

All Natural Tubs - Revised 6/5/14

PRODUCT NAME	ORGANIC PEPITAS RAW
JLM PRODUCT #	523123
INGREDIENTS:	Raw Shelled Pumpkin Seeds
UPC:	094776138975
WEIGHT:	8oz (226.4g)
COUNTRY OF ORIGIN:	CHINA
SHELF LIFE:	365 Days
CERTIFIED ORGANIC:	Certified Organic by ECOCERT ICO



NUTRITIONAL INFORMATION		
SERVING SIZE	1 oz (28g)	
SERVINGS PER PACKAGE	8	
CALORIES	151	
CALORIES FROM FAT	107	
TOTAL FAT	13g	20%
SATURATED FAT	2g	12%
TRANS FAT	0g	
CHOLESTEROL	0mg	0%
SODIUM	5mg	0%
TOTAL CARBOHYDRATES	5g	2%
FIBER	1g	4%
SUGARS	0g	
PROTEIN	7g	
VITAMIN A		2%
VITAMIN C		1%
IRON		15%
CALCIUM		1%

*PERCENT DAILY VALUES ARE BASED ON A 2000 DIET.