

SURVIVOR INDUSTRIES, INC.



ENERGY BARS

Mainstay™ food rations are prepared under strict supervision in our own bakery to insure consistent quality and freshness

- 5 Year Shelf Life
- Non – Thirst Provoking
- Withstands Temperatures of -40°F to 300°F
- Absolutely No Cholesterol or Tropical Oils
- High in Vitamins and Minerals
- Kosher Certified
- Does not contain Peanuts

**“ MORE
VITAMINS
& MINERALS
THAN ANY OTHER
FOOD BAR OF
ITS KIND”**

PERCENTAGE OF RECOMMENDED DAILY ALLOWANCES*	
Based on consumption of one 2.67 ounce serving	
Vitamin A.....50%	Vitamin E.....25%
Vitamin C.....60%	Vitamin B-6..... 90%
Thiamin B-1 15%	Folic Acid..... 35%
Riboflavin B-2..... 25%	Vitamin B-12.....20%
Niacin.....30%	Phosphorus.....40%
Calcium.....50%	Magnesium.....30%
Iron.....10%	Pantothenic Acid.....100%
Vitamin D.....50%	
<i>*based on 2,000 calorie diet</i>	
INGREDIENTS	
Enriched Flour, (Added Vitamins A, B-1, B-2, D, E, B-6, B-12, Niacin, Iron, Folic Acid, Magnesium, Pantothenic Acid, Calcium, Phosphorus), Vegetable Shortening, (Partially Hydrogenated Soybean and/or Cottonseed Oils), Granulated Sugar, Corn Starch, Corn Syrup, Natural Lemon Flavor, Artificial Butter Flavor, Artificial Vanilla Flavor (Tartrazine, FD&C Yellow #5, FD&C Red #40), Artificial Color, Ascorbic Acid (Vitamin C), Gamma/Delta Tocopherols as a natural antioxidant.	

NUTRITIONAL INFORMATION

Serving Size.....2.67 oz. (76 gm)
 Servings Per Package.....3
 Calories.....400
 Protein.....9 Grams
 Carbohydrate.....46 Grams
 Fat.....23 Grams
 Sodium.....23 MG
 Cholesterol.....0 MG
 Case Weight....15Lbs. – 25 Packages Per Case

MANUFACTURED BY MAINSTAY™ PRODUCTS, INC.
 CAMARILLO, CA 93012 U.S.A.

MADE IN U.S.A.

SURVIVOR INDUSTRIES, INC.



EMERGENCY FOOD RATIONS

Mainstay™ food rations are prepared under strict supervision in our own bakery to insure consistent quality and freshness

- *MEETS SOLAS 74/83 REQUIREMENTS*
- *U.S. Coast Guard Approved (160.046/23/0)*
- *5 Year Shelf Life*
- *Non – Thirst Provoking*
- *Withstands Temperatures of –40°F to 300°F*
- *Absolutely No Cholesterol or Tropical Oils*
- *High in Vitamins and Minerals*
- *Kosher Certified*
- *Does not contain Peanuts*

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PERCENTAGE OF RECOMMENDED DAILY ALLOWANCES*

Based on daily consumption of one 2.67 oz. serving

Vitamin A.....45%	Vitamin E.....20%
Vitamin C.....35%	Vitamin B-6..... 45%
Thiamine B-1 C... 30%	Folic Acid..... 45%
Riboflavin B-2..... 30%	Vitamin B-12.....35%
Niacin.....40%	Phosphorus.....50%
Calcium.....60%	Magnesium.....35%
Iron.....30%	Pantothenic Acid.....35%
Vitamin D.....35%	

**based on 2,000 calorie diet*

INGREDIENTS

Enriched flour (Added) Vitamins A, B-1, B-2, D, E, B-6, B-12, Niacin, Iron, Folic Acid, Magnesium, Pantothenic Acid, Calcium, Phosphorous. Vegetable Shortening (Partially Hydrogenated Soybean and/or Cotton Seed Oils), Granulated Sugar, Corn Starch, Corn Syrup, Natural Lemon Flavor, Artificial Butter Flavor, Artificial Vanilla Flavor (Tartarazine, FD&C Yellow #5, FD&C Red #40), Artificial Color, Ascorbic Acid (Vitamin C), Gamma/Delta Tocopherols as a natural antioxidant.

NUTRITIONAL INFORMATION

Serving Size.....	2.75 oz. (76 gm)
Servings Per Container.....	6
Calories.....	400
Protein.....	3 Grams
Carbohydrate.....	46 Grams
Fat.....	23 Grams
Sodium.....	23 MG
Cholesterol.....	0 MG
Case Weight.....	22lbs – 20 Packages Per Case

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PERCENTAGE OF RECOMMENDED DAILY ALLOWANCES*	
Based on consumption of one 2.67 ounce serving	
Vitamin A.....50%	Vitamin E.....25%
Vitamin C.....60%	Vitamin B-6..... 90%
Thiamin B-1 15%	Folic Acid..... 35%
Riboflavin B-2..... 25%	Vitamin B-12.....20%
Niacin.....30%	Phosphorus.....40%
Calcium.....50%	Magnesium.....30%
Iron.....10%	Pantothenic Acid.....100%
Vitamin D.....50%	
<i>*based on 2,000 calorie diet.</i>	
INGREDIENTS	
Enriched Flour, (Added Vitamins A, B-1, B-2, D, E, B-6, B-12, Niacin, Iron, Folic Acid, Magnesium, Pantothenic Acid, Calcium, Phosphorous), Vegetable Shortening, (Partially Hydrogenated Soybean and/or Cottonseed Oils), Granulated Sugar, Corn Starch, Corn Syrup, Natural Lemon Flavor, Artificial Butter Flavor, Artificial Vanilla Flavor (Tartrazine, FD&C Yellow #5, FD&C Red #40), Artificial Color, Ascorbic Acid (Vitamin C), Gamma/Delta Tocopherols as a natural antioxidant.	

NUTRITIONAL INFORMATION

Serving Size.....2.67 oz. (76 gm)
 Servings Per Package.....9
 Calories.....400
 Protein.....3 Grams
 Carbohydrate.....46 Grams
 Fat.....23 Grams
 Sodium.....23 MG
 Cholesterol.....0 MG
Case Weight....16Lbs. – 10 Packages Per Case

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