








# NATURALLY DELICIOUS SIMPLY NUTRITIOUS Plant Protein Snack



AS SEEN ON  
**SHARK  
TANK**

-  Gluten-Free
-  Vegan
-  Complete Plant Protein
-  Good Source of Fiber
-  No Artificial Ingredients
-  Kosher
-  Low FODMAP & Gluten-Free Diet Friendly

 Non-GMO  
VERIFIED





# Unleash the Power of Complete Plant Protein!

20g Plant Protein (per bag) | Low Sugar | Low GI Carbs | Under 5 Calories Per Bite



## Nutrition Facts

4 servings per container  
Serving size 1 oz (28g/about 28 pieces)

Amount per serving

**Calories 130**

% Daily Value\*

Total Fat	5g	6%
Saturated Fat	1g	5%
Trans Fat	0g	
Polyunsaturated Fat	0g	
Monounsaturated Fat	3.5g	
Cholesterol	0mg	0%
Sodium	135mg	6%
Total Carbohydrate	16g	6%
Dietary Fiber	3g	11%
Total Sugars	2g	
Includes 2g Added Sugars		4%
<b>Protein</b>	<b>5g</b>	<b>10%</b>
Vitamin D	0mcg	0%
Calcium	23mg	2%
Iron	1mg	6%
Potassium	93mg	2%

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

**Complete Plant-based Protein:** We combined Navy bean, Brown rice and Peanut proteins to create a complete amino acid profile with a PDCAAS of 1. Complete proteins are important because they provide all the amino acids necessary for building and repairing muscle and other body tissue

**Low sugar and low Glycemic:** We created our recipes with minimal amounts of sugar (1-3g) and low glycemic carbs so that it contributes to long lasting energy without spiking blood sugar levels that can lead to health problems and uncontrolled weight gain

**Good source of fiber:** Our snacks contain 3g of fiber per serving derived naturally from Navy beans which are beneficial for weight management (helps you feel full and satisfied) and digestive health (natural prebiotic and promotes healthier gut microbe)

**Indulgent flavors without the added calories:** Delightful combination of sweet and savory flavors, thanks to their real roasted peanuts and a variety of toppings like cocoa, cinnamon, BBQ and Cheddar Jalapeno

**P-nuff** features the power of naturally nutritious plant-based protein from peanuts, beans and rice instead of the traditional corn that most crunchy snacks are made from. Stay fit with complete plant protein!



**P-nuff** is different than other snacks because it's not only delicious, but also nutritious! It was created by Dr Juan, a leading sports nutritionist who is truly passionate about health and fitness.

For further information and requests please contact us at  
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MARK CUBAN COMPANIES

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NUTRITION  
MADE IN THE USA 