

### Nutrition Facts

Natural Cacao Powder (100% Raw Cacao)	
Serving Size 100g	
Calories 228	
% Daily Value*	
<b>Total Fat</b> 13.7g	21%
Saturated Fat 8.07g	40%
<b>Cholesterol</b> 0mg	~%
<b>Sodium</b> 21mg	1%
<b>Total Carbohydrate</b> 57.9g	19%
Dietary Fiber 37g	148%
Sugar 1.8g	~
<b>Protein</b> 19.6g	~
Vitamin A ~%	• Vitamin C ~%
Calcium 13%	• Iron 77%

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

Vitamins	%DV
<b>Vitamin A</b> 0IU	~%
Retinol equivalents 0µg	~
Retinol 0µg	~
Alpha-carotene 0µg	~
Beta-carotene 0µg	~
Beta-cryptoxanthin 0µg	~
<b>Vitamin C</b> 0mg	~%
<b>Vitamin D</b> 0IU (0µg)	~%
D2 Ergocalciferol ~IU (~µg)	
D3 Cholecalciferol ~IU (~µg)	
<b>Vitamin E</b> 0.1mg	0%
<b>Vitamin K</b> 2.5µg	3%
K1 - Dihydrophyloquinone ~µg	~
K2 - Menaquinone-4 ~µg	~
<b>Vitamin B12</b> 0µg	~%
<b>Thiamin</b> 0.078mg	5%
<b>Riboflavin</b> 0.241mg	14%
<b>Niacin</b> 2.185mg	11%
<b>Pantothenic acid</b> 0.254mg	3%
<b>Vitamin B6</b> 0.118mg	6%
<b>Folate</b> 32µg	8%
Folic Acid 0µg	~
Food Folate 32µg	~
Dietary Folate Equivalents 32µg	~
<b>Choline</b> 12mg	~
<b>Lycopene</b> 0µg	~
<b>Lutein+zeaxanthin</b> 38µg	~

### Nutrition Facts

Natural Cacao Powder (100% Raw Cacao)	
Serving Size 86g	
Calories 196	
% Daily Value*	
<b>Total Fat</b> 11.78g	18%
Saturated Fat 6.94g	35%
<b>Cholesterol</b> 0mg	~%
<b>Sodium</b> 18mg	1%
<b>Total Carbohydrate</b> 49.8g	17%
Dietary Fiber 31.8g	127%
Sugar 1.5g	~
<b>Protein</b> 16.9g	~
Vitamin A ~%	• Vitamin C ~%
Calcium 11%	• Iron 66%

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

Vitamins	%DV
<b>Vitamin A</b> 0IU	~%
Retinol equivalents 0µg	~
Retinol 0µg	~
Alpha-carotene 0µg	~
Beta-carotene 0µg	~
Beta-cryptoxanthin 0µg	~
<b>Vitamin C</b> 0mg	~%
<b>Vitamin D</b> 0IU (0µg)	~%
D2 Ergocalciferol ~IU (~µg)	
D3 Cholecalciferol ~IU (~µg)	
<b>Vitamin E</b> 0.09mg	0%
<b>Vitamin K</b> 2.15µg	3%
K1 - Dihydrophyloquinone ~µg	~
K2 - Menaquinone-4 ~µg	~
<b>Vitamin B12</b> 0µg	~%
<b>Thiamin</b> 0.067mg	4%
<b>Riboflavin</b> 0.207mg	12%
<b>Niacin</b> 1.879mg	9%
<b>Pantothenic acid</b> 0.218mg	2%
<b>Vitamin B6</b> 0.101mg	5%
<b>Folate</b> 27.52µg	7%
Folic Acid 0µg	~
Food Folate 27.52µg	~
Dietary Folate Equivalents 27.52µg	~
<b>Choline</b> 10.32mg	~
<b>Lycopene</b> 0µg	~
<b>Lutein+zeaxanthin</b> 32.68µg	~

### Nutrition Facts

Natural Cacao Powder (100% Raw Cacao)	
Serving Size 5g	
Calories 11	
% Daily Value*	
<b>Total Fat</b> 0.69g	1%
Saturated Fat 0.404g	2%
<b>Cholesterol</b> 0mg	~%
<b>Sodium</b> 1mg	0%
<b>Total Carbohydrate</b> 2.9g	1%
Dietary Fiber 1.9g	8%
Sugar 0.1g	~
<b>Protein</b> 1g	~
Vitamin A ~%	• Vitamin C ~%
Calcium 1%	• Iron 4%

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

Vitamins	%DV
<b>Vitamin A</b> 0IU	~%
Retinol equivalents 0µg	~
Retinol 0µg	~
Alpha-carotene 0µg	~
Beta-carotene 0µg	~
Beta-cryptoxanthin 0µg	~
<b>Vitamin C</b> 0mg	~%
<b>Vitamin D</b> 0IU (0µg)	~%
D2 Ergocalciferol ~IU (~µg)	
D3 Cholecalciferol ~IU (~µg)	
<b>Vitamin E</b> 0.01mg	0%
<b>Vitamin K</b> 0.13µg	0%
K1 - Dihydrophyloquinone ~µg	~
K2 - Menaquinone-4 ~µg	~
<b>Vitamin B12</b> 0µg	~%
<b>Thiamin</b> 0.004mg	0%
<b>Riboflavin</b> 0.012mg	1%
<b>Niacin</b> 0.109mg	1%
<b>Pantothenic acid</b> 0.013mg	0%
<b>Vitamin B6</b> 0.006mg	0%
<b>Folate</b> 1.6µg	0%
Folic Acid 0µg	~
Food Folate 1.6µg	~
Dietary Folate Equivalents 1.6µg	~
<b>Choline</b> 0.6mg	~
<b>Lycopene</b> 0µg	~
<b>Lutein+zeaxanthin</b> 1.9µg	~

Minerals	%DV
Calcium 128mg	13%
Iron 13.86mg	77%
Magnesium 499mg	125%
Phosphorus 734mg	73%
Sodium 21mg	1%
Potassium 1524mg	44%
Zinc 6.81mg	45%
Copper 3.788mg	189%
Manganese 3.837mg	192%
Selenium 14.3µg	20%
Water 3g	~
Ash 5.8g	~

Fatty Acids	
Omega 3 to Omega 6 Ratio	0
Omega 6 to Omega 3 Ratio	~
Total Omega 3s	0mg
18D3 Linolenic	0mg
18D3CN3 Alpha Linolenic(ALA)	~mg
18D4 Stearidonic (SDA)	0mg
20D3N3 Eicosatrienoic	~mg
20D5 Eicosapentaenoic(EPA)	0mg
22D5 Docosapentaenoic(DPA)	0mg
22D6 Docosahexaenoic(DHA)	0mg
Total Omega 6s	440mg
18D2	440mg
18D2CN6 Linoleic(LA)	~mg
18D2CLA Conjugated Linoleic(CLA)	~mg
18D3CN6 Gamma-linolenic (GLA)	~mg
20D2CN6 Eicosadienoic	~mg
20D3N6 Di-homo-gamma-linolenic (DGLA)	~mg
20D4N6 Arachidonic (AA)	~mg
22D4 Adrenic (AA)	~mg

Essential Amino Acids	%RDI
Tryptophan 293mg	105%
Histidine 339mg	48%
Threonine 776mg	74%
Isoleucine 760mg	54%
Leucine 1189mg	44%
Lysine 983mg	47%
Methionine 202mg	28%
Cystine 239mg	83%
Phenylalanine 941mg	108%
Tyrosine 735mg	84%
Valine 1177mg	65%

Minerals	%DV
Calcium 110.08mg	11%
Iron 11.92mg	66%
Magnesium 429.14mg	107%
Phosphorus 631.24mg	63%
Sodium 18mg	1%
Potassium 1310.64mg	37%
Zinc 5.86mg	39%
Copper 3.258mg	163%
Manganese 3.3mg	165%
Selenium 12.3µg	18%
Water 2.58g	~
Ash 4.99g	~

Fatty Acids	
Omega 3 to Omega 6 Ratio	0
Omega 6 to Omega 3 Ratio	~
Total Omega 3s	0mg
18D3 Linolenic	0mg
18D3CN3 Alpha Linolenic(ALA)	~mg
18D4 Stearidonic (SDA)	0mg
20D3N3 Eicosatrienoic	~mg
20D5 Eicosapentaenoic(EPA)	0mg
22D5 Docosapentaenoic(DPA)	0mg
22D6 Docosahexaenoic(DHA)	0mg
Total Omega 6s	378mg
18D2	378mg
18D2CN6 Linoleic(LA)	~mg
18D2CLA Conjugated Linoleic(CLA)	~mg
18D3CN6 Gamma-linolenic (GLA)	~mg
20D2CN6 Eicosadienoic	~mg
20D3N6 Di-homo-gamma-linolenic (DGLA)	~mg
20D4N6 Arachidonic (AA)	~mg
22D4 Adrenic (AA)	~mg

Essential Amino Acids	%RDI
Tryptophan 252mg	90%
Histidine 292mg	42%
Threonine 667mg	64%
Isoleucine 654mg	47%
Leucine 1023mg	37%
Lysine 845mg	40%
Methionine 174mg	24%
Cystine 206mg	72%
Phenylalanine 809mg	92%
Tyrosine 632mg	72%
Valine 1012mg	56%

Minerals	%DV
Calcium 6.4mg	1%
Iron 0.69mg	4%
Magnesium 24.95mg	6%
Phosphorus 36.7mg	4%
Sodium 1mg	0%
Potassium 76.2mg	2%
Zinc 0.34mg	2%
Copper 0.189mg	9%
Manganese 0.192mg	10%
Selenium 0.72µg	1%
Water 0.15g	~
Ash 0.29g	~

Fatty Acids	
Omega 3 to Omega 6 Ratio	0
Omega 6 to Omega 3 Ratio	~
Total Omega 3s	0mg
18D3 Linolenic	0mg
18D3CN3 Alpha Linolenic(ALA)	~mg
18D4 Stearidonic (SDA)	0mg
20D3N3 Eicosatrienoic	~mg
20D5 Eicosapentaenoic(EPA)	0mg
22D5 Docosapentaenoic(DPA)	0mg
22D6 Docosahexaenoic(DHA)	0mg
Total Omega 6s	22mg
18D2	22mg
18D2CN6 Linoleic(LA)	~mg
18D2CLA Conjugated Linoleic(CLA)	~mg
18D3CN6 Gamma-linolenic (GLA)	~mg
20D2CN6 Eicosadienoic	~mg
20D3N6 Di-homo-gamma-linolenic (DGLA)	~mg
20D4N6 Arachidonic (AA)	~mg
22D4 Adrenic (AA)	~mg

Essential Amino Acids	%RDI
Tryptophan 15mg	5%
Histidine 17mg	2%
Threonine 39mg	4%
Isoleucine 38mg	3%
Leucine 59mg	2%
Lysine 49mg	2%
Methionine 10mg	1%
Cystine 12mg	4%
Phenylalanine 47mg	5%
Tyrosine 37mg	4%
Valine 59mg	3%

More Amino Acids	
Arginine	1111mg
Alanine	904mg
Aspartic Acid	1953mg
Glutamic Acid	2948mg
Glycine	879mg
Proline	838mg
Serine	846mg
Hydroxyproline	~mg

More Amino Acids	
Arginine	955mg
Alanine	777mg
Aspartic Acid	1680mg
Glutamic Acid	2535mg
Glycine	756mg
Proline	721mg
Serine	728mg
Hydroxyproline	~mg

More Amino Acids	
Arginine	56mg
Alanine	45mg
Aspartic Acid	98mg
Glutamic Acid	147mg
Glycine	44mg
Proline	42mg
Serine	42mg
Hydroxyproline	~mg

Stats	
Percent of Daily Calorie Target (2000 calories)	11.4%
Percent Water Composition	3%
Protein to Carb Ratio (g/g)	0.34

Stats	
Percent of Daily Calorie Target (2000 calories)	9.8%
Percent Water Composition	3%
Protein to Carb Ratio (g/g)	0.34

Stats	
Percent of Daily Calorie Target (2000 calories)	0.55%
Percent Water Composition	3%
Protein to Carb Ratio (g/g)	0.34

