



NUTRITIONAL INFORMATION

It's gourmet made easy. Whether you're trying something new or whipping up one of your classic culinary go-tos, our all-natural spices, seasonings, salts and mixes will transform any meal into something truly special. So sprinkle some on or stir some in for an extra kick, zip or hint of flavor. No matter what you're serving up, it's sure to be a crowd-pleaser.

BE THE CHANGE COFFEE RUB

Nutrition Facts			
Serving size 2g			
Serving Per Container 40			
Amount per serving			
Calories	0	Calories from fat	0
% daily value*			
Total fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	95mg		4%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		1%
Sugars	0g		
Protein	0g		
Vitamin A			2%
Vitamin C			0%
Calcium			0%
Iron			2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

CALABRESE PESTO MIX

Nutrition Facts			
Serving size 5g			
Serving Per Container 16			
Amount per serving			
Calories	15	Calories from fat	0
% daily value*			
Total fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	60mg		3%
Total Carbohydrate	3g		1%
Dietary Fiber	less than 1g		4%
Sugars	less than 1g		
Protein	less than 1g		
Vitamin A			0%
Vitamin C			2%
Calcium			4%
Iron			8%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

CALIFORNIA ONION

Nutrition Facts			
Serving size 5g			
Serving Per Container 9			
Amount per serving			
Calories	15	Calories from fat	0
% daily value*			
Total fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	3g		1%
Dietary Fiber	less than 1g		4%
Sugars	2g		
Protein	less than 1g		
Vitamin A			8%
Vitamin C			8%
Calcium			4%
Iron			4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

CARRIBEAN JERK

Nutrition Facts			
Serving size 2g			
Serving Per Container 28			
Amount per serving			
Calories	0	Calories from fat	0
% daily value*			
Total fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	55mg		2%
Total Carbohydrate	less than 1g		0%
Dietary Fiber	0g		1%
Sugars	0g		
Protein	0g		
Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

CEYLON CURRY

Nutrition Facts			
Serving size 2g			
Serving Per Container 23			
Amount per serving			
Calories	0	Calories from fat	0
% daily value*			
Total fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	35mg		1%
Total Carbohydrate	less than 1g		0%
Dietary Fiber	0g		1%
Sugars	0g		
Protein	0g		
Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

SPICY CAJUN MIX

Nutrition Facts

Serving size 5g
Serving Per Container 16

Amount per serving

Calories 5 Calories from fat 0

% daily value*

Total fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 35mg 1%

Total Carbohydrate 1g 0%

Dietary Fiber less than 1g 3%

Sugars less than 1g

Protein less than 1g

Vitamin A 8%

Vitamin C 0%

Calcium 2%

Iron 4%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

TACO SPICE

Nutrition Facts

Serving size 2g
Serving Per Container 25

Amount per serving

Calories 0 Calories from fat 0

% daily value*

Total fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 1%

Sugars 0g

Protein 0g

Vitamin A 2%

Vitamin C 0%

Calcium 0%

Iron 2%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

TAGINE SPICE

Nutrition Facts

Serving size 2g
Serving Per Container 23

Amount per serving

Calories 0 Calories from fat 0

% daily value*

Total fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 1%

Sugars 0g

Protein 0g

Vitamin A 2%

Vitamin C 0%

Calcium 2%

Iron 4%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

TANDOORI SPICE

Nutrition Facts

Serving size 2g
Serving Per Container 25

Amount per serving

Calories 0 Calories from fat 0

% daily value*

Total fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 1%

Sugars 0g

Protein 0g

Vitamin A 2%

Vitamin C 0%

Calcium 0%

Iron 2%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

TEX-MEX RUB

Nutrition Facts

Serving size 2g
Serving Per Container 25

Amount per serving

Calories 0 Calories from fat 0

% daily value*

Total fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 95mg 4%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 1%

Sugars 0g

Protein 0g

Vitamin A 2%

Vitamin C 0%

Calcium 0%

Iron 2%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

THAI MIX

Nutrition Facts

Serving size 5g
Serving Per Container 16

Amount per serving

Calories 10 Calories from fat 0

% daily value*

Total fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 1%

Sugars less than 1g

Protein less than 1g

Vitamin A 4%

Vitamin C 4%

Calcium 2%

Iron 4%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

TURKEY BRINE

Nutrition Facts

Serving size 2g
Serving Per Container 30

Amount per serving

Calories 0 Calories from fat 0

% daily value*

Total fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 370mg 16%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 1%

Sugars 0g

Protein 0g

Vitamin A 2%

Vitamin C 0%

Calcium 0%

Iron 2%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

TURKISH MIX

Nutrition Facts

Serving size 5g
Serving Per Container 16

Amount per serving

Calories 10 Calories from fat 0

% daily value*

Total fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber less than 1g 3%

Sugars less than 1g

Protein less than 1g

Vitamin A 25%

Vitamin C 2%

Calcium 2%

Iron 4%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

WOK SPICE

Nutrition Facts

Serving size 2g
Serving Per Container 25

Amount per serving

Calories 5 Calories from fat 0

% daily value*

Total fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 1%

Sugars 0g

Protein 0g

Vitamin A 6%

Vitamin C 2%

Calcium 0%

Iron 2%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g



2400 Boswell Road, Chula Vista, CA 91914

(800) 982-3189 | youngevity.com

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