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## Nutritional Information

### Yerba Mate Organic Powder 8-10% Caffeine

Nutrients	Value	Unit
Serving Size	100g	
Total Calories	368	kcal/100g
Calories from Fat	1	kcal/100g
Saturated Fat	<1	g/100g
Trans Fat	<1	g/100g
Total Fat as Triglycerides	<1	g/100g
Polyunsaturated Fatty Acids	<1	g/100g
Monounsaturated Fatty Acids	<1	g/100g
Protein	20	g/100g
Carbohydrate	72	g/100g
Dietary Fiber	2	g/100g
Cholesterol	<1	mg/100g
Sodium	58	mg/100g
Calcium	131	mg/100g
Iron	5	mg/100g
Vitamin D2	<4.00	IU/100g
Vitamin D3	<4.00	IU/100g
Potassium	750	mg/100g
Moisture	4.6	%/100g
Ash	4	g/100g

Nutrients	Value	Unit
Serving Size	100g	
Sugars		
Fructose	<1	g/100g
Glucose	<1	g/100g
Lactose	<1	g/100g
Maltose	<1	g/100g
Sucrose	1	g/100g
Total Sugars	3	g/100g