



UPLIFT
GOOD • MOOD • FOOD



The worlds first **SCIENTIFICALLY PROVEN** **FUNCTIONAL** Gut Healthy Cookies

Diverse **PRE-biotics + PRO-biotics** offered in levels that
support gut, digestive and immune health



NON-GMO



PLANT BASED



KETO CYCLING



GRAIN FREE



GOOD FOR DIGESTION



HIGH FIBER

- Keto / Low Sugar / Low Net Carb
- Plant Based and Non-GMO Verified
- 50% of your daily dietary fiber needs per serve
- 3 Delicious Flavors

UPLIFTFOOD.COM |   **upliftfood**

SALTED PEANUT BUTTER WITH CHOCOLATE + COCONUT



INGREDIENTS: Toasted Lupin Flour, Soluble Tapioca Fiber, Peanut Butter, Palm Fruit Oil, Peanut Flour, Coconut Sugar, Tigernut Flour Cocoa Processed with Alkali, Coconut Milk Powder, Faba Bean Protein, Natural Flavors, Desiccated Coconut, Sunflower Lecithin, Sea Salt, Cinnamon, Blanched Almonds, Inulin, Water, Dried Kiwi, Monk Fruit Extract, Probiotic (Bacillus Coagulans GBI-30 6086).

Nutrition Facts

12 servings per container
Serving size 1 pack (40g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 3.0g	16%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 13g	47%
Soluble Fiber 9g	
Insoluble Fiber 4g	
Total Sugars 4g	
Includes 2g Added Sugars	3%
Protein 8g	12%

Vit. D 0mcg 0% • Calcium 40mg 4%
Iron 1.2mg 6% • Potas. 100mg 2%

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

Unit



6 Caddy



12 Caddy



12 Caddy

SALTED ALMOND BUTTER WITH VANILLA + HEMP



INGREDIENTS: Toasted Lupin Flour, Soluble Tapioca Fiber, Blanched Almonds, Palm Fruit Oil, Coconut Sugar, Almond Flour, Tigernut Flour, Coconut Milk Powder, Faba Bean Protein, Natural Flavors, Hulled Hemp, Sunflower Lecithin, Sea Salt, Cinnamon, Peanut Butter, Inulin, Water, Dried Kiwi, Monk Fruit Extract, Probiotic (Bacillus Coagulans GBI-30 6086).

Nutrition Facts

12 servings per container
Serving size 1 pack (40g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 10g	12%
Saturated Fat 3.0g	14%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 13g	47%
Soluble Fiber 9g	
Insoluble Fiber 4g	
Total Sugars 4g	
Includes 2g Added Sugars	3%
Protein 8g	11%

Vit. D 0mcg 0% • Calcium 50mg 4%
Iron 1.1mg 6% • Potas. 90mg 0%

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

Unit



6 Caddy



12 Caddy



12 Caddy

SUNFLOWER BUTTER WITH VANILLA + CHIA



INGREDIENTS: Toasted Lupin Flour, Soluble Tapioca Fiber (Resistant Starch), Roasted Sunflower Seed Butter, Palm Fruit Oil, Coconut Flour, Coconut Sugar, Tigernut Flour, Coconut Milk Powder, Faba Bean Protein, Natural Flavors, Chia Seeds, Sunflower Lecithin, Sea Salt, Cinnamon, Water, Inulin (Probiotic Carrier), Dried Kiwi, Monk Fruit Extract, Probiotic (Bacillus Coagulans GBI-30 6086).

Nutrition Facts

12 servings per container
Serving size 1 pack (40g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 10g	12%
Saturated Fat 3.0g	14%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 13g	47%
Soluble Fiber 9g	
Insoluble Fiber 4g	
Total Sugars 4g	
Includes 2g Added Sugars	3%
Protein 8g	11%

Vit. D 0mcg 0% • Calcium 50mg 4%
Iron 1.1mg 6% • Potas. 90mg 0%

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

Unit



6 Caddy



12 Caddy



12 Caddy