-Proutx St Suite 202 Gatineau QC Canada J8Z
Percert Duly Values are based from Duly Values may be higher alone neight. Calones Total Fix: Less than Sat Fix: Less than Cooledard: Less than Sodium Less than Debasion Less than Less than Less than Less than Less than	2,000 65g 20g 300mg 2,400mg 3,500mg	2,500 80g 25g 300mg 2,400mg 3,500mg	Laboratories C.O.P. Inc. 178 Jean-Proutx St Suite 202 Gatineau QC Canada J8Z

Servings Size 1 packet (40g) Servings per package 7 Amount Per Serving Calories 160 Calories from Fat 40 **Sobity Value** Total Fat 4-5g **Sobity Value** Total Fat 4-5g **Sobity Value** Total Fat 4-5g **Sobity Value** Total Fat 19 **Sobity Value** Total Carbohydrate 139 Sodium 750mg **Sodium 750mg **Sodium 750mg **Sodium 750mg **Sodium 750mg **Sobity 75	Nutriti	on Fac	ts	- 1	
Servings per package 7 Amount Per Serving Calorise 160 Calorises from Fat 40 % Daily Value* Total Fat 4.5g 7% Saturated Fat 1g 6% Trans Fat 0g Cholesterol 40mg 13% Sodium 750mg 31% Contesterol 40mg 13% Sugars less than 1g Protein 16g 32% Witamin Vitamin A 0% C 0% Calcium 12% Iron 6% Calcium 12% Iron 6% Feeter Day Values are based on a 2,000 cabine det Coor Day Values are based on a 2,000 cabine det Coor Day Values may be higher or from depending on your before texts. Calciums 2,000 2,000 Sur Fat Less Daan 200 25g Cholesterol Less Daan 2,000 3,500mg Sodium Less Day 2,000 3,500mg Sodium Less Daan 2,000 3,500mg Sodium				χ I	
Amount Per Serving Calories 160 Calories from Fat 40 % Daily Value* Total Fat 4.5g 7% Saturated Fat 1g 6% Trans Fat 0g Cholesterol 40mg 13% Sodium 750mg 31% Total Carbohydrate 14g 5% Dietary Fiber 2g 8% Sugars less than 1g Protein 16g 32% Vitamin A 0% C 0% Calcium 12% Iron 6% Vitamin A 0% C 0% Calcium 12% Iron 6% Perset Obly Volum may be higher or lower depending on your clatrice meeth. Vitamin A 0% C 0% Calcium 12% Iron 6% Sugars Iron 50% Sur Fat Less than 50mg 2,000 Sur Fat Less than 50mg 2,000 Sur Fat Less than 50mg 3,000mg Sodium Less than 2,000mg 3,000mg Sodium Less than 3,000mg 3,000mg Sodium 3,000mg				·	
Calories 160 Calories from Fat 40 % Daily Value* Total Fat 4.5g 7% baily Value* Total Fat 4.5g 7% Saturated Fat 1g 6% Trans Fat 0g 13% Cholesterol 40mg 13% Sodium 750mg 31% Total Carbohydrate 14g 5% Dietary Fiber 2g 8% Sugars less than 1g Protein 16g 32% Finered Daily Value are based on a 2000 cabine dat Calcium 12% Iron 6% Percet Daily Value are based on a 2000 cabine dat Calcium 12% Finered Daily Value are based on a 2000 cabine dat Calcium 12% For the first Less than 50 25 g Sug Fat Less than 20 25 g Suf Fat Less than 30 300 300mg Bodeum Less than 300 300mg Bodeum Less than 3,500mg 3,500mg Bodeum Less than 3,500mg B				-	
Total Fat 4.5g 79% Saturated Fat 1g 65% Trans Fat 0g Cholesterol 40mg 13% Sodium 750mg 31% Sodium 750mg 32% Vitamin A 0% C 0% Calcium 12% Iron 69% Peacet Colly Values are based on a 2000 cabie det Coor Doly Values are based on a 2000 cabie det Coor Doly Values may be higher or former depending on your before the collection of the colle				Fat 40	
Total Fat 4.5g 7%		100 00.			
Saturated Fat 1g 6% Trans Fat Og 13% Cholesterol 40mg 13% Sodium 750mg 31% Total Carbohydrate 14g 5% Dietary Fiber 2g 8% Sugars less than 1g Protein 16g 32% Colicium 12% Iron 6% Percert Obyl Values are based on a 2000 cubine dat Calcium 12% Iron 6% Percert Obyl Values are based on a 2000 cubine dat Calcium 12% Iron 6% Sug Fat Less Date 29 259 Sug Fat Less Date 29 259 Sug Fat Less Date 20 259 Sug Fat Less Date 20 2500 300mg Brassian Less Shan 20 2500 376 g Brassian Less Shan 20 300mg Brassian Less Shan 2,000mg 3,000mg Brassian Less Shan 2,000mg Brassian Less Shan 2,000m	Total Fat	4.5a	70 0011		Ingradients: Mean protein concentrate (darked from milk)
Trans Fat Og Cholesterol 40mg 13% Sodium 750mg 31% Total Carbohydrate 14g 5% Dietary Fiber 2g 8% Sugars less than 1g Protein 16g 32% Vitamin A 0% C 0% Calcium 12% Iron 6% Prevent Daily Vibuse are based on a 2000 calcium 6th carbohydrate between depending on your based on a 2000 calcium 12% Iron 6% For Daily Vibuse are based on a 2000 calcium 6th carbohydrate between depending on your based on a 2000 calcium 6th carbohydrate in the state of the carbohydrate in the carbohydr					
Cholesterol 40mg 13% Sodium 750mg 31% Total Carbohydrate 14g 5% Dietary Fiber 2g 8% Sugars less than 1g Protein 16g 32% Witamin A 0% Vitamin C 0% Calcium 12% Iron 6%					sunflower oil, sea salt, sodium diacetate, vinegar, maltodextri
Total Carbohydrate 14g 5%				13%	malic acid, citric acid, sodium citrate, tricalcium phosphate.
Dietary Fiber 2g	Sodium 7	750mg		31%	4 14 4 1. 14 17 18 17 17 17 17 17 17 17 17 17 17 17 17 17
Sugars less than 1g	Total Car	bohydra	te 14g	5%	
Contains milk and wheat.				8%	
Vitamin A 0%	Sugars	less than	1g		
\(\frac{\text{Calcium A 0 \% C 0 \%}{\text{Calcium 12\%}} \) \(\frac{\text{Calcium 12\%}}{\text{Iron 6 \%}} \) \(\frac{\text{Calcium 12\%}}{\text{Iron 6 \%}} \) \(\frac{\text{Calcium 12\%}}{\text{Iron 6 \%}} \) \(\frac{\text{Calcium 12\%}}{\text{Calcium 12\%}} \) \(\frac{\text{Calcium 12\%}}{\text{Calcium 12\%}}} \) \(\frac{\text{Calcium 12\%}}{\text{Calcium 12\%}} \) \(\frac{\text{Calcium 12\%}}{\text{Calcium 12\%}} \) \(\frac{\text{Calcium 12\%}}{\text{Calcium 12\%}} \) \(\frac{\text{Calcium 12\%}}{\text{Calcium 12\%}}} \) \(\frac{\text{Calcium 12\%}}{\text{Calcium 12\%}} \) \(\frac{\text{Calcium 12\%}}{\text{Calcium 12\%}} \) \(\frac{\text{Calcium 12\%}}{\text{Calcium 12\%}}} \) \(\frac{\text{Calcium 12\%}}{C	Protein 16g 32%			32%	Contains milk and wheat.
Calcium 12% Iron 6%					
Present Out Values are based on x 2000 cabrie dut.				-	
Total Fix Less than 2,400mg					
Total Fat	Your Daily Value				
See Fax		Calones	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Cholesterol Less than 300mg 300mg 2,400mg 2,500mg 2,	Total Fat	Less than	65g	809	Product of Canada
Sodium Less than 2,400mg 2,400mg Putzessum Less than 3,500mg 3,500mg Start Carbothyr 300g 376g Index 25g 30g	Sat Fat	Less than	20g	25g	
Potassium Less than 3,500mg 3,500mg Total Carboty- totale 200mg 300g 375g Detay Fiber 25g 30g	Cholesterol	Less than	300mg	300mg	
Total Calculoty- floate 300g 375g Delay Fiber 25g 30g	Sodum	Less than	2,400mg	2,400mg	
	Total Carboby-	Less than			
Protein 50s 65s	Dietary Fiber		250	300	
	Protein		50a	65e	

Southwest Cheese Curls **Nutrition Facts** Servings Size 1 packet (40g) Servings per package 7 mount Per Serving Calories 160 Calories from Fat 40 % Daily Value Total Fat 4.5g Saturated Fat 0.5g Trans Fat 0g 49 Cholesterol 0mg 24% odium 570mg otal Carbohydrate 15g Dietary Fiber 1g 49 Sugars 2g 30% fitamin A 0% C 159 Iron 109 cent Daily Values are based on a 2,000 calone diet. Daily Values may be higher or lower depending on y 2.500 SatFat Less than Less than 2,400mg 2,400mg 3004

Ingredients: Soy protein isolate, dehydrated potato, potato starch, cheese seasoning [cheddar cheese (milk, salt, bacteria cultures, rennet), whey (derived from milk), buttermilk, salt diso-dium phosphate], maltodextrin, buttermilk, spices, natural butter flavor, onion, garlic, red bell pepper, yeast extract, lactic acid, FD&C Yellow #5 and #6, silicon dioxide, sunflower oil, calcium

Distributed by:

Laboratories C.O.P. Inc. 178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3 Product of Canada

Spaghetti Bolognese Mix **Nutrition Facts** Servings Size 1 packet (46g) Servings per package 7 mount Per Serving alories 160 Calories from Fat 15 % Daily Value* Total Fat 1.5g Saturated Fat 0g 09 Trans Fat 0g Cholesterol less than 5mg0 Sodium 620mg 13% 7% 60ma otal Carbohydrate 20g 12% Dietary Fiber 3g Sugars 4g 36% rotein 18g /itamin A 20% C 259 Iron 209 ecort Daily Values are based on a 2,000 calorie diet. In Daily Values may be higher or lower depending on 2.500 DatFa Less than Less than 2,400mg 2,400m nies per gram

Ingredients: Enriched pasta (wheat durum flour, niacin, ferrous sulfate (iron), thiamine monoitrate, riboflavin, folic acid), textured soy protein (soy protein concentrate, malt extract), textured wheat protein (wheat gluten, wheat flour, sodium phosphate, caramel color, tocopherol), dehydrated vegetables (tomato, mushroom, onion, garlic, celery, red bell pepper), soy protein isolate, tomato powder, yeast extract, hydrolyzed vegetable proisolate, toriato portein, soy protein, wheat gluten, saf-flower oil), modified potato starch, sugar, contains 2 percent or less of natural flavor, spices, sait, annatto color, canthaxanthin color, sucratose (non-nutritive sweetener), guar gum, citric acid, silicon dioxide.

Contains wheat (gluten) and soybeans

Distributed by:

Laboratories C.O.P. Inc. 178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3 Product of Canada

Tomato & Basil Soup Mix **Nutrition Facts** Servings Size 1 packet (29g) Servings per package 7 Amount Per Serving Calories 100 Calories from Fat 5 % Daily Value Total Fat 0.5g Saturated Fat 0g 09 0% 27% Cholesterol less than 0mg odium 650mg Total Carbohydrate 5g Dietary Fiber 1g Sugars 0g 36% Vitamin A 0% C 6% Calcium 25% Iron 4% sed on a 2,000 calorie diet. her or lower depending on a 2.500 Sat Fat Less than 300mg 2,400mg 2,400n Less than 3,500mg 3,500mg 300g

Ingredients: Protein blend (milk protein isolate, soy protein isolate, hydrolyzed gelatin, sodium caseinate), modified corn starch, natural and artificial flavours, dehydrated vegetable (onion, tomato, garlic), hydrolyzed plant protein (wheat), salt sunflower oil, maltodextrin, lycopene extract, citric acid, dipotas-sium phosphate, basil, spices, malic acid, xanthan gum, guar gum, sodium alginate, silicon dioxide, caramel colour, monoand diglycerides, tocopherols, soy lecithin, sucralose (nonnutritive sweetener).

Contains milk, soy and wheat. Manufactured in a facility that processes eggs, wheat, ses-

Laboratories C.O.P. Inc. 178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3 Product of Canada

Soy Patty Mix **Nutrition Facts** Servings Size 1 packet (36g) Servings per package 7 Amount Per Serving Calories 120 Calories from Fat 15 Total Fat 1.5g Saturated Fat 0.6g 3% Trans Fat 0g Cholesterol 15mg odium 630mg 26% Total Carbohydrate 11g Dietary Fiber 4g 169 Sugars 3g 369 Vitami C 4% Calcium 10% Iron 10% 2,500

Ingredients: Textured soy (soy flour, caramel color), whey protein concentrate (milk), soy protein isolate, seasoning (natural flavor, gum arabic, lactic acid, barley gluten), salt, dehydrated onion, spices, dehydrated tomato, natural smoke flavor [(grill flavor (from partially hydrogenated soybean / cottonseed oil), modified food starch, corn syrup solids, tricalcium phosphate (mfg aid)], yeast extract, sugar dehydrated garlic, artificial flavor (maltodextrin, gum acacia), spice extractive (mono and diglycerides, fractionated coconut oil), dehydrated vegetables (tomato onion, chive), gums (guar, carrageenan, konjac), autolyzed

Lass than 80a at Fat 20g 259 300mg Lass than Less than 2,400mg 2,400m etary Fibe

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Strawberry Pudding Mix **Nutrition Facts** Servings Size 1 packet (26g)

Servings per package 7

Amount Per Serving Calories 100 Calories from Fat 0 % Daily Value Total Fat 0g Saturated Fat 0g Trans Fat 0g 5% Cholesterol 15mg 2%

Total Carbohydrate 6g Dietary Fiber 0g Sugars 3g Vitamir C 4% Vitamin A 0% Calcium 40% 0% 2,500

SM Fit Less than dium Less than 2,400mg 2,400m dary Fibe

Ingredients: Milk protein concentrate, soy protein isolate, guar gum, natural flavor, contains 2 percent or less of sea salt, beta-carotene color, caramel color, sucralose (non-nutritive sweetener), acesulfame potassium (non-nutritive sweetener)

Contains Milk and soybeans

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Vanilla Drink Mix

Nutrition Facts Servings Size 1 packet (26g) Servings per package 7

Amount Per Serving

calories 90 Calories from Fat 0 % Daily Value Total Fat 0g Saturated Fat 0g Trans Fat 0g Cholesterol 10mg 3% odium 140mg 6% Total Carbohydrate 4g 19 8% Dietary Fiber 2g 36% rotein 18a

Vitamir /itamin A 0% C 09 Calcium 35% Iron 0% 2.500

tal Fat Less than Sat Fat Less than 300mg 300m 2,400m 3.500m dary Fiber

Ingredients: Milk protein concentrate, whey protein isolate (milk), inulin, contains 2 percent or less of natural and artificial flavors, sea salt, xanthan gum, sucralose (non-nutritive sweetener), soy lecithin, silicon dioxide.

Contains milk and soybeans.

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Vanilla Drink UHT Nutrition Facts ervings Size 1 carton (236 ml) Servings per package 6 mount Per Serving alories 100 Calories from Fat 35 % Daily Value Total Fat 4g Saturated Fat 1g 5% Trans Fat 0g Cholesterol 10mg odium 240mg 10% otassium 160mg 5% 1% Total Carbohydrate 3g 8% Sugars 0g 30% Vitami C 0% Vitamin A 0% Calcium 25% 0% Percent Daily Values are based on a 2,000 calorie dist. sur Daily Values may be higher or lower depending on 2.500 Sat Fat Less Than Less than 2,400mg 2,400 mg 3,500mg 3,500mg 375g etary Fibe

Ingredients: Filtered water, protein blend (milk protein isolate, whey protein concentrate and calcium caseinate), sumflower oil inulin, artificial flavor, cellulose, carboxymethylicellulose, salt, DATEM (diacety) tartario acid ester of mono and diglycerides), sodium phosphate, potassium phosphate, carrageenan, sucralose and acesulfame-potassium (non-nutritive sweeteners), color (turmeric, annatto).

Contains Milk.

Manufactured in a facility that processes soy, egg, wheat, sesame and tree nuts.

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Vanilla	Peanu	t Bars		
Nutriti	on Fac	ts	-	
Servinas	Size 1.48	oz (42a)		
	per packa			Ingredients: Protein blend (sov protein isolate, whey protein
	er Servin			concentrate, milk protein concentrate), maltitol syrup, guar, glyc
	160 Cal		Fat 45	erin, peanuts, fructooligosaccharides, water, fractionated palm
			y Value*	and palm kernel oil, organic cane sugar, dairy product solids,
Total Fat	t 5a	/g D G 11	8%	partially defatted peanut flour, tapioca starch (contains wheat),
	ted Fat 2.5	ia	13%	peanut oil, natural and artificial flavors, maltitol, butter, cream, color, soy lecithin, mono- and diglycerides, salt, pectin, su-
Trans F				cralose (non-nutritive sweetener), sodium phosphate, sodium
Choleste			2%	citrate, calcium carbonate, gellan gum, carrageenan, tocophero
Sodium			8%	(antioxidant).
Potassiu	ım			
140mg			4%	
Total Ca	rbohydra	te 16g	5%	
Dietary	Fiber 3g	1000	12%	
Sugars				
Sugar /	Alcohol			
7g			-	Contains soy, milk, peanuts and wheat.
Protein 1	5g		30%	Manufactured in a facility that processes egg and tree nuts
Vitamin A	N 10%		Vitamin C 0%	
Calcium	1070		0.070	
4%			Iron 8%	
Percent Daily	Values are base	d on a 2,000 c	alorie dist.	Distributed by:
Your Daily Valu calorie needs:	ues may be highe	er or lower depe	nding on your	Laboratories C.O.P. Inc.
	Calories	2,000	2.500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fat	Less than	65g	80g	Product of Canada
SatFat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sadum	Less than	2,400mg	2,400mg	
Potassium Total Carbohy-	Less than	3,500mg	3,500mg	
listal Carbony- diate		300g	375g	
Dietary Fiber		25g	30g	
Protein		50g	85g	
Calories per gr	serc.		2	
Fat9	Cartrohydrate 4		Protein 4	

Vanilla	Puddii	ng Mix	
Nutriti	on Fac	ts	
Servings	Size 1 pa	cket (26a)
	per packa		6.1
	er Servin		
	90 Calo		Fat 0
			y Value
Total Fat	0g		0
	ed Fat Og		09
Trans F	at 0g		
Choleste	rol 15mg		5
Sodium 2	250mg		109
	bohydra	te 5g	29
Dietary	Fiber 1g		49
Sugars	2g		
Protein 1	Bg		369
			Vitami
Vitamin A	0%		C 29
Calabana A	00/		Iron 0%
Calcium 4			9.74
* Percent Daily Your Daily Valu calorie needs	Values are base es may be highe	ed on a 2,000 co or or lower depo	stone diet. Inding on ye
	Calories	2,000	2,500
Total Fat	Less than	65g	80 g
SatFat	Less than	20g	25g
	Less than	300mg	300mg
Cholesterol	Less than	2,400mg	2,400mg
		3.500ma	3,500 mg
Sodium Potassium	Less than	Specifig.	
Sodium	Less than	300g	375g
Sodium Potassium Total Carbohy- drate	Less than		375 y 30 y
Total Carbohy-	Less than	300g	
Sodium Potassium Total Carbohy- érate Dietary Fiber		300g 25g	30g

Ingredients: Milk protein concentrate, soy protein isolate, natural flavor, guar gum, contains 2 percent or less of sea salt, caramel color, beta-carotene color, sucralose (non-nutritive sweetener), acesulfame pot

Contains Milk and soybeans

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ervings Size 1 packet (33g) ervings per package 7 mount Per Serving Calories 120 Calories from Fat 10 % Daily Value Total Fat 1g Saturated Fat 0g Trans Fat 0g Cholesterol Omg odium 730mg 30% 109 Total Carbohydrate 13g 16% Dietary Fiber 4g Sugars 3g 30% Vitami /itamin A 10% Calcium C 10% 6% Iron 15% 2,000 2,500 Less than 65g 80g Less than 300mg 2,400mg 2.400m 3,500mg 3,500me etary Fiber ories per gram

Vegetable Chili Mix

Nutrition Facts

Ingredients: Textured soy protein (soy protein concentrate, malt extract), textured wheat protein (wheat gluten, wheat flour, sodium phosphate, caramel color, tocopherol), dehydrated vegetables (onion, red bell pepper, garlic, tomato), soy protein isolate, red beans, natural flavor, modified potato starch, spices, slat tomato powder, contains 2 percent or less of paprika, sugar, paprika eleoresin color, caramel color, canthaxanthin color, guar gum, sillcon dioxide.

Contains wheat (gluten) and soybeans.

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White (Chedda	r Ridg	es
Nutriti	on Fac	ts	
Servings	Size 1 pa	cket (40a)
Servings		Control of the second	
Amount P			
Calories			Fat 45
			Value*
Total Fat	5a	70	8%
	ed Fat 1g		4%
Trans F	at 0g		
Choleste	rol 5mg		2%
Sodium	750mg		31%
Total Car	bohydra	te 12g	4%
Dietary	Fiber 1g	11,500	4%
Sugars	2g		
Protein 1	Bg		36%
			Vitamin
Vitamin A		C 10%	
Calcium 1	0%		ron 25%
* Percent Daily Your Daily Valu calorie needs	Values are base as may be highe	ed on a 2,000 c er orlower depo	albrie diet. Inding on your
	Calones	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25 g
Chalesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium Total Carbohy-	Less than	3,500mg	3,500mg
riotal Carsony- drate		300g	375 g
Dietary Filter		25g	30g
Protein		60a	65 n

Ingredients: Pea protein isolate, potato flakes, white cheddar cheese seasoning [cheese blend ((whey (derived from milk), cheddar cheese (cultured milk, salt enzymes)), maltodextrin, icanola oil, salt, disodium phosphate, blue cheese (cultured milk, salt, enzymes)), skim milk, citric acid, silicon dioxide), whey (derived from milk), salt, natural flavor, autolyzed yeast extract, onion, garlic, yeast extract, lactic acid, xanthan gum, silicon didoxide)], potato starch, sunflower oil, salt, calcium carbonate.

Allergens: Contains milk.

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White-C	hoco Ci	nnamoi	n Bars
Nutriti			
Servings	Size 1.4 d	z (40a)	
Servings			
Amount P			
Calories			Fat 35
-			y Value
Total Fat	4a	70 - 00.0	6%
	ed Fat 2.5	a	13%
Trans F		-	
Choleste			0%
Sodium 2			9%
Total Car	bohydra	e 15g	5%
Dietary	Fiber 0g	75.77	0%
Sugars	5g		
Sugar A	lcohol		
7g			
Protein 15	5g		30%
	100741		Vitamir
Vitamin A	0%		C 0%
Calcium 6%		1	ron 15%
* Percent Daily Your Daily Value calonie needs	Values are base es may be high	d on a 2,000 c r or lower depe	alorie diet ending on you
	Calones	2,000	2,500
Total Fat	Less than	65g	809
Sat Fat	Less than	202	259
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potaccium Total Carbohy	Lass than	3,500mg	3,500mg
drate		300g	375g
Dietary Fiber		254	300

Ingredients: Soy Nuggets (isolates soy protein, rice starch), brown rice syrup, white chocolate (malitiol, fractionated palm kernel oil, milk protein isolate, milk fat, soy lecithin, and artificial flavor), soy protein ruggets (soy protein isolate, rice flour, and sall), soy protein isolate, glycerin, organic agave syrup, high oleic sunflower oil, ground cinnamon, natural flavor, soy lecithin (as emulsifier).

Contains milk, soybeans and wheat. Manufactured in a facility that processes egg, tree nuts, peanuts, sesame and fish.

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White Choco Crispy Bar **Nutrition Facts** ervings Size 1.4 oz (42g) Servings per package 7 Amount Per Serving Calories 150 Calories from Fat 40 % Daily Value Total Fat 4.5g Saturated Fat 3g 16% Trans Fat Og holesterol Omg odium 220mg otal Carbohydrate 16g Dietary Fiber 2g 8% Sugars 5g Sugar Alcohol Vitam calcium 30% Iron 15% Distributed by: Laboratories C.O.P. Inc. Safa Less than 251 Less than 2,400mg 2,400m 300g

Ingredients: Soy nuggets (isolated soy protein, rice starch), brown rice syrup, white chocolate coating (sugar, fractionated palm kernel oil, non fat milk powder, whey powder, soy lecithin (as emulsifier) and vanilla), vanilla layer (maltitol syrup, modified vegetable oil (palm oil, palm kernel oil), skim milk powder, whey vegetation on (paim oil, paim kerner oil), simm milik powder, wney protein concentrate, color, soy lecthin, natural flavor, salt diso-dium phosphate, carrageenan, dextrose), polydextrose, soy pro-tein nuggets (soy protein isolate, rice flour, and slat), isolated soy protein, glycerin, high oleic sunflower oil, natural flavor, soy lecithin (as emulsifier).

Contains soy, milk, peanuts and wheat. Manufactured in a facility that processes egg and tree nuts.

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Wildberry Yogurt Mix **Nutrition Facts** Servings Size 1 packet (28g)

Servings per package 7 Amount Per Serving Calories 90 Calories from Fat 0

% Daily Value Total Fat 0g Saturated Fat 0g Trans Fat 0g 0% Cholesterol 15mg Sodium 210mg 1% Total Carbohydrate 4g 0% Dietary Fiber 0g

36% C 2% alcium 40% 2,500

2,400mg 3.500mg 3.500m tary Fiber

Less than

le Fa

Ingredients: Milk protein concentrate, whey protein isolate (derived from milk), albumen powder (egg white, yeast, ctric acid), natural and artificial flavors, ascorbic acid, fruits (raspberry, strawberry and blueberry), contains 2 percent or less of xanthan gum, sea salt, microsristalline cellulose, citric acid, acesulfame potassium (non-nutritive sweetener), sucralose (no -nutritive sweetener), silicon dioxide.

Distributed by Laboratories C.O.P. Inc. 178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3 Product of Canada

Chicken Flavored Soy **Nutrition Facts**

ervings Size 1 packet (35g) ervings per package 7 mount Per Serving

Calories 120 Calories from Fat 20 % Daily Value Total Fat 2g aturated Fat 0.5g Trans Fat 0g cholesterol 15mg dodium 350mg 00mg Total Carbohydrate 7g Dietary Fiber less than 1g 49 36% rotein 18g Vitami Vitamin A 2% Calcium Iron 10% 2,500

Ingredients: Textured wheat protein (wheat gluten, wheat start, sodium phosphate, soybean oil, itanium dioxide, tocopheroil), whey protein concentrate (milk), artificial flavor, soy protein isolate, yeast extract, contains 2 percent or less of onion, gartic, chive, sea saft, spices, gums (carrageenan, guar and konjac),

Contains wheat (gluten), milk, eggs, soybeans and mustard

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Ctowho	rric IA/o	foro	
Stawbe			
Nutriti			
Servings)
Servings	per packa	ige 7	
Amount P	er Servin	g	
Calories	200 Cal	ories fron	Fat 80
		% Dail	y Value
Total Fat	9g		149
Saturate	ed Fat 6g		309
Trans F	at Og		
Choleste	rol Omg		09
Sodium (55mg		39
Potassiu	m 15mg		09
Total Car	bohydra	te 13g	49
Dietary	Fiber 0g		09
Sugars	6g		
Protein 15			259
			Vitamin
Vitamin A	0%		C 09
Calcium 0%			Iron 0%
	Values are base as may be high		
	Calones	2,000	2,500
Total Fat	Less than	659	60g
SHF#	Less than	20g	25g
Cholestens	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium Total Carbohy	Less than	3,500mg	3,500mg
drate		300g	375g
District the second		77.2	-

Ingredients: Protein blend (milk protein isolate, hydrolyzed gelatin, whey protein isolate), wheat flour, modified palm and palm kernel oil, sugar, fructose, cocoa butter, milk, soy lecithin, natural and artificial flavors, pea protein isolate, soy flour, surflower oil, water, beet red, salt, sodium bicarbonate, sucralose (non-nutritive sweetener), citric acid, com flour.

Contains milk, wheat and soybeans. Manufactured in a facility that processes tree nuts.

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Lemon Tea Drink Mix **Nutrition Facts**

Less than

2,400mg 2,400mg

Servings Size 2 wafers (27.5g)

Servings per package 7 Amount Per Serving Calories 90 Calories from Fat 0

% Daily Value Total Fat 0g Saturated Fat 0g Cholesterol Omg Sodium 200mg Potassium 30mg 8% 1% 2% Total Carbohydrate 6g 12% Dietary Fiber 3g Sugars 1g 32% Vitamin A 0% C 0%

4% Iron 2%

2,500 Safe Less than 2,400mg 2,400mg 3.500mg 3.500m

Ingredients: Whey protein isolate, gum arabic, inulin, natural and artificial flavors, fructose, color (caramel, vegetable and fruit source), citric acid, soy lecithin, cilicon dioxide, malic acid, acesulfame-potassium and sucralose (non-nutritive sweeteners).

Contains milk and soy. Manufactured in a facility that processes egg, wheat, ses-

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Vanilla Crispy Squares **Nutrition Facts** ervings Size 1 bar (1.36 oz / 38 g) Servings per package 7 Calories 140 Calories from Fat 25 % Daily Value Total Fat 3g Saturated Fat 1.5g Trans Fat 0g 5% 8% odium 190mg otassium 100mg Total Carbohydrate 15g 0% Dietary Fiber 0g Sugars 6g 30% Iron 10% exert Daily Values are based on a 2,000 or Daily Values may be higher or lower day 2,500

Ingredients: Protein blend (soy protein isolate, whey protein isolate), brown rice syrup, tapicoa starch, rice crisps (rice, sugar sall, malt [corn flour, malted barley], niacinmide, thiamine hydrochloride, pyridoxine hydrochloride, d-calcium partothenate, folic acid, iron BHT [antioxidant]), glycerin, palm and palm kernel oil, water, sugar, vegetable oil (canola, soybean), natural and artificial flavors, dried egg albumn, calcium carbonate, agar-agar, yogurt powder (cultured non-fat milk solids), salt, citita caid, soy lecithin, sucralose (non-nutritive sweetener), tocopherols.

Contains soy, milk, egg and gluten. Manufactured in a facility that processes wheat and ses-

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2.400mg 2,400=

Lieux than Less than

Nutriti	on Fac	ts		
Servings S	Size 8.5fl oa	(250ml) p	per bottle	
Servings	per packa	ge 1		
Amount F	er Servin	g		Serve Chilled. Shake well. Re-
Calories	150 Cak	ories from	Fat 40	frigerate after opening and consume within 24 hours. Ingredi-
		% Daily	y Value*	ents: Filtered water, whey protein isolate (milk), mango puree, cream,
Total Fat	t 4.5g		7%	gum blend (pectin, carageenan, locust bean gum), fructooligosaccha- ride, inulin, calcium lactate, diacetyl tartaric acid esters of mono- diglyc
Saturat	ed Fat 2g		10%	erides (DATEM), natural and artificial flavors, beat-carotene, color
Trans F	at 0g			(vegetable and fruit juice), monopotassium phosphate, sodium diphos-
Choleste	rol 10mg		3%	phate, lactic acid, sucralose (non-nutritive sweetener), calcium ascor-
Sodium			5%	bate, acesulfame - potassium (non-nutritive sweetener). Notice: When used for a weight reduction: use only as directed and
Potassiu	ım			outlined in the Ideal Protein Weight Loss Method and Protocol. Do not
105mg			3%	use in diets supplying less than 400 calories per day without medical
	rbohydrat	te 9g	3%	supervision.
Dietary	Fiber 5g		20%	
Sugars				Aseptically processed. Manu
Protein 2	0g		40%	factured in a facility that processes soy, egg and wheat.
lanerao			Vitamin	
Vitamin A			C 70%	
Calcium 2			Iron 0%	
	Values are base ses may be highe			Distributed by: Laboratories C.O.P. Inc.
	Calories	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V3
Total Fat	Less than	66g	80g	Product of Canada
Sat Fat	Less than	209	256	
Cholesterol	Less than	300mg	300mg	
	Less than	2,400mg	2,400mg	
Sodium	Less than	3,500mg	3,500mg	
Potaosium		300a	3750	
		(837)		
Potassium Total Carbohy-		25g	30g	

Rotini Pasta

Nutritie	on Fac	ts	
Servings S	ize 1 pack	et (42g)	
Servings			
Amount P			
Calories			Fat 25
			V Value
Total Fat	2.5g	90000000	49
	ed Fat 0.5	ig	49
Trans F	at 0g		
Choleste	rol 60mg	7	209
Sodium 2	290mg		129
Potas-	10000000		1910
	110mg		39
Total Car	bohydra	te 12g	49
Dietary	Fiber 5g	200	209
Sugars	less than	1g	
Protein 20)a		409
, , C. OH / ZC	-9		107
			Vitamin
Vitamin A			
Vitamin A Calcium		- 1	Vitamii C 09
Vitamin A Calcium 4%	4%	d on a 2,000 ca	Vitamii C 09 ron 209
Vitamin A Calcium 4%	4%	d on a 2,000 ca	Vitamii C 09 ron 209
Vitamin A Calcium 4%	4% Values are base as may be high	ed on a 2,000 ca er or lower depe	Vitamii C 09 ron 209 plorie diet eding on yo
Vitamin A Calcium 4% * Pescent Daily ' Year Daily Value calcrie needs	4% /alues are basis may be high	ed on a 2,000 ca et or lower depe 2,000	Vitamii C 09 ron 209 slorie diet. edring on you
Vitamin A Calcium 4% * Pexcent Daily Value calcrie needs	4% Values are basis may be high Calories Less than	d on a 2,000 ca to flower depe 2,000 65g	Vitamii C 09 ron 209 lorie diet. eding on you 2,500
Vitamin A Calcium 4% * Percent Daily Value calcrie needs Total Fat Sat Fat	4% Values are bases may be higher Calories Less than	ed on a 2,000 cr er or lower depe 2,000 65 g 20 g	Vitamin C 09 ron 20% slone diet. edeng on you 2,500 80g 25g 300mg
Vitamin A Calcium 4% * Peccent Daily Value calcinin needs Total Fat Sat Fat Cholasterol Sodium Potassium Total Catbohy-	4% Values are basis may be higher Calories Less than Less than Less than	d on a 2,000 cr er or lower depe 2,000 65 g 20 g 300 mg 2,400 mg 3,500 mg	Vitamii C 09 ron 209 loine det. ndrag on yo 2,500 80g 25g 300mg 2,400mg 3,500mg
Vitamin A Calcium 4% Year Daily Your Daily Your Daily Your Daily Your calcrie needs Sat Fat Cholesterol Sedium Potassium Total Carbohy- drate	4% Values are basis may be higher Calories Less than Less than Less than Less than	d on a 2,000 cr er or lower depe 2,000 65 g 20 g 300 mg 2,400 mg 3,500 mg	Vitamii C 09 ron 209/ slorie diet. edong on you 2,500 80g 25g 300mg 2,400mg 3,500mg 375g
Vitamin A Calcium 4% * Peccent Daily Value calcinin needs Total Fat Sat Fat Cholasterol Sodium Potassium Total Catbohy-	4% Values are basis may be higher Calories Less than Less than Less than Less than	d on a 2,000 cr er or lower depe 2,000 65 g 20 g 300 mg 2,400 mg 3,500 mg	Vitamii C 09 ron 209 loine det. ndrag on yo 2,500 80g 25g 300mg 2,400mg 3,500mg

Ingredients: Pea protein isolate, enriched durum wheat flour (durum wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), wheat protein isolate, inulin, whole eggs, soy protein isolate, sodium phosphate, lactic acid.

Contains: Wheat (gluten), eggs and soybeans.

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Strawb	erry - Ba	nana Di	rink	
Nutrit	ion Fac	ts		
Servings :	Size 1 bottle	(300ml)		
Servings	per packa	ge 1		
Amount I	Per Servin	g		
Calories	100 Cale	ories from	Fat 5	
		% Daily	y Value*	
Total Fa	t 0.5g		1%	
Satura	ted Fat 0g		0%	Ingredients: Water, banana and strawberry purees, whey
Trans I	Fat Og			tein concentrate, hydrolyzed collagen, apple juice concentra
Choleste	erol Omg		0%	inulin, natural flavor, pectin, citric acid, ascorbic acid (vitami
Sodium	40mg		2%	sucralose (non-nutritive sweetener), FD&C Red No. 40, FD
Total Ca	rbohydra	te 10g	3%	Yellow No. 5.
Dietary	Fiber 3g		12%	
Sugars	6g			
Protein 1	5g			Contains milk.
	7.160000		Vitamin	
Vitamin A	10%		C 45%	
Calcium			28 8222	
6%			Iron 0%	25020000000
* Percent Daily Your Daily Val	Values are base yes may be highe	d on a 2,000 or or or lower depe	altrie diet. Inding on your	Distributed by:
calorie needs:		100000	50000	Laboratories C.O.P. Inc.
	Calones	2,000	2,500	178 Jean-Proulx St Suite 202 Gatineau QC Canada J8Z 1V
Total Fat	Less than	659	80g	Product of Canada
SatFat	Lessthan	209	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassion Total Carbohy	Less than	3,500mg	3,500mg	
drate		300g	375g	
Dietary Fiber		25g	30g	
Protein		50g	65g	
Calories per gr	arr.			
Fat 9	Carbohydrate 4		Protein 4	