



240 South Main St. Unit A
 South Hackensack, NJ, 07606
 201-457-1995
 www.africainports.com

NUTRITION FACTS

Betta Berries™ Antioxidant Blend

Nutrition Facts			
Serving Size: 100 grams			
Servings Per Container: May Vary			
Amount Per Serving			
Calories: 376		Calories from fat: 11.07	
		% Daily Value*	
Total Fat: 1.23 g			
Saturated Fat: 0.34 g			
Trans Fat: < 0.10 g			
Cholesterol: < 1.0 mg			
Sodium: 94.09 mg			
Carbohydrates: 87.92 g			
Dietary Fiber: 13.89 g			
Total Sugars: 16.60 g			
Protein: 3.31 g			
Vitamin D: < 0.2 mcg			
Calcium: 112.52 mg			
Iron: 4.12 mg			
Potassium: 679.28 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

December 19, 2020