

ESME + SITA

ORGANIC HONEY SEED BARS

Organic Honey and Seed snack bars with unique flavour twist. Kitchen-crafted delicious, crunchy, chewy, snack bars – packed with organic pumpkin, sunflower and sesame seeds, organic honey and a warming spice kick at the end, available in three flavours, Honey and Turmeric, Honey and Moringa and Honey and Ginger. Preservative free.



CHOLESTEROL
FREE

SANS
CHOLESTÉROL

SOURCE
OF IRON &
FOLATE

SOURCE DE
FER ET D'ACIDE
FOLIQUE

SOURCE
OF IRON &
FOLATE

SOURCE DE
FER ET D'ACIDE
FOLIQUE

SOURCE
OF FIBRE

SOURCE DE
FIBRES

GOOD
SOURCE OF
VITAMIN E

BONNE
SOURCE DE
VITAMINE E

WWW.ESMEANDSITA.COM

Allergen Alert: contains Sesame seeds and Sunflower seeds.
May contain Peanuts and other tree nuts.

ESME + SITA

Wholesome Generation Lifestyles Ltd.
info@wholesomegenerationlifestyles.com
Tel: 647-210-2782

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100% NATURAL



Nutrition Facts	
Valeur nutritive	
Per 1 bar (40 g) pour 1 barre (40 g)	
Calories 210	% Daily Value*
Fat / Lipides 13 g	17 %
Saturated / saturés 1.5 g	
+ Trans / trans 0 g	8 %
Carbohydrate / Glucides 20 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 13 g	13 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	
Sodium 15 mg	1 %
Potassium 175 mg	4 %
Calcium 30 mg	2 %
Iron / Fer 1.75 mg	10 %
*5% or less is a little. 15% or more is a lot. *5% ou moins c'est peu. 15% ou plus c'est beaucoup	



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Potassium 175 mg	4 %
Calcium 40 mg	3 %
Iron / Fer 2 mg	11 %
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