

## PRODUCT INFO

# IT'S ESSENTIAL<sup>®</sup> {DARK CHOCOLATE BERRY} WEIGHT LOSS ENERGY BARS

Includes 10 weight loss energy bars

Satisfy your sweet tooth and support your weight loss goals with this nutritious treat filled with the dietary fiber of powerful ancient grains plus plant-derived protein, all in a delicious dark chocolate berry snack.

- Supercharge your weight loss results
- Curb appetite and cut cravings
- Loaded with SolaGrain<sup>®</sup>, a plant-derived protein and fiber that promotes digestive health
- Delicious dark chocolate berry flavor
- 170 calories per bar



## NUTRITION FACTS

Nutrition Facts	
Serving Size 1.59 oz. (45g)	
Amount Per Serving	
<b>Calories</b> 170	Calories from fat 60
%	
Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Potassium</b> 100mg	<b>3%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 11g	
<b>Protein</b> 10g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet.	

## INGREDIENTS

Brown rice syrup, soy crisp (soy protein isolate, tapioca starch, salt), SolaGrain<sup>®</sup> (soy protein isolate, oat fiber, soy hull fiber, psyllium, maltodextrin, flax fiber, beet fiber, flax protein, cellulose, guar gum), organic coconut oil, inulin (Jerusalem artichoke), almond butter, dehydrated pineapples, organic chocolate chips (organic sugar, organic chocolate liquor, organic cocoa butter, soy lecithin (an emulsifier), organic vanilla), soy protein isolate, arabic gum, natural flavour, chocolate liquor, organic quinoa flour, dehydrated apricot, cocoa nibs, milled flax seed, dehydrated goji berry, malic acid, mixed tocopherols.

**Contains:** Almond, soybeans.

This product is manufactured in a facility that uses peanuts, milk, tree nuts, wheat and eggs.

## DIRECTIONS

Have two bars a day as a nutritious snack between meals. Eat one between breakfast and lunch and one between lunch and dinner.

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## FREQUENTLY ASKED QUESTIONS

### What is It's Essential?

It's Essential is a weight loss energy bar that is loaded with plant-derived protein and powerful ancient grains in a delicious dark chocolate berry flavor that will supercharge your weight loss results!

### Is It's Essential a meal replacement bar?

It's Essential is a convenient, nutritious snack for in between meals or when you're on the go!

### What are the health benefits of It's Essential?

It's Essential bars contain a new, cutting-edge ingredient, SolaGrain<sup>®</sup>, that packs each bar with plant-derived protein and dietary fiber to promote digestive health. It's Essential bars are only 170 calories per bar!

### How many can I eat a day?

We recommend two bars a day as a nutritious snack between meals. Consume as part of a nutritious, varied, and well-balanced diet along with a healthy lifestyle.

### Can my children eat It's Essential bars?

All It Works! products are recommended only for adults 18 years old or older.

### Can I take It's Essential if I am pregnant or nursing?

We suggest that you consult your physician prior to using any of our products if you are pregnant or nursing.

