



gluten free  
tastes great

# Daily probiotic bites

Betty Lou's has cared about your nutritional needs for over 40 years and counting. **Probiotic Bites** will keep your tummy and your tastebuds smiling!

- ✓ Gluten Free
- ✓ Non-GMO
- ✓ Vegetarian
- ✓ 1 Billion CFU/bar
- ✓ Plant-based Protein



- Supports immune health\*
- Supports digestive health\*
- Delivers active cultures more effectively than yogurt\*\*

\*As part of a balanced diet and healthy lifestyle

\*\*In an independent lab study of a simulated gastric environment with a pH of 2.0 for two hours, Ganeden<sup>BC</sup> delivered live cells ten times more effectively than common probiotic yogurts.



[www.bettylousinc.com](http://www.bettylousinc.com) 503 434 5205

Product of the USA





**Nutrition Facts** Serv Size: 1 Piece (25g), Amount Per Serving: **Calories** 90, Fat Cal. 25, **Total Fat** 3g (5% DV), Sat. Fat 0.5g (3% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 80mg (3% DV), **Total Carb.** 15g (5% DV), Dietary Fiber 3g (12% DV), Sugars 5g, **Protein** 4g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** Cashews, Prebiotic Dietary Tapioca Fiber, Oats, Dried Apples, Brown Rice Syrup, Grape Juice, Pea Protein, Dietary Tapioca Fiber Powder, Raisins, Pumpkin Seed, Quinoa, Cinnamon, Safflower Oil, Sea Salt, Probiotic (Skim Milk Powder, *Bacillus coagulans* GBI-30 6086), Mixed Tocopherols (Natural Vitamin E), Natural Flavors, Sesame Seeds.

**ALLERGENS:** Contains Milk, and Tree Nuts (Cashew). *Manufactured in a facility that also processes peanuts, tree nuts, soy, wheat, egg and milk.*



**Nutrition Facts** Serv Size: 1 Piece (25g), Amount Per Serving: **Calories** 90, Fat Cal. 35, **Total Fat** 4g (6% DV), Sat. Fat 1g (5% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 85mg (4% DV), **Total Carb.** 13g (4% DV), Dietary Fiber 3g (12% DV), Sugars 5g, **Protein** 4g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** Peanuts, Prebiotic Dietary Tapioca Fiber, Brown Rice Syrup, Date Paste, Brown Rice Crisps (Brown Rice, Brown Rice Syrup, Salt), Grape Juice, Pea Protein, Cocoa Powder (Dutch Alkalized), Pumpkin Seed, Organic Dark Chocolate (Organic Coconut Palm Sugar, Organic Cocoa Liqueur, Organic Cocoa Butter, Organic Cocoa Powder, Sunflower Lecithin), Unsweetened Chocolate, Natural Flavors, Sea Salt, Probiotic (Skim Milk Powder, *Bacillus coagulans* GBI-30 6086), Mixed Tocopherols (Natural Vitamin E), Sesame Seeds, Cashews, Pecans.

**ALLERGENS:** Contains Peanut, Milk, and Tree Nuts (Cashew, Coconut, Pecan). *Manufactured in a facility that also processes peanuts, tree nuts, soy, wheat, egg and milk.*



**Nutrition Facts** Serv Size: 1 Piece (25g), Amount Per Serving: **Calories** 100, Fat Cal. 40, **Total Fat** 4.5g (7% DV), Sat. Fat 0.5g (3% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 80mg (3% DV), **Total Carb.** 14g (5% DV), Dietary Fiber 3g (12% DV), Sugars 4g, **Protein** 3g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** Cashews, Prebiotic Dietary Tapioca Fiber, Pecans, Oats, Pea Protein, Dietary Tapioca Fiber Powder, Brown Rice Syrup, Grape Juice, Quinoa, Raisins, Rice Bran, Maple Syrup, Molasses, Natural Flavors, Sea Salt, Safflower Oil, Probiotic (Skim Milk Powder, *Bacillus coagulans* GBI-30 6086), Mixed Tocopherols (Natural Vitamin E), Sesame Seeds.

**ALLERGENS:** Contains Milk, and Tree Nuts (Cashew, Pecan). *Manufactured in a facility that also processes peanuts, tree nuts, soy, wheat, egg and milk.*



Available in 12 ct. boxes



Visit [www.bettylousinc.com](http://www.bettylousinc.com) to see even more recipes and learn to Bake Like Betty Lou using our Gluten Free Baking Mixes, Just Great Stuff Powdered Peanut Butter and more!