

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

Nutrition Facts	Amount/Serving	% DV*
	Total Fat 0g	0%
	Sodium 0mg	0%
	Total Carb. 2g	1%
	Sugars 0g	
	Sugar Alcohol 2g	
	Protein 0g	

Serving Size 2 pieces (3g)

Calories 5

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

Not a significant source of other nutrients.

Nutrition Facts	
Serving Size 4 oz. (113g)	
Servings per container 40	
Amount Per Serving	
Calories 0	
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Sugars 0g	
Protein 0g	

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, Vitamin A, Vitamin C, calcium or iron.

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

INGREDIENT: PURIFIED WATER

(5) Mints

**(6) Seltzer Water
(Carbon-Dioxide Bubbles)**

Supplement Facts	
Serving Size 1 tablet	
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%

GUARANTEED ANALYSIS	8-4-8 Plus Minors
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)	

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.

*Contains 2.1% slowly available nitrogen from coated urea.

F1074

(7) Multivitamins with Minerals

**(8) Plant Food
(Fertilizer)**

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