



MontaVida Nutritional Information



Nutrition Facts

Serving Size: 1 Tbsp makes 6 fl oz.
Serving Per Container: 57

Amount Per Serving

Calories: 9

% Daily Value*

Total Fat 1g 0%

Sodium 0mg 0%

Total Carbohydrate 1g <1%

Protein <1g

Ingredients: Costa Rican SHB Coffee, Colombian Supremo Coffee, Ramon Seed (Brosimum alicastrum), MCT Oil USP

Ramon Seed 2g • MCT Oil USP 1g

*Percent Daily Values (DV) are based on a 2,000 calorie diet



Nutrition Facts

Serving Size 1 Individual Cup (12g)
 Servings Per Container 30

Amount Per Serving
 Calories 9

	% Daily Value*
Total Fat 1g	0%
Sodium 0 mg	0%
Total Carbohydrates 1g	<1%
Protein <1g	

Ingredients: Costa Rican SHB Coffee, Colombian Supremo Coffee, Ramon Seed (Brosimum alicastrum), MCT Oil USP

Caffeine Content 90 mg

Ramon Seed 2g . MCT Oil USP 1g

*Percent Daily Values (DV) are based on a 2,000 calorie diet



NUTRITION FACTS			
Serving Size: 1 tea bag (2g/.07oz)			
Serving Per Container: 30			
Calories 0			
Amount Per Serving		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		0%
Cholesterol	0mg		0%
Sodium	0mg		0%
Potassium	0mg		0%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugar	0g		0%
Protein	0g		0%
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%
Vitamin D	0%	Vitamin B 6	0%
Vitamin B 12	0%	Magnesium	0%

Ingredients: Organic Black Tea, MCT Oil, Ramon Seed

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