



Nutrition Facts

Serving Size: 1 Packet (28 g)
Servings Per Carton: 14

Amount per Serving

Calories 130

Calories from Fat 35

% Daily Value*

Total Fat 5 g **8%**

Saturated Fat 0.5 g **3%**

Cholesterol 0 mg **0%**

Sodium 80 mg **3%**

Potassium 600 mg **17%**

Total Carbohydrate 9 g† **3%**

Dietary Fiber 5 g **20%**

Sugar 2 g†

Sugar Alcohols 0 g

Other Carbohydrates 2 g

% Daily Value*

Protein 11 g **22%**

Vitamin A 0% • Vitamin C 0%

Calcium 5% • Iron 9%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500

Total Fat Less Than 65 g 80 g

Sat. Fat Less Than 20 g 25 g

Cholesterol Less Than 300 mg 300 mg

Sodium Less Than 2,400 mg 2,400 mg

Potassium 3,500 mg 3,500 mg

Total Carbohydrate 300 g 375 g

Dietary Fiber 25 g 30 g

Protein 50 g 65 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Roasted Soy Nuts, Canola Oil and Cardia® Salt

(Sodium Chloride, Potassium Chloride, Magnesium Sulfate

Heptahydrate, L-Lysine Monohydrochloride and Silicon Dioxide).

11 g Protein low in sodium



Roasted Soy Nuts

Protein-based snack for energy and nutrition

original flavor

14 packets - 1 oz / 28 g each (NET WT 14 oz / 392 g)

Roasted Soy Nuts satisfy your craving for something salty, crunchy and delicious. An excellent source of protein, with only 130 calories per serving, these soy nuts are dry roasted to perfection, then sprinkled with Cardia® Salt. Low in sodium, yet packed with the goodness of soy, they make the perfect anytime snack.

†2 Grams
Net Impact Carbohydrates
per Serving

†Net impact carbs include only those carbohydrates that cause a noted impact on blood sugar and insulin response. Fiber, sugar alcohols and other carbohydrates are excluded.

DIRECTIONS: Enjoy one or two packets of nutritious Roasted Soy Nuts as a daily snack. For variety, try our other delicious protein-rich snacks, too.

INSTRUCCIONES: Disfrute diariamente como bocadillo uno o dos sobres de los nutritivos Roasted Soy Nuts. Para variar, pruebe también nuestros otros bocadillos ricos en proteína.

We offer a **30-day money-back guarantee** to assure your complete satisfaction. This exclusively formulated product is only available through Herbalife Independent Distributors. Cardia® is a registered trade mark of AMBI, Inc.