

Nutrition Facts

30 servings per container

Serving size

2 scoops (26g)

	Per serving		Per serving with 8 fl oz nonfat milk	
Calories	90		170	
	% DV*		% DV*	
Total Fat	0.5g	1%	0.5g	1%
Saturated Fat	0g	0%	0g	0%
<i>Trans</i> Fat	0g		0g	
Cholesterol	10mg	3%	15mg	4%
Sodium	190mg	8%	290mg	13%
Total Carbohydrate	13g	5%	25g	9%
Dietary Fiber	1g	3%	1g	3%
Total Sugars	9g		22g	
Includes Added Sugars	8g	16%	8g	16%
Protein	9g	18%	17g	35%
Vitamin D	20mcg	100%	22.9mcg	110%
Calcium	290mg	20%	590mg	45%
Iron	3mg	15%	3.1mg	15%
Potassium	200mg	4%	580mg	10%
Vitamin A	270mcg RAE	30%	420mcg RAE	45%
Vitamin C	90mg	100%	90mg	100%
Vitamin E	4.5mg	30%	4.5mg	30%
Thiamin	0.36mg	30%	0.47mg	40%
Riboflavin	0.39mg	30%	0.84mg	60%
Niacin	4.8mg	30%	5mg	30%
Vitamin B6	0.5mg	30%	0.59mg	35%
Folate	80mcg DFE (50mcg folic acid)	20%	95mcg DFE (50mcg folic acid)	25%
Vitamin B12	1.44mcg	60%	2.66mcg	110%
Biotin	9mcg	30%	9mcg	30%
Pantothenic Acid	1.5mg	30%	2.4mg	45%
Phosphorus	200mg	15%	450mg	35%
Magnesium	125mg	30%	155mg	35%
Zinc	3.3mg	30%	4.3mg	40%
Selenium	13mcg	25%	21mcg	35%
Copper	0.25mg	30%	0.28mg	30%
Chromium	10.5mcg	30%	10.5mcg	30%
Molybdenum	15mcg	35%	15mcg	35%

* 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.

INGREDIENTS: Milk Protein Concentrate, Fructose, Sugar, Maltodextrin, Cellulose Powder, High Oleic Sunflower Oil, Calcium Phosphate, Salt, Potassium Chloride, Natural Flavors, Magnesium Oxide, Xanthan Gum, Lecithin, L-Glutamine, Ascorbic Acid, Guar Gum, Medium Chain Triglycerides, Silicon Dioxide, DL-Alpha Tocopheryl Acetate, Stevia Leaf Extract,

Cholecalciferol, Ferrous Fumarate, Niacinamide, Retinyl Palmitate, Sodium Molybdate, Sodium Selenite, Zinc Oxide, Calcium D-Pantothenate, Copper Gluconate, Cyanocobalamin, Chromium Chloride, Biotin, Pyridoxine Hydrochloride, Folic Acid, Thiamine Mononitrate, and Riboflavin. **CONTAINS MILK AND SOY.**