

# Dr. Fuhrman foods

for superior health

## Date-Nut Pop'ems

Apple-Cinnamon

Original

Chocolate Brownie

***All New Pop'ems -  
They're back and better  
than before!***

### Dr. Fuhrman's Date Nut Pop'ems

Your family won't be able to stop eating these delicious date-nut balls. They are a real treat and a healthy source of Omega-3 fats. These bite size balls are great for breakfast, a treat with lunch or a healthy snack. They are sure to satisfy anyone's sweet tooth!

All of Dr. Fuhrman's *Date-Nut Pop'ems* are made by combining a mixture of ground raw nuts and seeds with raw, organic dates.

Apples and cinnamon give the *Apple-Cinnamon Pop'ems* a perfect blend of flavor that is sure to please.

The *Chocolate Brownie Pop'ems* are sinfully delicious and contain the natural goodness and antioxidant-richness of raw cocoa powder without the addition of refined sugar, dairy, or saturated fats.

Nuts and seeds are nature's perfect food, without contamination. One of Dr. Fuhrman's statements for good health is "get your healthy fats from raw nuts and seeds."



Try All 3 Flavors:

***Apple-Cinnamon***

***Original    Chocolate Brownie***

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## Date-Nut Pop'ems

Apple-Cinnamon

Original

Chocolate Brownie

*Dr. Fuhrman's Pop'ems are Naturally High in Omega-3 Fats*

<b>Supplement Facts</b>						
Serving Size: 2 pieces						
Servings Per Container: 16						
	<b>Original</b>		<b>Apple-Cinnamon</b>		<b>Chocolate Brownie</b>	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	100		92		92	
Calories from Fat	40		39		39	
Total Fat	5g	7%	4.3	7%	4.3	7%
Saturated Fat	1g	4%	0.7g	3%	0.7g	3%
Cholesterol	0g	0%	0.0mg	0%	0.0mg	0%
Sodium	0mg	0%	4.9mg	0%	4.9mg	0%
Total Carbohydrate	14g	4%	13.6	5%	13.6	5%
Dietary Fiber	2g	7%	1.9	8%	1.9	8%
Sugar	10g		9.7g		9.7g	
Protein	2.2g		1.8g		1.8g	
* Daily value not established. Gluten free.						

### Ingredients:

#### Original Pop'ems

(All Raw) Organic Dates, Cashews, Almonds, Walnuts, Sunflower Seeds, Flax Seeds

#### Chocolate Brownie Pop'ems

(All Raw) Organic Dates, Cashews, Almonds, Walnuts, Sunflower Seeds, Flax Seeds, All Natural Cocoa Powder, Pure Vanilla Extract

#### Apple-Cinnamon Pop'ems

(All Raw) Organic Dates, Cashews, Apples, Almonds, Walnuts, Sunflower Seeds, Cinnamon, Flax Seeds