


Subject: (none)

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From: Dr. Bogdan Ivanescu - Stem SURE

NutritionData's  [What is this?](#)
Opinion

Weight loss: 

Optimum health: 

Weight gain: 

The good: This food is very low in Saturated Fat, Cholesterol and Sodium.

The bad: A large portion of the calories in this food come from sugars.

Read More <http://nutritiondata.self.com/facts/sweets/5568/2#ixzz3MRaUhCvL>