

HARIF

Nutrition Facts

96 Servings

Amount Per Serving: 1 tsp

Calories	9.4
Total Fat	0.9 g
Saturated Fat	0.1 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.6 g
Cholesterol	0.0 mg
Sodium	24.5 mg
Potassium	12.7 mg
Total Carbohydrate	0.4 g
Dietary Fiber	0.1 g
Sugars	0.2 g
Protein	0.1 g
Vitamin A	0.7 %
Vitamin B-12	0.0 %
Vitamin B-6	0.6 %
Vitamin C	12.8 %
Vitamin D	0.0 %
Vitamin E	0.1 %
Calcium	0.2 %
Copper	0.3 %
Folate	0.2 %
Iron	0.3 %
Magnesium	0.3 %
Manganese	0.6 %
Niacin	0.2 %
Pantothenic Acid	0.0 %
Phosphorus	0.2 %
Riboflavin	0.2 %
Selenium	0.1 %
Thiamin	0.2 %
Zinc	0.1 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

Z'HUG

Nutrition Facts

48 Servings

Amount Per Serving: 2 tsp.

Calories	8.8
Total Fat	0.9 g
Saturated Fat	0.1 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.6 g
Cholesterol	0.0 mg
Sodium	48.6 mg
Potassium	11.0 mg
Total Carbohydrate	0.3 g
Dietary Fiber	0.1 g
Sugars	0.1 g
Protein	0.1 g
Vitamin A	1.2 %
Vitamin B-12	0.0 %
Vitamin B-6	1.0 %
Vitamin C	2.8 %
Vitamin D	0.0 %
Vitamin E	0.2 %
Calcium	0.1 %
Copper	0.3 %
Folate	0.5 %
Iron	0.4 %
Magnesium	0.2 %
Manganese	0.6 %
Niacin	0.3 %
Pantothenic Acid	0.1 %
Phosphorus	0.1 %
Riboflavin	0.2 %
Selenium	0.0 %
Thiamin	0.4 %
Zinc	0.1 %

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