

## Nutrition Facts

Serving Size: 1 bar (42g)  
Servings Per Container: 1

Amount Per Serving	
Calories 210	Calories from Fat 140
% Daily Value*	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 9g	45%
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 7g	28%
Sugars 6g	
<b>Protein</b> 9g	<b>18%</b>
Vitamin A	0%
Vitamin C	0%
Calcium	10%
Iron	0%

\* 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

**INGREDIENTS:** Milk Chocolate (Cocoa Liqueur, Cocoa Butter, Whole Milk Powder), Whey Protein Matrix (Whey Protein Concentrate, Sweet Whey, Medium Chain Triglycerides, Sunflower Lecithin, Luo Han, Natural Vanilla Bean, Guar Gum), Cocoa Butter, Coffee, Inulin.

**Contains:** Dairy and Lecithin (derived from sunflower seeds). Manufactured in the same facility as peanut containing products.

MANUFACTURED FOR:  
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40068-v500

DR. MERCOLA<sup>®</sup>  
**Whey Bar**

Premium Chocolate with Whey and Coffee

Only the finest quality ingredients!  
Premium Chocolate  
with Whey and Coffee

Net Wt. 42g (1.48 oz)

# Whey Bar

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Premium Chocolate with Whey and Coffee

**Whey Bar**

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