

Nutrition Labels

Nutrition Facts

Serving Size: 2 fl oz (60 mL) Conc.
Servings Per Container: 6

Amount Per Serving		
Calories 120		
		% Daily Value*
Total Fat	0g	0%
Sodium	15mg	1%
Potassium	280mg	8%
Total Carbohydrate	29g	10%
Sugars 26g		
Protein	0g	
Vitamin C 120%		

Not a significant source of Calories From Fat, Saturated Fat, Trans Fat, Cholesterol, Dietary Fiber, Vitamin A, Calcium, and Iron

* Percent Daily Values are based on a 2,000 calorie diet

Nutrition Facts

Serving Size 1/2 cup (31g)
Servings Per Container 20

Amount Per Serving		
Calories 160		Calories from Fat 100
		% Daily Value*
Total Fat	11g	17%
Saturated Fat 2g		10%
Trans Fat 0g		
Cholesterol	0mg	0%
Sodium	530mg	22%
Total Carbohydrate	15g	5%
Dietary Fiber 1g		4%
Sugars 0g		
Protein 2g		
Vitamin A 2%		Vitamin C 0%
Calcium 0%		Iron 8%

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

	Calories:	2,000	2,500
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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

(1) Apple Juice

(2) Cheez-It Crackers

Nutrition Facts

Serving Size 8 fl. oz. (240 mL)
Servings Per Container 7

Amount Per Serving		
Calories 110		Calories from Fat 0
		% Daily Value*
Total Fat	0g	0%
Sodium	0mg	0%
Potassium	450mg	13%
Total Carbohydrate	26g	9%
Sugars 22g		
Protein 2g		
Calcium 2% • Iron 0% • Vitamin C 120%		
Niacin 4% • Thiamine 10%		
Vitamin B6 6% • Folate 15%		

Not a significant source of calories from fat, trans fat, saturated fat, cholesterol, dietary fiber, vitamin A and iron. Percent Daily Values are based on a 2,000 calorie diet.

(3) Orange Juice

Nutrition Facts

Serving Size 1 Bottle (20fl. oz.)

Amount Per Serving		
Calories 0		
		% Daily Value*
Total Fat	0g	0%
Sodium	0mg	0%
Total Carbohydrate	0g	0%
Sugars 0g		
Protein 0g		

*Percent Daily Values are based on a 2,000 calorie diet.

(4) Bottled Water

<table border="1"> <thead> <tr> <th>Nutrition Facts</th> <th>Amount/Serving</th> <th>% DV*</th> </tr> </thead> <tbody> <tr> <td></td> <td>Total Fat 0g</td> <td>0%</td> </tr> <tr> <td></td> <td>Sodium 0mg</td> <td>0%</td> </tr> <tr> <td>Serving Size 2 pieces (3g)</td> <td>Total Carb. 2g</td> <td>1%</td> </tr> <tr> <td></td> <td>Sugars 0g</td> <td></td> </tr> <tr> <td>Calories 5</td> <td>Sugar Alcohol 2g</td> <td></td> </tr> <tr> <td></td> <td>Protein 0g</td> <td></td> </tr> </tbody> </table> <p>*Percent Daily Values (DV) are based on a 2,000 calorie diet.</p> <p>Not a significant source of other nutrients.</p>	Nutrition Facts	Amount/Serving	% DV*		Total Fat 0g	0%		Sodium 0mg	0%	Serving Size 2 pieces (3g)	Total Carb. 2g	1%		Sugars 0g		Calories 5	Sugar Alcohol 2g			Protein 0g		<div style="border: 1px solid black; padding: 5px;"> <h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">Serving Size 4 oz. (113g) Servings per container 40</p> <hr/> <p style="margin: 0;">Amount Per Serving</p> <hr/> <p style="margin: 0;">Calories 0</p> <hr/> <p style="margin: 0; text-align: right;">% Daily Value*</p> <hr/> <p style="margin: 0;">Total Fat 0g 0%</p> <hr/> <p style="margin: 0;">Sodium 0mg 0%</p> <hr/> <p style="margin: 0;">Total Carbohydrate 0g 0%</p> <hr/> <p style="margin: 0;">Sugars 0g</p> <hr/> <p style="margin: 0;">Protein 0g</p> <hr/> <p style="margin: 0; font-size: small;">Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, Vitamin A, Vitamin C, calcium or iron.</p> <p style="margin: 0; font-size: x-small;">*Percent Daily Values are based on a 2,000 calorie diet.</p> <p style="margin: 0;">INGREDIENT: PURIFIED WATER</p> </div>
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(5) Mints	(6) Seltzer Water (Carbon-Dioxide Bubbles)
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<div style="border: 1px solid black; padding: 5px;"> <h3 style="margin: 0;">Supplement Facts</h3> <p style="margin: 0;">Serving Size 1 tablet</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Amount Per Tablet</th> <th style="text-align: left;">% Daily Value</th> </tr> </thead> <tbody> <tr> <td>Vitamin A 3,000 I.U.</td> <td>60%</td> </tr> <tr> <td>Vitamin C 60 mg</td> <td>100%</td> </tr> <tr> <td>Vitamin D3 400 I.U.</td> <td>100%</td> </tr> <tr> <td>Vitamin E 30 I.U.</td> <td>100%</td> </tr> <tr> <td>Thiamin 1.5 mg</td> <td>100%</td> </tr> <tr> <td>Riboflavin 1.7 mg</td> <td>100%</td> </tr> <tr> <td>Niacin 20 mg</td> <td>100%</td> </tr> <tr> <td>Vitamin B6 2 mg</td> <td>100%</td> </tr> <tr> <td>Folic Acid 400 mcg</td> <td>100%</td> </tr> <tr> <td>Vitamin B12 6 mcg</td> <td>100%</td> </tr> <tr> <td>Pantothenic Acid 10 mg</td> <td>100%</td> </tr> <tr> <td>Calcium 450 mg</td> <td>45%</td> </tr> <tr> <td>Iron 18 mg</td> <td>100%</td> </tr> <tr> <td>Zinc 15 mg</td> <td>100%</td> </tr> </tbody> </table> </div>	Amount Per Tablet	% Daily Value	Vitamin A 3,000 I.U.	60%	Vitamin C 60 mg	100%	Vitamin D3 400 I.U.	100%	Vitamin E 30 I.U.	100%	Thiamin 1.5 mg	100%	Riboflavin 1.7 mg	100%	Niacin 20 mg	100%	Vitamin B6 2 mg	100%	Folic Acid 400 mcg	100%	Vitamin B12 6 mcg	100%	Pantothenic Acid 10 mg	100%	Calcium 450 mg	45%	Iron 18 mg	100%	Zinc 15 mg	100%	<div style="border: 1px solid black; padding: 5px;"> <h3 style="margin: 0;">GUARANTEED ANALYSIS</h3> <p style="margin: 0; text-align: right;">8-4-8 Plus Minors</p> <table style="width: 100%; font-size: small;"> <tbody> <tr> <td>Total Nitrogen (N).....</td> <td style="text-align: right;">8.0%</td> </tr> <tr> <td> 5.56% Ammoniacal Nitrogen</td> <td></td> </tr> <tr> <td> 2.44% Urea Nitrogen*</td> <td></td> </tr> <tr> <td>Available Phosphate (P₂O₅).....</td> <td style="text-align: right;">4.0%</td> </tr> <tr> <td>Soluble Potash (K₂O).....</td> <td style="text-align: right;">8.0%</td> </tr> <tr> <td>Total Magnesium (Mg).....</td> <td style="text-align: right;">1.2%</td> </tr> <tr> <td> 1.2% Water Soluble Magnesium (Mg)</td> <td></td> </tr> <tr> <td>Sulfur (S).....</td> <td style="text-align: right;">7.0%</td> </tr> <tr> <td> 7.0% Combined Sulfur (S)</td> <td></td> </tr> <tr> <td>Boron (B).....</td> <td style="text-align: right;">0.02%</td> </tr> <tr> <td>Total Copper (Cu).....</td> <td style="text-align: right;">0.05%</td> </tr> <tr> <td> 0.01% Water Soluble Copper (Cu)</td> <td></td> </tr> <tr> <td>Total Iron (Fe).....</td> <td style="text-align: right;">1.5%</td> </tr> <tr> <td> 0.1% Water Soluble Iron (Fe)</td> <td></td> </tr> <tr> <td>Total Manganese (Mn).....</td> <td style="text-align: right;">1.4%</td> </tr> <tr> <td> 0.01% Water Soluble Manganese (Mn)</td> <td></td> </tr> <tr> <td>Molybdenum (Mo).....</td> <td style="text-align: right;">0.0005%</td> </tr> <tr> <td>Total Zinc (Zn).....</td> <td style="text-align: right;">0.05%</td> </tr> <tr> <td> 0.01% Water Soluble Zinc (Zn)</td> <td></td> </tr> </tbody> </table> <p style="margin: 0; font-size: x-small;">Derived from: Polymer-coated Urea, Urea, Diammonium Phosphate, Sulfate of Potash Magnesia, Muriate of Potash, Sodium Borate, Copper Sulfate, Copper Oxide, Ferrous Sulfate, Ferric Oxide, Manganese Sulfate, Manganese Oxide, Molybdc Oxide, Zinc Sulfate and Zinc Oxide.</p> <p style="margin: 0; font-size: x-small;">*Contains 2.1% slowly available nitrogen from coated urea.</p> <p style="margin: 0; text-align: right; font-weight: bold; font-size: small;">F1074</p> </div>	Total Nitrogen (N).....	8.0%	5.56% Ammoniacal Nitrogen		2.44% Urea Nitrogen*		Available Phosphate (P ₂ O ₅).....	4.0%	Soluble Potash (K ₂ O).....	8.0%	Total Magnesium (Mg).....	1.2%	1.2% Water Soluble Magnesium (Mg)		Sulfur (S).....	7.0%	7.0% Combined Sulfur (S)		Boron (B).....	0.02%	Total Copper (Cu).....	0.05%	0.01% Water Soluble Copper (Cu)		Total Iron (Fe).....	1.5%	0.1% Water Soluble Iron (Fe)		Total Manganese (Mn).....	1.4%	0.01% Water Soluble Manganese (Mn)		Molybdenum (Mo).....	0.0005%	Total Zinc (Zn).....	0.05%	0.01% Water Soluble Zinc (Zn)	
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(7) Multivitamins with Minerals	(8) Plant Food (Fertilizer)
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Nutrition Facts

Serving Size 1 Packet (3.5g)

Amount Per Serving

Calories 15

% Daily Value*

Total Fat 0g **0%**

Sodium 0mg **0%**

Total Carbohydrate 4g **1%**

Sugars 4g

Protein 0g

*Percent Daily Values are based on a 2,000 calorie diet.

(9) Sugar Packet

Nutrition Facts

Serving Size: ¼ tsp (1.5g)

Servings Per Container: 302

Amounts Per Serving

Calories 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 570mg **24%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

(10) Salt Packet