

**MIRE BAR**  
 You Got It  
 @REDCONI

INGREDIENTS: Protein Blend (Beef Protein Isolate, Salmon Protein, Chicken Protein, Egg Albumin, Brown Rice Protein, Pea Protein), Carbohydrate Blend (Dehydrated Yam, Dehydrated Sweet Potato, Pea Starch, Coconut Water Powder, Dehydrated Buckwheat, Dehydrated Gof Berries, Maltodextrin, MCT Oil), Soy Protein Isolate, Maltitol, Palm Kernel Oil, Glycerin, Peanuts, Gluten Free Refined Oats, Whey Protein (from coating), Sorbitol, Water, Palm Oil, Brown Rice Flour, Chicory Root Fiber, Sugar, Soybean Oil, Natural Flavor, Sucralose, Sunflower Lecithin, Vanilla Powder, Mono & Diglycerides, Whey, Potassium Sorbate, Soy Lecithin, Beta Carotene, Vitamin A Palmitate, Natural Color and Almond.

Contains: Milk, Soy, Tree Nuts (Almond, Coconut), Peanut, Egg and Fish (Salmon).  
 Manufactured in a plant that processes products containing Wheat, Milk, Soy, Tree Nuts, Peanuts, Egg and Fish.



# MIRE BAR

Net Wt. 2.36 oz. (67g)

MEAL REPLACEMENT



REAL WHOLE FOOD SOURCES



20G OF PROTEIN

REAL WHOLE FOOD



BANANA NUT BREAD

With other natural flavors



**MIRE BAR**

## Nutrition Facts

1 Serving Per Container  
 Serving Size 1 Bar (67g)

Amount Per Serving  
**Calories 260**

% Daily Value\*

|                          |     |
|--------------------------|-----|
| Total Fat 9g             | 12% |
| Saturated Fat 5g         | 25% |
| Trans Fat 0g             |     |
| Polyunsaturated Fat 1g   |     |
| Monounsaturated Fat 3g   |     |
| Cholesterol 40mg         | 13% |
| Sodium 300mg             | 13% |
| Total Carbohydrate 29g   | 11% |
| Dietary Fiber 3g         | 11% |
| Total Sugars 6g          |     |
| Includes 5g Added Sugars | 10% |
| Protein 20g              | 40% |

|                |     |
|----------------|-----|
| Vitamin D 0mcg | 0%  |
| Calcium 290mg  | 20% |
| Iron 0.6mg     | 4%  |
| Potassium 90mg | 2%  |

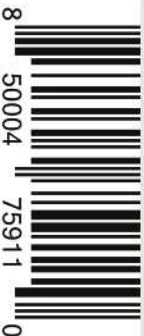
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

See inside flap for Ingredient list and allergen information.

**Notice:** Use this product as a food supplement only. Do not use for weight reduction.

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DISTRIBUTED BY: REDCONI, LLC

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Keep in a cool/dry place. See us at 158 BW #1 (3-30-23)