



# ENERGY BARS: Ingredient Lists, Nutrition Facts, and Allergen Statements

Honey Stinger Inc. 🍯 735 Oak St. Steamboat Springs, CO. 80477 📞 1.866.464.6639 🌐 www.honeystinger.com

Apple Cinnamon™

**Ingredients:** Honey Stinger™ (Honey, Sea Salt, Water); **Honey Stinger™ Apple Cranberry Fruit Smoothie Blend** (Apple Bits, Cranberry Bits & Honey); **Rolled Whole Oats**; **Soy Nuggets** (Soy Protein Isolate, Rice Flour, Malt, Salt); **Coating** [Sugar, Palm Kernel Oil, Yogurt Powder (Cultured Whey Protein Concentrate, Cultured Skim Milk and Yogurt Culture), Non-Fat Dry Milk Solids, Soya Lecithin (an emulsifier), and Natural Flavor]; **Soy Protein Isolate**; **Vitamins & Minerals** [Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), Alpha-tocopherol Acetate (Vit E), Biotin, Zinc Oxide, Niacin, Ferrous Fumarate (Iron), Molybdenum Glycinate, Calcium Pantothenate, Copper, Manganese, Beta Carotene (Vit A), Selenium, Pyridoxine (B6), Riboflavin (B2), Thiamine (B1), Chromium, Cyanocobalamin (B12), Folic Acid, Potassium Iodine]; **Soy Nuts & Natural Flavors.**

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b> 3g		3g	5%	<b>Sodium</b> 160mg	160mg	7%	Fiber 1g
Sat Fat 1.5g		1.5g	8%	Potassium 130mg	130mg	4%	Sugars 20g
Trans Fat 0g		0g		<b>Total Carb</b> 28g	28g	9%	Other Carb 7g
Monounsaturat Fat 0.5g		0.5g		<b>Cholest</b> 0mg	0mg	0%	<b>Protein</b> 10g
							<b>20%</b>
Vitamin A 25%		Vitamin C 100%	100%	Calcium 60%	60%	Iron 45%	Vitamin E 100%
Thiamin 100%		Riboflavin 100%	100%	Niacin 100%	100%	Vitamin B6 100%	100%
Folate 100%		Vitamin B12 100%	100%	Biotin 100%	100%	Pantothenic Acid 100%	100%
Phosphorus 40%		Iodine 35%	35%	Magnesium 45%	45%	Zinc 35%	Selenium 35%
Copper 35%		Manganese 35%	35%	Chromium 35%	35%	Molybdenum 35%	35%

Serv Size 1 bar (50g)  
Calories 180  
Fat Cal 30

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

**Allergens:**

Contains Soy, Milk and Tree Nuts.  
May Contain Peanut, Wheat and Egg

Berry Banana Buzz™

**Ingredients:** Honey Stinger™ (Honey, Sea Salt, Water); **Honey Stinger™ Fruit Smoothie Blend** (Apple, Banana, Cranberry, & Strawberry Bits, Honey); **Almonds**; **Soy Nuggets** (Soy Protein Isolate, Rice Flour, Malt, Salt); **Coating** [Sugar, Palm Kernel Oil, Yogurt Powder (Cultured Whey Protein Concentrate, Cultured Skim Milk and Yogurt Culture), Non-Fat Dry Milk Solids, Soya Lecithin (an emulsifier), and Natural Flavor]; **Soy Protein Isolate**; **Vitamins & Minerals** [Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), Alpha-tocopherol Acetate (Vit E), Biotin, Zinc Oxide, Niacin, Ferrous Fumarate (Iron), Molybdenum Glycinate, Calcium Pantothenate, Copper, Manganese, Beta Carotene (Vit A), Selenium, Pyridoxine (B6), Riboflavin (B2), Thiamine (B1), Chromium, Cyanocobalamin (B12), Folic Acid, Potassium Iodine].

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b> 4g		4g	5%	<b>Sodium</b> 160mg	160mg	7%	Sugars 22g
Sat Fat 2g		2g	8%	Potassium 150mg	150mg	4%	Other Carbs 7g
Trans Fat 0g		0g		<b>Total Carb</b> 28g	28g	9%	<b>Protein</b> 10g
Monounsaturat Fat 1g		1g		Fiber 2g	2g	8%	<b>20%</b>
				<b>Cholest</b> 0mg	0mg	0%	Insol Fiber 1g
Vitamin A 25%		Vitamin C 100%	100%	Calcium 60%	60%	Iron 45%	Vitamin E 100%
Riboflavin 100%		Niacin 100%	100%	Vitamin B6 100%	100%	Folate 100%	Vitamin B12 100%
Pantothenic Acid 100%		Phosphorus 40%	40%	Iodine 35%	35%	Magnesium 45%	Zinc 35%
Selenium 35%		Copper 35%	35%	Manganese 35%	35%	Chromium 35%	Molybdenum 35%

Serv Size 1 bar (50g)  
Calories 180  
Fat Cal 30

\*Percent Daily Values (DV) are based on a 2000 calorie diet

**Allergens:**

Contains Soy, Milk and Tree Nuts.  
May Contain Peanut, Wheat and Egg

Rocket Chocolate™

**Ingredients:** Honey Stinger™ (Honey, Sea Salt, Water); **Soy Nuggets** (Soy Protein Isolate, Rice Flour, Malt, Salt); **Almonds**; **Coating** [Sugar, Vegetable Oil (Fractionated Palm Kernel Oil), Cocoa Powder, Whole Milk, Natural Flavor, Soya Lecithin (an emulsifier), Salt]; **Semi Sweet Chocolate Chips** [Sugar, Chocolate, Cocoa Butter, Milk Fat, Soya Lecithin (an emulsifier)]; **Rolled Oats**; **Soy Protein Isolate**; **Vitamins & Minerals** [Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), Alpha-tocopherol Acetate (Vit E), Biotin, Zinc Oxide, Niacin, Ferrous Fumarate (Iron), Molybdenum Glycinate, Calcium Pantothenate, Copper, Manganese, Beta Carotene (Vit A), Selenium, Pyridoxine (B6), Riboflavin (B2), Thiamine (B1), Chromium, Cyanocobalamin (B12), Folic Acid, Potassium Iodine]; **Cocoa Powder.**

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b> 5g		5g	8%	<b>Sodium</b> 170mg	170mg	7%	Sugars 18g
Sat Fat 2g		2g	10%	Potassium 160mg	160mg	5%	Other Carbs 10g
Trans Fat 0g		0g		<b>Total Carb</b> 28g	28g	9%	<b>Protein</b> 10g
Monounsaturat Fat 2g		2g		Fiber 2g	2g	8%	<b>20%</b>
				<b>Cholest</b> 0mg	0mg	0%	Insol Fiber 1g
Vitamin A 25%		Vitamin C 100%	100%	Calcium 60%	60%	Iron 45%	Vitamin E 100%
Riboflavin 100%		Niacin 100%	100%	Vitamin B6 100%	100%	Folate 100%	Vitamin B12 100%
Pantothenic Acid 100%		Phosphorus 40%	40%	Iodine 35%	35%	Magnesium 45%	Zinc 35%
Selenium 35%		Copper 35%	35%	Manganese 35%	35%	Chromium 35%	Molybdenum 35%

Serv Size 1 bar (50g)  
Calories 190  
Fat Cal 40

\*Percent Daily Values (DV) are based on a 2000 calorie diet

**Allergens:**

Contains Soy, Milk and Tree Nuts.  
May Contain Peanut, Wheat and Egg

Peanut Butter 'n Honey™

**Ingredients:** Honey Stinger™ (Honey, Sea Salt, Water); **Peanuts**; **Soy Nuggets** (Soy Protein Isolate, Rice Flour, Malt, Salt); **Coating** [Sugar, Vegetable Oil (Fractionated Palm Kernel Oil), Cocoa Powder, Whole Milk, Natural Flavor, Soya Lecithin (an emulsifier), Salt]; **Rolled Whole Oats**; **Vitamins & Minerals** [Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit C), Alpha-tocopherol Acetate (Vit E), Biotin, Zinc Oxide, Niacin, Ferrous Fumarate (Iron), Molybdenum Glycinate, Calcium Pantothenate, Copper, Manganese, Beta Carotene (Vit A), Selenium, Pyridoxine (B6), Riboflavin (B2), Thiamine (B1), Chromium, Cyanocobalamin (B12), Folic Acid, Potassium Iodine]; **Natural Flavors.**

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b> 5g		5g	8%	<b>Sodium</b> 140mg	140mg	6%	Sugars 17g
Sat Fat 2g		2g	10%	Potassium 170mg	170mg	5%	Other Carbs 10g
Trans Fat 0g		0g		<b>Total Carb</b> 27g	27g	9%	<b>Protein</b> 10g
Monounsaturat Fat 2g		2g		Fiber 2g	2g	8%	<b>20%</b>
				<b>Cholest</b> 0mg	0mg	0%	Insol Fiber 1g
Vitamin A 25%		Vitamin C 100%	100%	Calcium 60%	60%	Iron 45%	Vitamin E 100%
Riboflavin 100%		Niacin 100%	100%	Vitamin B6 100%	100%	Folate 100%	Vitamin B12 100%
Pantothenic Acid 100%		Phosphorus 40%	40%	Iodine 35%	35%	Magnesium 45%	Zinc 35%
Selenium 35%		Copper 35%	35%	Manganese 35%	35%	Chromium 35%	Molybdenum 35%

Serv Size 1 bar (50g)  
Calories 190  
Fat Cal 50

\*Percent Daily Values (DV) are based on a 2000 calorie diet

**Allergens:**

Contains Peanuts, Soy, and Milk.  
May Contain Tree Nuts, Egg and Wheat.