

2023 PRODUCT ROSTER

With sports nutrition for every ambition, Honey Stinger helps you Sweeten the Burn™ to push through any challenge. More than 1,000 pro and college teams, plus a generation of endurance athletes, use Honey Stinger to help achieve their performance goals and feel better along the way.





OAT + HONEY BARS

We crushed the peanuts so you could crush the day.

Peanuts, oats and honey filling covered in caramel and rolled in toasted oats and quinoa crisps. Contains 6g protein for a filling breakfast on-the-go!







ORIGINAL



<u>Nutritio</u>	STATE OF STA
Serving size	1 Bar (42
Amount per serving Calories	190
<u>oaiories</u>	% Daily Valu
Total Fat 9g	12
Saturated Fat 1.5g	8
Trans Fat Og	
Cholesterol Omg	0
Sodium 65mg	3
Total Carbohydrate	
Dietary Fiber 3g	1
Total Sugars 11g	
Includes 10g Adde	ed Sugars 20
Protein 6g	10
Vit. D Omcg 0%	Calcium 32mg 2
Iron 1mg 6% ·	Potassium 169mg

Ingredients: Peanuts, Instant Oats, Organic Honey, Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Salt, Caramel Layer (Cane Sugar, Tapioca Syrup, Organic Honey, Sustainable Palm Oil, Reduced Lactose Whey (Milk), Salt, Sunflower Lecithin, Honey Granola (Rolled Oats, Quinoa, Honey, Sunflower Oil, Sunflower Lecithin, Rosemary Extract (Antioxidant)). Contains: Milk and Peanuts. Made in a facility that also processes Tree Nuts (Almonds), Eggs, Wheat, and Soy.



CHOCOLATE CHOCOLATE CHIP



Nutrition	Facts
Serving size	1 Bar (42g)
Amount per serving Calories	190
2	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 65mg	3%
Total Carbohydrate 2	3g 8%
Dietary Fiber 2g	7%
Total Sugars 12g	100
Includes 11g Added	Sugars 22%
Protein 6g	10%
Vit. D Omcg 0% ·	Calcium 31mg 2%
Iron 1mg 6% · P	otassium 170mg 4%
* The % Daily Value tells you hov a serving of food contributes to calories a day is used for gene	a daily diet. 2,000

Ingredients: Peanuts, Instant Oats, Organic Honey, Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Salt, Caramel Layer (Cane Sugar, Tapioca Syrup, Organic Honey, Sustainable Palm Oil, Reduced Lactose Whey (Milk), Salt, Sunflower Lecithin), Granola (Rolled Oats, Sugar, Quinoa, Sunflower Oil, Organic Chocolate (Organic Chocolate Liquor, Organic Cane Sugar, Organic Cocoa Butter), Cocoa (Processed with Alkali), Natural Flavor (With Other Natural Flavors), Sunflower Lecithin, Rosemary Extract (Antioxidant). Contains: Milk and Peanuts.

Made in a facility that also processes Tree Nuts (Almonds), Eggs







WAFFLES

Meet the certified organic stroopwafel designed for performance.

A thin layer of delicious honey filling sandwiched between two thin waffles.







HONEY



Nutritio	
Serving size	1 Waffle (30
Amount per serving	454
<u>Calories</u>	150
	% Daily Val
Total Fat 7g	9
Saturated Fat 3g	19
Trans Fat 0g	
Cholesterol Omg	(
Sodium 55mg	
Total Carbohydrate	19g
Dietary Fiber 1g	-
Total Sugars 10g	
Includes 10g Ad	ded Sugars 20
Protein 1g	
Vitamin D Omcq 0%	Calcium 10mg (
Iron 0.5mg 2%	Potassium 30mg

Ingredients: Organic Wheat Flour, Organic Palm Oil, Organic Brown Rice Syrup, Organic Sugar, Organic Honey, Organic Eggs, Organic Soy Flour, Sea Salt, Soy Lecithin, Organic Rice Extract, Baking Soda. Contains Wheat, Soy, and Egg. May Contain Traces of Milk.



VANILLA



Nutritio	n Facts
Serving size	1 Waffle (30g)
Amount per serving Calories	150
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 55mg	2%
Total Carbohydrate	19g 7 %
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 10g Add	ed Sugars 20%
Protein 1g	
Vitamin D Omcg 0% •	Calcium 10mg 0%
Iron 0.5mg 2% ·	Potassium 30mg 0%
* The % Daily Value tells you h a serving of food contribute calories a day is used for ge	s to a daily diet. 2,000

Ingredients: Organic Wheat Flour, Organic Palm Fruit Oil, Organic Brown Rice Syrup, Organic Sugar, Organic Eggs, Organic Soy Flour, Sea Salt, Organic Honey, Organic Vanilla Extract, Soy Lecithin, Natural Flavor, Organic Rice Extract, Baking Soda. Contains Soy and Egg. May Contain Traces of Milk.



CHOCOLATE



Serving size 1	Waffle (30g
Amount per serving Calories	160
	% Daily Value
Total Fat 9g	139
Saturated Fat 4g	219
Trans Fat Og	
Cholesterol Omg	09
Sodium 80mg	3
Total Carbohydrate 19g	6
Dietary Fiber 1g	39
Total Sugars 11g	
Includes 11g Added Su	igars 20°
Protein 1g	
Vitamin D Omcg 0% · Ca	lcium 10mg 0°
Iron 1mg 4% · Pot	assium 30mg 0'

Ingredients: Organic Wheat Flour, Organic Palm Oil, Organic Brown Rice Syrup, Organic Sugar, Organic Soy Flour, Organic Cocoa, Organic Eggs, Natural Flavor, Vanilla Extract, Sea Salt, Organic Honey, Baking Soda, Soy Lecithin, Organic Rice Extract. Contains Wheat, Soy, and Egg. May Contain Traces of Milk.





GLUTEN-FREE WAFFLES

The certified organic performance waffle you won't believe is gluten-free.

A thin layer of delicious honey filling sandwiched between two thin gluten-free waffles.









SALTED CARAMEL



Nutritio	
Serving size	1 Waffle (30
Amount per serving Calories	140
	% Daily Val
Total Fat 6g	
Saturated Fat 2.5g	12
Trans Fat 0g	
Cholesterol Omg	3
Sodium 150mg	
Total Carbohydrate	
Dietary Fiber 1g	
Total Sugars 10g	
Includes 10g Add	ded Sugars 20
Protein 1g	***
Vitamin D Omcq 0% ·	Calcium 10mg
Iron Omg 0% ·	Potassium 21mg

Ingredients: Gluten Free Flour Blend (Organic Rice Flour, Organic Potato Starch, Organic Tapioca Flour), Organic Palm Oil, Organic Brown Rice Syrup, Organic Cane Sugar, Organic Eggs, Organic Soy Flour, Sea Salt, Organic Honey, Natural Flavor, Baking Soda, Soy Lecithin. Contains Soy and Egg. May Contain Traces of Milk.



COOKIES & CREAM



Nutritio	n Facts
Serving size	1 Waffle (30g)
Amount per serving Calories	140
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 2.5g	12%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 90mg	4%
Total Carbohydrate	21g 7 %
Dietary Fiber 1g	3%
Total Sugars 10g	
Includes 10g Add	ded Sugars 20%
Protein 1g	
Vitamin D Omcg 0% ·	Calcium 10mg 0%
Iron Omg 0% ·	Potassium 21mg 0%
* The % Daily Value tells you a serving of food contribute calories a day is used for g	es to a daily diet. 2,000

Ingredients: Gluten Free Flour Blend (Organic Rice Flour, Organic Tapioca Starch, Organic Potato Starch), Organic Brown Rice Syrup, Organic Palm Fruit Oil, Organic Cane Sugar, Organic Eggs, Organic Cocoa, Organic Soy Flour, Organic Honey, Sea Salt, Natural Flavors, Baking Soda, Soy Lecithin, Xanthan Gum, Organic Rice Extract.

Contains Soy and Egg. May Contain Traces of Milk



CINNAMON



Serving size	3 Waffles (25g
Amount per serving	
Calories	130
	% Daily Value
Total Fat 6g	89
Saturated Fat 2.	.5g 13 9
Trans Fat Og	
Cholesterol Omg	09
Sodium 50mg	29
Total Carbohydra	ate 18g 79
Dietary Fiber 1g	49
Total Sugars 9g	
Includes 9g A	dded Sugars 189
Protein 1g	
Vitamin D Omcg 0%	6 · Calcium 10mg 09
Iron 0.4mg 2%	Potassium 30mg 0 st

Ingredients: Gluten Free Flour Blend (Organic Rice Flour, Organic Potato Starch, Organic Tapioca Flour), Organic Palm Oil, Organic Brown Rice Syrup, Organic Cane Sugar, Organic Eggs, Organic Soy Flour, Organic Honey, Sea Salt, Natural Flavor, Organic Cinnamon, Baking Soda, Soy Lecithin. Contains: Soy and Eggs. May Contain Milk.





MINI WAFFLES

Your favorite performance waffle in your new favorite size.

A thin layer of honey filling sandwiched between two thin waffles in a small, snackable size and packaged within a resealable pouch.







HONEY



<u>Nutritio</u>	
Serving size	3 Waffles (25
Amount per serving Calories	130
	% Daily Valu
Total Fat 6g	8
Saturated Fat 2.5	g 13
Trans Fat Og	
Cholesterol Omg	0
Sodium 50mg	2
Total Carbohydrate	e 18g 7
Dietary Fiber 1g	4
Total Sugars 9g	
Includes 9g Add	led Sugars 18
Protein 1g	
Vitamin D Omcg 0%	Calcium 10mg 0
Iron 0.4mg 2%	Potassium 30mg (

Ingredients: Organic Wheat Flour, Organic Palm Oil, Organic Brown Rice Syrup, Organic Sugar, Organic Honey, Organic Eggs, Organic Soy Flour, Sea Salt, Soy Lecithin, Organic Rice Extract, Baking Soda. Contains Wheat, Soy, and Egg. May Contain Traces of Milk.



VANILLA



Nutritio	n Facts
Serving size	3 Waffles (25g)
Amount per serving Calories	130
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2.5	g 13 %
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 50mg	2%
Total Carbohydrat	e 18g 7%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 9g Ado	ded Sugars 18%
Protein 1g	
Vitamin D Omcg 0%	· Calcium 10mg 0%
Iron 0.4mg 2%	 Potassium 30mg 0%

Ingredients: Organic Wheat Flour, Organic Palm Oil, Organic Brown Rice Syrup, Organic Sugar, Organic Honey, Organic Eggs, Organic Soy Flour, Sea Salt, Soy Lecithin, Organic Rice Extract, Baking Soda. Contains Wheat, Soy, and Egg. May Contain Traces of Milk.







ENERGY CHEWS

Bite-sized bursts of energy, in your back pocket.

Organic, bite-sized soft chews in natural fruit flavors for quick, sustained energy on-the-go.









FRUIT SMOOTHIE



Serving size	- 1	6 Ch	ews (30g
Calories		erving 00	1	<u>60</u>
Total Fat	0g	% DV* 0%	0g	% DV 0%
Saturated Fat	0g	0%	0q	0%
Trans Fat	0q		Oa	-
Cholesterol	Omq	0%	Omq	09
Sodium	40mg	2%	65mg	39
Total Carb.	23g	8%	39g	149
Dietary Fiber	0q	0%	1q	49
Total Sugars	16a		27g	
Incl. Added Sugars	16g	32%	27g	549
Protein	Og		0g	
Vitamin D	Omcg	0%	Omcg	0%
Calcium	Omg	0%	Omq	0%
Iron	Omg	0%	Omg	0%
Potassium	24mg	0%	40mg	0%
Vitamin C	36mg	40%	60mg	709

calories a day is used for general nutrition advice.

Ingredients: Organic Tapioca Syrup, Organic Sugar, Organic Honey, Organic Grape Juice Concentrate, Pectin, Citric Acid, Organic Colors (Organic Black Carrot Juice Concentrate, Organic Annatto), Organic Flavors, Ascorbic Acid, Potassium Citrate, Organic Sunflower Oil, Organic Carnauba Wax.



POMEGRANATE PASSIONFRUIT



Calories Per serving 100 % DV*		_	60 % DV*	
Total Fat	0g	0%	Ōg	0%
Saturated Fat	0g	0%	Og	0%
Trans Fat	0g	_	Og	_
holesterol	Omg	0%	Omg	0%
odium	40mg	2%	65mg	3%
otal Carb.	23g	8%	39g	14%
Dietary Fiber	0g	0%	1g	4%
Total Sugars	16g		27g	
Incl. Added Sugars	16g	32%	27g	54%
rotein	0g		0g	
itamin D	Omcg	0%	Omcg	0%
alcium	0mg	0%	Omg	0%
on .	Omg	0%	Omg	0%
otassium	24mg	0%	40mg	0%
litamin C	36mg	40%	60mg	70%

Nutrition Facts

Ingredients: Organic Tapioca Syrup, Organic Sugar, Organic Honey, Organic Grape Juice Concentrate, Pectin, Citric Acid, Organic Color (Organic Black Carrot Juice Concentrate), Organic Flavor, Ascorbic Acid, Potassium Citrate, Organic Sunflower Oil, Organic Carnauba Wax.



CHERRY BLOSSOM



Serving size		6 Ch	ews (30
Calories	1	erving	per pa	6(
Total Fat	0a	% DV* 0%	0q	% D
Saturated Fat	0g	0%	0g	_
Trans Fat	0g		0q	_
Cholesterol	Omq	0%	Omq	-
Sodium	40mg	2%	65mg	3
Total Carb.	23g	8%	39q	14
Dietary Fiber	Og	0%	1g	4
Total Sugars	16g	_	27g	
Incl. Added Sugars	16g	32%	27g	54
Protein	0g		0g	
Vitamin D	Omcq	0%	Omcq	0
Calcium	Omg	0%	Omg	0
Iron	Omg	0%	Omg	0
Potassium	24mg	0%	40mg	0
Vitamin C	36mg	40%	60mg	70

Ingredients: Organic Tapioca Syrup, Organic Sugar, Organic Honey, Organic Grape Juice Concentrate, Pectin, Citric Acid, Organic Color (Organic Black Carrot Juice Concentrate), Organic Flavor, Ascorbic Acid, Potassium Citrate, Organic Sunflower Oil, Organic Carnauba Wax.





ENERGY CHEWS



Organic, bite-sized soft chews in natural fruit flavors for quick, sustained energy on-the-go.









PINK LEMONADE



Serving size	6 Chews (30				
Calories	1	erving 00	160		
Total Fat	0g	% DV* 0%	0q	% D\ 0'	
Saturated Fat	0g	0%	0g	0	
Trans Fat	0g		0q	_	
Cholesterol	Omg	0%	0mg	0	
Sodium	40mg	2%	65mg	3	
Total Carb.	23g	8%	39g	14	
Dietary Fiber	Og	0%	1g	4	
Total Sugars	16g	_	27g		
Incl. Added Sugars	16g	32%	27g	54	
Protein	0g		0g		
Vitamin D	Omcq	0%	Omcq	0'	
Calcium	Omg	0%	Omg	0	
Iron	Omg	0%	Omg	0'	
Potassium	24mg	0%	40mg	0	
Vitamin C	36mg	40%	60mg	70	

Ingredients: Organic Tapioca Syrup, Organic Sugar, Organic Honey, Organic Grape Juice Concentrate, Pectin, Citric Acid, Organic Color (Organic Black Carrot Juice Concentrate), Organic Flavor, Ascorbic Acid, Potassium Citrate, Organic Sunflower Oil, Organic Carnauba Wax.



ORGANGE BLOSSOM

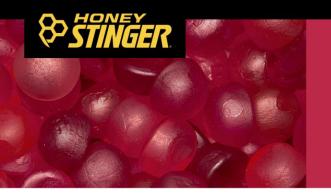


Serving size	6 Chews (30g)					
<u>Calories</u>	1	erving 00	per package 160			
Total Fat	0q	% DV* 0%	0a	% DV* 0%		
Saturated Fat	0g	0%	0g	0%		
Trans Fat	0a		0a			
Cholesterol	Omg	0%	Omq	0%		
Sodium	40mg	2%	65mg	3%		
Total Carb.	23g	8%	39q	14%		
Dietary Fiber	Og	0%	1g	4%		
Total Sugars	16g		27q	_		
Incl. Added Sugars	16g	32%	27g	54%		
Protein	0g		0g			
Vitamin D	Omcq	0%	Omcq	0%		
Calcium	Omq	0%	Omq	0%		
ron	Omg	0%	Omg	0%		
Potassium	24mg	0%	40mg	0%		
Vitamin C	36mg	40%	60mg	70%		

Ingredients: Organic Tapioca Syrup, Organic Sugar, Organic Honey, Organic Grape Juice Concentrate, Pectin, Citric Acid, Organic Color (Organic Annatto), Organic Flavor, Ascorbic Acid, Potassium Citrate, Organic Sunflower Oil, Organic Carnauba Wax.







CAFFEINATED CHEWS

Bite-sized bursts of energy with a kick of caffeine.

Delicious honey-infused soft chews with added caffeine and electrolytes to help you maintain fuel reserves during intense physical activity.







STINGERITA LIME



Serving size		6 Ch	ews (3
Calories	per serving 100		per pack	
Total Fat	On.	% DV* 0%	0g	%
Saturated Fat	0g 0g	0%	0q	-
Trans Fat	0g		0q	-
Cholesterol	Og Omg	0%	0mg	_
Sodium	25mg	1%	45mg	-
Total Carb.	24g	9%	41g	1
Dietary Fiber	Og	1%	1g	_
Total Sugars	17g		28q	_
Incl. Added Sugars	17g	34%	28q	
Protein	Og		0g	
Vitamin D	Omcg	0%	Omcg	_
Calcium	Omg	0%	Omg	_
Iron	0mg	0%	Omg	_
Potassium	32mg	0%	53mg	Ξ
Vitamin C	36mg	40%	60mg	7

Ingredients: Organic Tapioca Syrup, Organic Cane Sugar, Organic Honey, Organic White Grape Juice Concentrate, Pectin, Natural Organic Flavor, Citric Acid, Sodium Citrate Vitamin C (Ascorbic Acid), Potassium Citrate, Organic White Tea Powder, Organic Caffeine From Tea, Organic Sunflower Oil, Organic Turmeric Extract For Color, Organic Carnauba Wax.



CHERRY COLA



erving size	6 Chews (30g)				
Calories	pers 1	erving DO	per package 170		
otal Fat		% DV*		% DV* 0%	
	0g	0%	0g	- 5/5	
Saturated Fat	0g	0%	0g	0%	
Trans Fat	0g		0g		
holesterol	0mg	0%	Omg	0%	
odium	25mg	1%	45mg	2%	
otal Carb.	24g	9%	41g	15%	
Dietary Fiber	0q	1%	1g	2%	
Total Sugars	17q		280		
Incl. Added Sugars	17g	34%	28q	57%	
rotein	Ōg		0g		
itamin D	Omcq	0%	Omcq	0%	
alcium	Omg	0%	0mq	0%	
ron	0mq	0%	Oma	0%	
otassium	32mg	0%	53mg	2%	
tamin C	36ma	40%	60ma	70%	

Ingredients: Organic Tapioca Syrup, Organic Cane Sugar, Organic Honey, Organic White Grape Juice Concentrate, Pectin, Natural Organic Flavor, Citric Acid, Sodium Citrate, Vitamin C (Ascorbic Acid), Potassium Citrate, Organic White Tea Powder, Organic Caffeine From Tea, Organic Sunflower Oil, Organic Black Carrot Extract For Color, Organic Carnauba Wax.







ENERGY GELS

Meet the original honey-powered gel.

Portable fuel made with organic honey for a quick burst of energy on-the-go.







GOLD



Nutritio	n racts
Serving size	1 Packet (31g
Amount per serving Calories	90
	% Daily Value
Total Fat Og	0
Saturated Fat Og	0
Trans Fat Og	
Cholesterol Omg	0
Sodium 45mg	2
Total Carbohydrate	
Dietary Fiber Og	0
Total Sugars 24g	
Includes 24g Ado	ded Sugars 48
Protein 0g	
Vit.D Omcg 0% ·	Calcium 2mg 0
Iron Omg 0%	Potassium 58mg 2
Thiamin 0.3mg 25%	· Niacin Omg 0
Riboflavin 0.6mg 45%	
Vit.B12 0.3mcg 15%	
Pantothenic Acid 2mg 40	1%
Pantothenic Acid 2mg 40 * The % Daily Value tells you in a serving of food contribute calories a day is used for ge	how much a nutrient in s to a daily diet. 2,000

Ingredients: Honey, Water, Potassium Citrate, Salt, Niacinamide (Vit B3), Calcium Pantothenate (Vit B5), Pyridoxine Hydrochloride (Vit B6), Riboflavin (Vit B2), Thiamine Mononitrate (Vit B1), Cyanocobalamin (Vit B12).



FRUIT SMOOTHIE



Nutritio	n Facts
Serving size	1 Packet (31g)
Amount per serving Calories	100
	% Daily Value*
Total Fat 0g	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 50mg	2%
Total Carbohydrate	24g 9%
Dietary Fiber Og	0%
Total Sugars 11g	
Includes 9g Adde	ed Sugars 18%
Protein Og	
Vitamin D Omcg 0% ·	Calcium 4mg 0%
Iron Omg 0% ·	Potassium 50mg 2%
* The % Daily Value tells you a serving of food contribute calories a day is used for ge	s to a daily diet. 2,000

Ingredients: Organic Tapioca Syrup, Organic Honey, Potassium Citrate, Salt, Organic Natural Flavor, Citric Acid, Water.



ACAI POMEGRANATE



<u>Nutritio</u>	1000/27 38 1000
Serving size	1 Packet (31g
Amount per serving	
Calories	100
	% Daily Value
Total Fat 0g	0
Saturated Fat Og	0
Trans Fat Og	
Cholesterol Omg	0
Sodium 50mg	2
Total Carbohydrate	24g 9 °
Dietary Fiber Og	0'
Total Sugars 11g	
Includes 9g Add	ed Sugars 18'
Protein 0g	
Vitamin D Omcg 0% -	Calcium 4mg 0
Iron Omg O% ·	Potassium 49mg 2
* The % Daily Value tells you a serving of food contribute calories a day is used for g	es to a daily diet. 2,000

Ingredients: Organic Tapioca Syrup, Organic Honey, Potassium Citrate, Salt, Organic Natural Flavor, Citric Acid, Water.





ENERGY GELS



Meet the original honey-powered gel.

Portable fuel made with organic honey for a quick burst of energy on-the-go.





STRAWBERRY KIWI



Nutriti	io	n F	ac	ts
Serving size		1Pa	cket	(31g
Amount per servir			10	0
			% Daily	Value
Total Fat 0g				09
Saturated Fat	0g			0°
Trans Fat Og				
Cholesterol 0m	ıg			0
Sodium 50mg				2
Total Carbohyd	rate	24g		9
Dietary Fiber (0g			0
Total Sugars 1	1g			
Includes 9g	Adde	d Sugar	S	189
Protein 0g				
Vitamin D Omcg (10/ -	Calc	ium 4r	na N
Iron Omg 0%	J /0			
iron umd 0%		rotass	ium 51	mg Z

Ingredients: Organic Tapioca Syrup, Organic Honey, Potassium Citrate, Salt, Citric Acid, Water, Organic Natural Flavor, Green Tea Concentrate.



