Meno-pause & Revive\

Almond, Cranberry & Crunchy Seeds:

Almonds (Nuts) (27%), Dried Sweetened Cranberries (22%), Pumpkin Seeds (20%), Sunflower Seeds (12%), Flaxseeds (7%), Blossom Honey, Chia Seeds (5%), Coconut Oil, Ground Cinnamon, Matcha Powder, Magnesium, Vitamin C, Zinc, Iodine, Niacin, Selenium, Manganese, Copper, Vitamin K, Pantothenic Acid, Vitamin D, Vitamin B12, Folic Acid, Biotin