

## Nutrition Facts

Serving Size: about 1/4 Cup (28 g)  
Servings Per Container: 8

**Amount Per Serving**  
Calories 120                      Calories from Fat 80

	% Daily Value*
<b>Total Fat</b> 9 g	<b>14%</b>
Saturated Fat 2 g	<b>10%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 60 mg	<b>3%</b>
<b>Total Carbohydrate</b> 12 g	<b>4%</b>
Dietary Fiber 7 g	<b>28%</b>
Sugars 2 g	
<b>Protein</b> 3 g	<b>6%</b>

Vitamin A 0%                      •                      Vitamin C 0%  
Calcium 2%                      •                      Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending  
on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9                      •                      Carbohydrate 4                      •                      Protein 4

INGREDIENTS: ORGANIC SUNFLOWER SEEDS,  
ORGANIC SOLUBLE TAPIOCA FIBER, ORGANIC FLAX  
SEEDS, ORGANIC COCONUT, ORGANIC SESAME  
SEEDS, ORGANIC MULBERRIES, ORGANIC VANILLA  
BEAN FLAVOR, ORGANIC SEA SALT, ORGANIC  
STEVIA, ORGANIC GREEN TEA, ORGANIC TURMERIC.

CONTAINS COCONUT.

FORMULATED FOR AND DISTRIBUTED BY:

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**DR. MERCOLA®**  
PREMIUM NUTRITION



A fresh new twist on snacking,  
Organic Seed Clusters with Dried Mulberries  
is the perfect on-the-go snack for any  
time of day. It's the ideal choice for a  
quick and satisfying energy boost with  
only 2 g of sugar per serving.

Pack this blend of certified organic seeds,  
nuts, green tea, turmeric and sundried  
mulberries wherever your active  
lifestyle takes you!

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