

READING THE LABEL

Current product - unsweetened

Nutrition Facts	
Serving Size 5.3 oz (150g)	
Servings Per Container 1	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 70mg	3%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 15g	
Vitamin A 0%	• Vitamin C 0%
Calcium 15%	• Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

Current product sweetened with 6.5% sucrose

Nutrition Facts	
Serving Size 5.3 oz (150g)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 65mg	3%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 13g	
Vitamin A 0%	• Vitamin C 0%
Calcium 15%	• Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

Sweetened with 1.5% sucrose and 5% allulose (at GRAS limit) – TASTEVA® Stevia Sweetener used to boost sweetness

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DOLCIA PRIMA® Allulose is a form of sugar, so it will count toward total sugar and carbohydrate (CHO) grams on food and beverage labels, even though it is not metabolized in the body and does not have all the calories. Products made with DOLCIA PRIMA® Allulose will have fewer calories compared to a full-sugar counterpart, but the total carbohydrates and sugars may be very similar between these products. We are strongly recommending to our food and beverage customers that a disclaimer is included on the Nutrition Facts panel that states the number of grams of allulose per serving.

For individuals counting carbohydrates, whether for managing weight or particularly for people with diabetes who may be determining appropriate insulin or medication dosing based on carbohydrate intake, an easy way to calculate the grams of carbohydrate as part of carbohydrate counting is to simply subtract the amount of DOLCIA PRIMA® (grams) contained in the product from the total carbohydrate listed in the Nutrition Facts.