

Dates - Whole

Dates - Organic

Dates - Pitted

Dates - Organic Pitted

Date Rolls - Almond

Date Rolls - Coconut

Date Rolls - Pecan
Pumpkin Pie Spiced



Nutrition Facts	
About 9 servings per container	
Serving size 2 dates (46g)	
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 30g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.275mg	2%
Potassium 281mg	6%

*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.

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Nutrition Facts	
About 7 servings per container	
Serving size 2 dates (46g)	
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 30g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.275mg	2%
Potassium 281mg	6%

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Trans Fat 0g	
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Dietary Fiber 4g	14%
Total Sugars 30g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.275mg	2%
Potassium 281mg	6%

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Nutrition Facts	
About 17 servings per container	
Serving size 1 piece (20g)	
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	6%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 18mg	1%
Iron 0.180mg	1%
Potassium 140mg	3%

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Nutrition Facts	
About 17 servings per container	
Serving size 1 piece (20g)	
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	6%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 11mg	1%
Iron 0.140mg	1%
Potassium 140mg	3%

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Nutrition Facts	
About 17 servings per container	
Serving size 1 piece (20g)	
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	6%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 9mg	1%
Iron 0.230mg	2%
Potassium 120mg	3%

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INGREDIENTS: MEDJOO DATES
CAUTION: CONTAINS PITS
ALLERGY INFORMATION: PACKED ON SAME EQUIPMENT AS PRODUCTS THAT CONTAIN TREE NUTS.
50% More Potassium than Bananas*
*By weight (USDA National Database)

INGREDIENTS: ORGANIC MEDJOO DATES
CAUTION: CONTAINS PITS
ALLERGY INFORMATION: PACKED ON SAME EQUIPMENT AS PRODUCTS THAT CONTAIN TREE NUTS.
50% More Potassium than Bananas*
*By weight (USDA National Database)

INGREDIENTS: MEDJOO DATES
CAUTION: MAY CONTAIN AN OCCASIONAL PIT OR PIT FRAGMENT
ALLERGY INFORMATION: PACKED ON SAME EQUIPMENT AS PRODUCTS THAT CONTAIN TREE NUTS.
50% More Potassium than Bananas*
*By weight (USDA National Database)

INGREDIENTS: ORGANIC MEDJOO DATES
CAUTION: MAY CONTAIN AN OCCASIONAL PIT OR PIT FRAGMENT
ALLERGY INFORMATION: PACKED ON SAME EQUIPMENT AS PRODUCTS THAT CONTAIN TREE NUTS.
50% More Potassium than Bananas*
*By weight (USDA National Database)

INGREDIENTS: DATES, ALMONDS
ALLERGEN WARNING: CONTAINS TREE NUTS: ALMONDS
CAUTION: MAY CONTAIN AN OCCASIONAL PIT OR PIT FRAGMENT.

INGREDIENTS: DATES, COCONUT
ALLERGEN WARNING: CONTAINS TREE NUTS: COCONUT
CAUTION: MAY CONTAIN AN OCCASIONAL PIT OR PIT FRAGMENT.

INGREDIENTS: DATES, PECANS, PUMPKIN PIE SPICE (CINNAMON, NUTMEG, GINGER, ALLSPICE)
CONTAINS: TREE NUTS (PECANS).
ALLERGY INFORMATION: PACKED ON SAME EQUIPMENT AS PRODUCTS THAT CONTAIN TREE NUTS.
CAUTION: MAY CONTAIN AN OCCASIONAL PIT OR PIT FRAGMENT.

