

# Nutrition Facts

Serving Size 48g (2 Scoops)

Servings Per Container 15

## Amount Per Serving

**Calories** 160 **Calories from Fat** 15

	%	Daily Values*
<b>Total Fat</b> 1.5g		<b>2%</b>
Saturated Fat 0.5g		<b>3%</b>
Trans Fat 0g		
<b>Cholesterol</b> 5mg		<b>2%</b>
<b>Potassium</b> 67mg		<b>2%</b>
<b>Sodium</b> 260mg		<b>11%</b>
<b>Total Carbohydrate</b> 20g		<b>7%</b>
Dietary Fiber 3g		<b>12%</b>
Sugars 8g		+
<b>Protein</b> 21g		<b>42%</b>

	% DV*		% DV*
Vitamin A (palmitate) 2500 IU	50%	Biotin 30mcg	10%
Vitamin B1 (thiamine mononitrate) 1.5mg	100%	Calcium 150mg	15%
Vitamin B2 (riboflavin) 1.7mg	100%	Iron 1.4mg	8%
Vitamin B5 (calcium pantothenate) 10mg	100%	Magnesium 20mg	5%
Vitamin B6 (pyridoxine hcl) 2mg	100%	Zinc 5mg	33%
Vitamin B12 (methylcobalamin) 6mcg	100%	Copper 670mcg	33%
Vitamin C (ascorbic acid) 60mg	100%	Chromium 120mcg	100%
Vitamin D3 (Cholecalciferol) 400 IU	100%	Molybdenum 75mcg	100%
Vitamin E (d-alpha tocopherol succinate) 30 IU	100%	Iodine 150 mcg	100%
Niacin (niacinamide) 20mg	100%	Selenium 70mcg	100%
Folate 400mcg	100%	Manganese 2mg	100%
Omega 3 (typical) 13mg	**	Omega 6 (typical) 3mg	**

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

\*\*Daily Value Not Established.