



# UPLIFT

GOOD • MOOD • FOOD

## The worlds first TRULY functional Gut Healthy PREBIOTIC BLISS BITES™



NON-GMO



PLANT BASED



KETO CYCLING



GRAIN FREE



GOOD FOR DIGESTION



HIGH FIBER

### Diverse PRE-biotics offered in scientifically proven levels to support gut and digestive health

- Keto / Low Sugar / Low Net Carb
- Plant Based and Non-GMO
- 4 Delicious Bite Size Sweet Snacks Per Pack
- Peanut Butter Chocolate Brownie / Strawberry + Creme

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# PEANUT BUTTER CHOCOLATE BROWNIE

Unit

Caddy



**INGREDIENTS:** Prebiotic Blend (Soluble Tapioca Fiber, Resistant Potato Starch), Peanut Butter, Protein Blend (Pea Protein, Mung Bean Protein, Faba Bean Protein), Peanuts, Cocoa Butter, Cocoa processed with Alkali, Chocolate Chips (Cocoa, Allulose), Cashew Butter, Sunflower Lecithin, Natural Flavors, Vanilla Extract, Pink Salt, Stevia Sweetener, Monk Fruit Extract.

## Nutrition Facts Servings: 1, Serv. size: 4 bites (34g),

Amount per serving: **Calories 150**, **Total Fat** 10g (13% DV), **Sat. Fat** 2.5g (13% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 75mg (3% DV), **Total Carb.** 14g (5% DV), **Fiber** 11g (39% DV), **Total Sugars** 1g (Incl. 0g Added Sugars, 0% DV), **Protein** 7g, **Vit. D** 0.1g (0% DV), **Calcium** 20mg (2% DV), **Iron** 1.1mg (6% DV), **Potas.** 130mg (2% DV).

# STRAWBERRY + CREME

Unit

Caddy



**INGREDIENTS:** Prebiotic Blend (Soluble Tapioca Fiber, Cashew Butter, Resistant Potato Starch), Protein Blend (Pea Protein, Mung Bean Protein, Faba Bean Protein), Cashews, Cocoa Butter, Strawberries, Sunflower Lecithin, Natural Flavors, Vanilla Extract, Pink Salt, Beet Juice Powder, Stevia Sweetener, Monk Fruit Extract.

## Nutrition Facts Servings: 1, Serv. size: 4 bites (34g),

Amount per serving: **Calories 140**, **Total Fat** 9g (12% DV), **Sat. Fat** 2.5g (13% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 80mg (3% DV), **Total Carb.** 14g (5% DV), **Fiber** 10g (36% DV), **Total Sugars** 1g (Incl. 0g Added Sugars, 0% DV), **Protein** 5g, **Vit. D** 0.1mg (0% DV), **Calcium** 20mg (2% DV), **Iron** 1.6mg (10% DV), **Potas.** 100mg (2% DV).



Kara Landau is a gut health expert dietitian and nutrition advisor media representative to the Global Prebiotic Association in New York.

Over the last decade, Kara has been a trusted and respected voice in the world of gut health and prebiotics and has been instrumental in leading the prebiotic industry forward.

Kara launched Uplift Food in March 2018 with the mission of being the leading and trusted prebiotic functional snacking brand - helping consumers reap the health benefits of consuming gut healthy foods!

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