



Lotta Naturally Good Pops

Nutrition Facts	
Serving Size 1 Pop (57g)	
Servings Per Container 20	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	
Sugars 8g	
Protein 0g	
Vitamin A 0%	• Vitamin C 10%
Calcium 0%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400m
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

POP INGREDIENTS:

CHERRY: WATER, SUGAR, CORN SYRUP, CONCENTRATED PEAR AND CHERRY JUICES, CITRIC ACID, GUAR GUM, NATURAL FLAVORS, ASCORBIC ACID (VITAMIN C), NATURAL VEGETABLE BLUE COLOR (BLACK CARROT JUICE).

GRAPE: WATER, SUGAR, CORN SYRUP, CONCENTRATED PEAR AND GRAPE JUICES, CITRIC ACID, GUAR GUM, NATURAL FLAVORS, ASCORBIC ACID (VITAMIN C), NATURAL VEGETABLE BLUE COLOR (BLACK CARROT JUICE).

ORANGE: WATER, SUGAR, CORN SYRUP, CONCENTRATED PEAR AND ORANGE JUICES, CITRIC ACID, GUAR GUM, NATURAL FLAVORS, ASCORBIC ACID (VITAMIN C), BETA CAROTENE.

CONTAINS 15% JUICE