



BARUKAS[®]

THE HEALTHIEST NUTS IN THE WORLD

BEST ON CALORIES

Fewer fat calories than any
other popular nuts

TOP MICRONUTRIENTS

The only nuts offering
generous amounts of copper,
iron, potassium, and zinc



BEST ON PROTEIN

8g of protein with all
essential amino acids

ANTIOXIDANT POWER

Over 3x higher than the
most popular nuts

HIGHEST FIBER

More than any other nuts

BARUKAS®

ROASTED BARU NUTS

Barukas are packed with protein, fiber, and antioxidants
with fewer fat calories than any other nut.



Ingredients: Roasted Baru tree
nuts.

4.0 oz (113g)



Nutrition Facts

about 3 servings per container
Serving size 1/4 cup (30g)

Amount per serving
Calories 153

	% Daily Value*
Total Fat 9.5g	11%
Saturated Fat <1g	3%
Trans Fat 0g	
Cholesterol 1.5mg	<1%
Sodium 1.5mg	<1%
Total Carbohydrate 12.6g	<5%
Dietary Fiber 7g	24%
Total Sugars <1g	<1%
Includes 0g Added Sugars	0%

Protein 8g

Phosphorus 174mg <5% • Calcium 54mg 5%
Iron 1.5mg 8% • Potas. 286mg 9.5%
Magnesium 69mg 16% • Zinc 1.2mg 11%
Copper 369mcg 41% • Manganese 1.6mg 71%

*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.

Contains tree nuts. May contain shells. Product of Brazil
and Bolivia.

Produced in a facility that also processes peanuts and
other tree nuts.

Store in a cool, dry place away from direct sunlight.

8G

PROTEIN



100% VEGAN



SUSTAINABLE



WILD GROWN



GLUTEN-FREE

5G

FIBER

BARUKAS®

ROASTED BARU NUTS

The same supernut packed with protein, fiber, antioxidants,
and fewer fat calories with added salt for flavor!

WITH
SEA SALT



Ingredients: Roasted Baru tree
nuts, sea salt.

4.0 oz (113g)



Nutrition Facts

about 3 servings per container
Serving size 1/4 cup (30g)

Amount per serving
Calories 156

	% Daily Value*
Total Fat 9.5g	11%
Saturated Fat <1g	3%
Trans Fat 0g	
Cholesterol 1.5mg	<1%
Sodium 1.5mg	<1%
Total Carbohydrate 12.6g	<5%
Dietary Fiber 7g	24%
Total Sugars <1g	<1%
Includes 0g Added Sugars	0%

Protein 8g

Vitamin D 0mcg 0%	• Calcium 46mg 4%
Iron 1mg 6%	• Potas. 280mg 6%
Magnesium 66mg 15%	• Zinc 1mg 10%
Copper 0.4mg 45%	• Manganese 2mg 90%

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PROTEIN



100% VEGAN



SUSTAINABLE



WILD GROWN



GLUTEN-FREE



FIBER

BARUKAS®

ROASTED BARU NUTS

Barukas took the healthiest nuts in the world and coated them in a thin layer of organic dark chocolate with 70% cocoa.

WITH
70%
COCOA



Ingredients: Roasted Baru tree nuts, Cacau liquor, butter, powder, Stevia extract, Thaumatin, Guar Gum.

3.0 oz (85g)



Nutrition Facts

about 1.5 servings per container
Serving size 1/4 cup (30g)

Amount per serving
Calories 153

	% Daily Value*
Total Fat 11.9g	14.9%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 2.2mg	<1%
Sodium 2.5mg	<1%
Total Carbohydrate 7.1g	2.5%
Dietary Fiber 8.1g	127%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 5.2g	
Magnesium 38mg 9%	Calcium 54mg 5%
Iron 1.8mg 9%	Zinc 0.5mcg 5%
Potas. 286mg 9%	

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8G

PROTEIN



100% VEGAN



SUSTAINABLE



WILD GROWN



GLUTEN-FREE

5G

FIBER