## **Nutrition Facts**

1 serving per container

1 cookie (60g) Serving size

Amount per serving Calories

220

% Da	ily Value
Total Fat 12g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Omega-3 (EPA + DHA) 2g	
Cholesterol 21mg	7%
Sodium 102mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 6g Added Sugars	12 %

## Protein 4a

Vit. D. 20mcg 100%	•	Calcium 14mg 1%
Iron 1mg 6%	•	Potas. 111mg 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.



Made with love by **Omega3 Innovations** Venice, FL 34292 USA omega3innovations.com



## BREAKFAST +

- As much omega-3 as a salmon dinner!
- No preservatives
- Gluten-free

Ingredients: Oats\*, orange juice, oat flour\*, semi-sweet chocolate chips (sugar, chocolate, cocoa butter, milk fat, soy lecithin, vanilla, milk), purified full-spectrum fish liver oil (Omega Cure®), egg whites, white rice flour\*, applesauce (apples, water, apple juice, ascorbic acid), honey, extra virgin olive oil, water, banana puree, vanilla extract, cinnamon, apple cider vinegar, beta glucan oat fiber\*, baking powder, xanthan, baking soda, vitamin D3. \*=Gluten-free

Eat within 10 days if kept at room temperature. Otherwise, store frozen, Call 941.485.4400