

The field-fresh taste and good source of vitamin C in Thrive Life® sweet corn makes it a perfectly poppable snack or add-on to your favorite recipes.

FOR THE LOVE OF FOOD

Our Nutrilock® freeze drying locks in flavor and nutrients so you can stop chasing expiration dates, and enjoy tasty food anytime you want.

THRIVING NATIONS

Thrive Life donates five percent of profits to help reduce world hunger. Find out more at thrivelife.com/thrivingnations



Nutrition Facts

Serving Size ½ Cup (26g)
Serving Per Container 3

Amount Per Serving		% Daily Value*
Calories 90	Calories from Fat 15	
Total Fat 1.5g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 15mg		1%
Total Carbohydrate 20g		7%
Dietary Fiber 2g		8%
Sugars 7g		
Protein 3g		
Vitamin A 4%	•	Vitamin C 10%
Calcium 0%	•	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.

INGREDIENTS: SWEET CORN.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND COCONUT PRODUCTS. THIS PRODUCT IS PRODUCED IN A GLUTEN-FREE CERTIFIED ROOM.

Thrive Life, 691 South Auto Mall Drive, American Fork, Utah 84003

