



Iskiate (iss-kee-ah-tay)

www.chiastuff.com

natural GINGER LEMON

Nutrition Facts	
Serving Size 1 packet (20g)	
Servings Per Container 1	
Amount Per Serving	
Calories 100	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	21%
Sugars 7g	
Protein 2g	
Vitamin A 0%	• Vitamin C 45%
Calcium 8%	• Iron 2%
Phosphorus 10%	• Zinc 2%
Copper 2%	• Manganese 15%

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

natural LEMON

Nutrition Facts	
Serving Size 1 packet (20g)	
Servings Per Container 1	
Amount Per Serving	
Calories 100	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 6g	25%
Sugars 5g	
Protein 2g	
Vitamin A 0%	• Vitamin C 45%
Calcium 10%	• Iron 0%
Phosphorus 15%	• Zinc 4%
Copper 2%	• Manganese 15%

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

natural LIME

Nutrition Facts	
Serving Size 1 packet (20g)	
Servings Per Container 1	
Amount Per Serving	
Calories 100	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 6g	25%
Sugars 5g	
Protein 2g	
Vitamin A 0%	• Vitamin C 45%
Calcium 10%	• Iron 0%
Phosphorus 15%	• Zinc 4%
Copper 2%	• Manganese 15%

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

natural ORANGE

Nutrition Facts	
Serving Size 1 packet (20g)	
Servings Per Container 1	
Amount Per Serving	
Calories 100	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 6g	25%
Sugars 5g	
Protein 2g	
Vitamin A 0%	• Vitamin C 45%
Calcium 10%	• Iron 0%
Phosphorus 15%	• Zinc 4%
Copper 2%	• Manganese 15%

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