

# Nutrition Facts

Goji Berries      Serving size      (100g)

Amount Per Serving

**Calories**      **80**

[www.ihcare.ae](http://www.ihcare.ae)

% Daily Value\*

Total Fat 1g      1%

Saturated Fat 0g      0%

*Trans* Fat 0g

Cholesterol 0mg      0%

Sodium 25mg      1%

Total Carbohydrate 20g      7%

Dietary Fiber 8g      29%

Total Sugars 13g

Includes 0g Added Sugars      0%

Protein 11g      22%

Vitamin D 0mcg      0%

Calcium 130mg      10%

Iron 9mg      50%

Potassium 0mg      0%

Vitamin A      180%

Vitamin C      30%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.