



LÄRABAR®, the maker of MÄYA™, firmly supports the belief that good health and well-being are derived from what you eat. In our kitchen, it's a labor of love as we innovate natural food products that enliven body, mind and soul.

We do that by looking to the future as well as the past. It was the ancient civilization of MÄYA, in fact, that gave chocolate—food of the Gods—to the modern world. And now the gift of MÄYA™ is passed on to you.

Chocolate in its purest form, harmonizing with fruits and nuts. A healthy indulgence you can feel good about eating.™ Organic. No added sugars. Free of dairy, soy and gluten.

With MÄYA™, we're committed to the use of Fair Trade Certified™ chocolate and organic ingredients, doing our part to sustain the planet as well as the lives of farming families whose own labor and love go into every MÄYA™ bar.

Enjoy the gift—

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HUMM FOODS® P.O. BOX 18932 DENVER, CO 80218 U. S. A.
L A R A B A R . C O M

authorized distributor www.h2ohealthsolutions.com



L A R A B A R . C O M

MÄYA™ is chocolate in its purest form. Harmonizing with fruits and nuts, each flavor contains no more than six simple ingredients. Deliciously rich. All Organic. No added sugars. Free of dairy, soy and gluten. A healthy indulgence you can feel good about eating.™

ORGANIC • NO ADDED SUGAR • 90% RAW • NON-GMO
GLUTEN FREE • SOY FREE • DAIRY FREE • VEGAN • KOSHER
MADE WITH FAIR TRADE CERTIFIED™ COCOA



MÄYA™ is every chocolate lover's dream. Indulgent, for sure, but also exceptionally nutritious. Once considered a guilty pleasure, chocolate has proven to be a vital source of health benefits.

Under 190 Calories. Amazing for a chocolate bar as deliciously rich as MÄYA™.

Antioxidants. Chocolate, along with the fruit and nuts in MÄYA™, contain some of the highest concentrations of natural antioxidants, which may be helpful in combating disease and aging.

High Fiber. Each MÄYA™ bar contains at least 20% of the recommended daily value of fiber.

Beneficial Fats. The nuts in MÄYA™ contain Omega-6 essential fatty acids that are part of a healthy diet help contribute to a healthy cardiovascular system.

Plant Source Protein. The nuts in MÄYA™ also contribute to the building of strong muscles.

Essential Vitamins and Minerals. Each MÄYA™ bar contains 13 essential vitamins and minerals, which help strengthen the immune system, improve bone health, decrease stress, and increase energy.

Phytonutrients. The phytonutrients in MÄYA™ also promote a healthy immune system.

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CHOCOLATE

INGREDIENTS
organic dates, organic almonds, organic walnuts, *organic cocoa, *organic cacao nibs, organic cashews

*Fair Trade Certified™
www.fairtrade-certified.org

CHOCOLATE COFFEE

INGREDIENTS
organic dates, organic hazelnuts, organic walnuts, *organic cocoa, *organic cacao nibs, *organic coffee

*Fair Trade Certified™
www.fairtrade-certified.org

CHOCOLATE ORANGE

INGREDIENTS
organic dates, organic almonds, *organic cocoa, *organic cacao nibs, organic orange flavor

*Fair Trade Certified™
www.fairtrade-certified.org

CHOCOLATE MINT

INGREDIENTS
organic dates, organic almonds, *organic cocoa, *organic cacao nibs, organic peppermint flavor, organic vanilla flavor

*Fair Trade Certified™
www.fairtrade-certified.org



Nutrition Facts		Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat		9g	14%	Sodium	0mg
Sat. Fat		1g	6%	Potassium	380mg
Transfat		0g		Total Carb.	25g
Monounsat.		3g		Fiber	5g
Polyunsat.		3.5g		Sugars	19g
Cholesterol		0mg	0%	Protein	4g
Vitamin A 0% · Vitamin C 4% · Calcium 4% · Iron 8% · Vitamin E 6% Vitamin B6 6% · Thiamin 4% · Riboflavin 6% · Niacin 4% · Folate 4% Phosphorus 10% · Zinc 4% · Magnesium 15% · Copper 15%					



Nutrition Facts		Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat		11g	16%	Sodium	0mg
Sat. Fat		1g	6%	Potassium	360mg
Transfat		0g		Total Carb.	25g
Monounsat.		6g		Fiber	5g
Polyunsat.		2.5g		Sugars	19g
Cholesterol		0mg	0%	Protein	4g
Vitamin A 0% · Vitamin C 4% · Calcium 4% · Iron 8% · Vitamin E 10% Vitamin B6 8% · Thiamin 6% · Riboflavin 2% · Niacin 4% · Folate 6% Phosphorus 8% · Zinc 4% · Magnesium 15% · Copper 15%					



Nutrition Facts		Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat		9g	14%	Sodium	0mg
Sat. Fat		1g	5%	Potassium	370mg
Transfat		0g		Total Carb.	25g
Monounsat.		5g		Fiber	5g
Polyunsat.		2g		Sugars	19g
Cholesterol		0mg	0%	Protein	5g
Vitamin A 0% · Vitamin C 2% · Calcium 6% · Iron 8% · Vitamin E 10% Vitamin B6 4% · Thiamin 4% · Riboflavin 8% · Niacin 6% · Folate 2% Phosphorus 10% · Zinc 4% · Magnesium 15% · Copper 10%					



Nutrition Facts		Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat		8g	13%	Sodium	0mg
Sat. Fat		1g	5%	Potassium	370mg
Transfat		0g		Total Carb.	26g
Monounsat.		4.5g		Fiber	6g
Polyunsat.		1.5g		Sugars	19g
Cholesterol		0mg	0%	Protein	4g
Vitamin A 0% · Vitamin C 4% · Calcium 4% · Iron 8% · Vitamin E 10% Vitamin B6 4% · Thiamin 2% · Riboflavin 8% · Niacin 4% · Folate 2% Phosphorus 10% · Zinc 4% · Magnesium 15% · Copper 10%					