

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving
Serving Size 1 Square (50g)		<b>Total Fat</b> 7g	<b>11%</b>	<b>Cholesterol</b> 0mg	<b>0%</b>	Soluble Fiber 4g
Servings Per Container 1		Sat. Fat 1g	<b>5%</b>	<b>Sodium</b> 110mg	<b>5%</b>	Insoluble Fiber 1g
<b>Calories</b> 200		Trans Fat 0g		<b>Total Carb.</b> 29g	<b>10%</b>	Sugars 11g
Calories from Fat 60		Polyunsat. Fat 0.5g		Dietary Fiber 5g	<b>20%</b>	<b>Protein</b> 6g
		Monounsatur. Fat 4.5g				
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A	0%	Vitamin C	2%	Calcium 2% • Iron 6%

**INGREDIENTS:** ROLLED OATS, DATE PASTE, TAPIOCA SYRUP, PROTEIN BLEND (WHEY PROTEIN ISOLATE, DRIED EGG WHITES), EXPELLER PRESSED HIGH OLEIC SUNFLOWER OIL, INVERT SYRUP, WHITE CHOCOLATE CHIPS (SUGAR, COCOA BUTTER, WHOLE MILK, SOY LECITHIN [AN EMULSIFIER], VANILLA), PLUM PUREE, SOLUBLE CORN FIBER, MACADAMIA NUTS, VEGETABLE GLYCERINE, NATURAL PLANT STEROLS, INULIN, NATURAL FLAVORS, BAKING SODA, SOY LECITHIN (EMULSIFIER), SALT.

**CONTAINS EGG, MILK, SOY, COCONUT, MACADAMIA NUTS.** MADE ON EQUIPMENT THAT ALSO PROCESSES WHEAT, PEANUTS AND TREE NUTS. **MADE WITH NO GLUTEN-CONTAINING INGREDIENTS.** PROCESSED IN FACILITY THAT USES WHEAT, BARLEY OR RYE. **FOR MAXIMUM SHELF LIFE, STORE BELOW 75° F.** DISTRIBUTED BY: HEART BRAND FOODS, NEWPORT BEACH, CA 92663  
**CAUTION: IF HEATING IN THE MICROWAVE, BE SURE TO REMOVE HEARTBAR OATMEAL SQUARE FROM METALIZED WRAPPER.**

6g

PROTEIN

16g

WHOLE GRAIN

CORAZONAS®

HEARTBAR™

Oatmeal Squares

5g

FIBER

LOW

SODIUM

NON GMO

UD

WHITE CHOCOLATE MACADAMIA

NET WT 1.76OZ (50g)

8

15593 01025

7

MADE IN THE USA

DELICIOUS & NUTRITIOUS

We start with heart healthy ingredients, then blend and bake to create great tasting, good for you food. So good for you, it's proven to help lower cholesterol.\*

Visit us at [www.heartbrandfoods.com](http://www.heartbrandfoods.com) to learn more.

\* Foods containing at least 0.4g per serving of phytosterols, eaten twice a day with meals for a total daily intake of at least 0.8g, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of HEARTBAR Oatmeal Squares supplies 0.8g of phytosterols.