

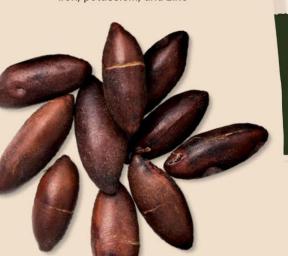
# THE HEALTHIEST NUTS IN THE WORLD

### 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 aminos

### ANTIOXIDANT POWER

Over 3x higher than the most popular nuts

### HIGHEST FIBER

More than any other nuts



# 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

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

ther tree nuts.

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



**PROTEIN** 



100% **VEGAN** 



SUSTAINABLE



**WILD GROWN** 



**GLUTEN-FREE** 



**FIBER** 



## ROASTED BARU NUTS

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





Ingredients: Roasted Baru tree nuts, sea salt.

4.0 oz (113g)



### **Nutrition Facts**

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

Calories

156

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**Total Fat** 9.5g **11%** 

Saturated Fat <1g

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 Og Added Sugars 0%

Protein 8g

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



**PROTEIN** 



100% **VEGAN** 



SUSTAINABLE



**WILD GROWN** 



**GLUTEN-FREE** 



**FIBER** 



### **ROASTED BARU NUTS**

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

70% COCOA





#### **Nutrition Facts**

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

Calories

153

25%

% Daily Value\*
Total Fat 11.9g 14.9%

Saturated Fat 5g

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%

\*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.

Produced in a facility that also processes peanuts and

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



3.0 oz (85g)





100% **VEGAN** 



SUSTAINABLE



**WILD GROWN** 



**GLUTEN-FREE** 



**FIBER**