

# We Rule OURSELVES



**Nutrition Facts**  
Serving Size \_\_\_\_\_

**Amount Per Serving**  
Calories \_\_      Calories from Fat 2

	% Daily Value*	
<b>Total Fat</b> __g		--%
Saturated Fat __g		--%
Trans Fat __g		
<b>Cholesterol</b> __mg		--%
<b>Sodium</b> __mg		--%
<b>Total Carbohydrates</b> __g		--%
Dietary Fiber __g		--%
Sugars __g		
<b>Protein</b> __g		
Vitamin A __%	•	Vitamin C __%
Calcium __%	•	Iron __%

\*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	--g	--g
Sat Fat	Less than	--g	--g
Cholesterol	Less than	--mg	--mg
Sodium	Less than	---mg	---mg
Total Carbohydrate		---mg	---mg
Dietary Fiber		--g	--g

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**Rx**      **WE RULE OURSELVES PHARMACY**

PHONE: \_\_\_\_\_

NO. \_\_\_\_\_      DATE \_\_\_\_\_


YOUR ADDRESS: \_\_\_\_\_

**GENERIC FOR:** \_\_\_\_\_

DR. AUTHORIZATION (Y/N) \_\_\_\_\_

QTY \_\_\_\_\_      MRG \_\_\_\_\_

USE BEFORE \_\_\_\_\_      SLF/SLF \_\_\_\_\_



1. CUT OUT LABELS
2. FILL OUT AT YOUR OWN DISCRETION
3. ENJOY A HEALTHY MEAL ON YOU