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NUTRITION FACTS

Coconut Water Powder (organic)

Nutrition Facts			
Serving Size: 100 grams			
Servings Per Container: May Vary			
Amount Per Serving			
Calories: 380			
			% Daily Value*
Total Fat: 0 g			
Saturated Fat: 0 g			
Trans Fat: 0 g			
Cholesterol: 0 mg			
Sodium: 105 mg			
Total Carbohydrates: 93 g			
Dietary Fiber: 0 g			
Total Sugars: 14 g			
Protein: 0 g			
Vitamin D: 0 mcg			
Calcium: 80 mg			
Iron: 0.3 mg			
Potassium: 1320 mg			
Magnesium: 38.4 mg			
Phosphorus: 87.5 mg			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs			
	<u>Calories</u>	<u>2,000</u>	<u>2,500</u>
Total Fat	Less than	65g	80g
Saturated 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

September 12, 2020

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