

# Nutrition Facts

Serving Size: 1 Pouch (81g)

Servings Per Container: 1

<b>Amount Per Serving</b>	<b>Mix</b>	<b>w/ 1cup nonfat milk</b>
<b>Calories</b>	310	410
Calories from Fat	45	50
<b>% Daily Value**</b>		
<b>Total Fat</b> 5g*	<b>8%</b>	<b>8%</b>
Saturated Fat 1g	<b>5%</b>	<b>5%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 45mg	<b>15%</b>	<b>18%</b>
<b>Sodium</b> 40mg	<b>2%</b>	<b>8%</b>
<b>Total Carbohydrate</b> 42g	<b>14%</b>	<b>18%</b>
Dietary Fiber 7g	<b>28%</b>	<b>28%</b>
Sugars 6g		
<b>Protein</b> 26g		
Vitamin A	0%	10%
Vitamin C	60%	70%
Calcium	20%	50%
Iron	15%	15%

\* Amount in Product as Packaged

\*\* Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** WHOLE GRAIN ROLLED OATS, STRAWBERRY PROTEIN (WHEY PROTEIN CONCENTRATE, STRAWBERRY POWDER, MAPLE SYRUP POWDER, MACA ROOT, ACE-K, SUCRALOSE), FREEZE DRIED STRAWBERRIES, FLAXSEED, CHIA SEEDS

**CONTAINS:** MILK