



Product Guide

Winter 2018



Feels right, doesn't it PNW?



Sure does.



The Flavors



Cinnamon & Cacao

For the chocolate lovers, cinnamon and unrefined cacao are mixed in with the original ingredients to give a balanced, less sweet flavor than the original, but still fulfill the chocolate craving.

Raw Honey

A well-balanced bite that allows each ingredient's flavor to come through at a different time, polished off with a sweet honey finish.



Sweet Ginger

For those out there that are just as crazy about ginger as we are. These balls pack a ginger bite once the initial flavors fade. Be warned: these balls are so flavorful, your mind may wander from the goal you're focusing on!



Nutritional Guide and talk points



Cinnamon & Cacao

Nutrition Facts	
1 servings per container	
Serving size	2.5oz. (70g)
Amount per serving	
Calories 300	Calories from Fat 132
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 3g	15%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 9mg	0%
Total Carbohydrate 41g	14%
Dietary Fiber 7g	27%
Sugars 29g	
Protein 7g	
Vitamin A 458IU	9%
Vitamin C 2mg	3%
Calcium 78mg	8%
Iron 2mg	13%
Potassium 283mg	8%
Magnesium 91mg	23%
Phosphorus 174mg	17%
Thiamin <0.5mg	13%
Vitamin E 3mg	16%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice	

Raw Honey

Nutrition Facts	
1 servings per container	
Serving size	2.5oz. (70g)
Amount per serving	
Calories 270	Calories from Fat 117
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3g	14%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 38g	13%
Dietary Fiber 5g	19%
Sugars 29g	
Protein 6g	
Vitamin A 456IU	9%
Vitamin C 2mg	3%
Calcium 63mg	6%
Iron 2mg	11%
Potassium 253mg	7%
Magnesium 78mg	19%
Phosphorus 153mg	15%
Thiamin <0.5mg	9%
Vitamin E 3mg	16%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice	

Sweet Ginger

Nutrition Facts	
1 servings per container	
Serving size	2.5oz. (70g)
Amount per serving	
Calories 290	Calories from Fat 131
% Daily Value*	
Total Fat 15g	22%
Saturated Fat 3g	15%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 38g	13%
Dietary Fiber 6g	23%
Sugars 27g	
Protein 6g	
Vitamin A 456IU	9%
Vitamin C 2mg	3%
Calcium 73mg	7%
Iron 2mg	13%
Potassium 292mg	8%
Magnesium 93mg	23%
Phosphorus 176mg	18%
Thiamin <0.5mg	13%
Vitamin E 3mg	16%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice	

ONE Bites take the guessing game out of your diet, freeing your mind to concentrate on training. None of our ingredients are extracts, just the real deal, all working together to provide instant power, sustainable energy, and aid in recovery by providing an **optimized balance of protein, vitamins, fats, sugars, and minerals.**

Our **keystone** ingredients are goji berries, flaxseed, chia seeds, unsweetened coconut, almonds, cashews, apricots, cranberries, raisins and honey. We source all our **78-80% organic** (except for the honey!) ingredients from Hummingbird Wholesale.

ONE Bites Running T Shirts



ONE Bites T-Shirts are made to worn while working out. They are made of 100% polyester with a special weave that is breathable, comfortable, and wicks away sweat. “Give Yourself the Edge” and logo on breast.

The origin

These tees were designed in Seattle by a local artist and hand screen printed from our friends at Stonefly Designs. Thanks Chris & Team!

ONE Bites Running T Shirts



The Options

This shirt comes in Black. Female or Male. Extra small, small, medium, large, and extra large.

Shipping Info



The Bites

Each pack contains five ONE Bites. Each bite is ~1" in diameter, but since they are made from organic, simple ingredients (and handmade) the size can vary.

Minimum order: 24 pack. Cost is \$2.74/pack. Therefore total minimum price is (\$65)

Price break: 96 pack at \$2.69/pack.

Suggested retail: \$3.99/pack.

The Shirts

Minimum order: 10 shirts. Cost is \$15 a shirt. Suggested retail is \$24.99.

Please allow 10 business days for your order to arrive!



See ya at the finish line.

Want to reach out or place orders? Drop a line at

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