

Balanced Meal Replacement Powder Vanilla Flavor

Nutrition Facts

Serving Size: 4 Tablespoons (30 g) of powder.

Servings Per Container: 20

| | Amount Per 30 g powder alone | % Daily Value** Per 30 g powder alone | Amount Per 30 g ready to serve | % Daily Value** Per 30 g ready to serve |
|--------------------|---------------------------------------|---|--------------------------------------|---|
| Calories | 110 | | 260 | |
| Calories from fat | 10 | | 80 | |
| Total Fat | 1 g | 2% | 9 g | 15% |
| Saturated Fat | 0.5 g | 2% | 5 g | 25% |
| Trans Fat | 0 g | | 0 g | |
| Cholesterol | 10 mg | 2% | 45 mg | 15% |
| Sodium | 145 mg | 6% | 270 mg | 10% |
| Total Carbohydrate | 14 g | 4% | 26 g | 8% |
| Dietary Fiber | 1 g | 4% | 1 g | 4% |
| Sugars | 13 g | | 25 g | |
| Protein | 12 g | 25% | 20 g | 40% |
| Vitamin A | 1855 IU | 35% | 2200 IU | 45% |
| Vitamin C | 12 mg | 20% | 15 mg | 25% |
| Calcium | 200 mg | 20% | 505 mg | 50% |
| Iron | 4.9 mg | 25% | 5 mg | 30% |
| Vitamin D | 0.0 IU | 0% | 100 IU | 25% |
| Vitamin E | 6 IU | 20% | 6 IU | 20% |
| Thiamine | 0.53 mg | 35% | 0.6 mg | 40% |
| Riboflavin | 0.41 mg | 25% | 0.8 mg | 45% |
| Niacin | 9.8 mg | 50% | 10 mg | 50% |
| Vitamin B6 | 1 mg | 50% | 1 mg | 50% |
| Folic Acid | 80 mcg | 20% | 90 mcg | 23% |
| Vitamin B12 | 1 mcg | 15% | 1.5 mcg | 25% |
| Biotin | 10 mcg | 4% | 10 mcg | 4% |
| Pantothenic Acid | 2 mg | 20% | 2.5 mg | 25% |
| Phosphorus | 171 mg | 15% | 410 mg | 40% |
| Iodine | 50 mcg | 35% | 50 mcg | 35% |
| Magnesium | 100 mg | 25% | 130 mg | 30% |
| Zinc | 4 mg | 25% | 5 mg | 35% |
| Copper | 0.6 mg | 30% | 0.6 mg | 30% |
| Manganese | 0.8 mg | 40% | 0.8 mg | 40% |
| Potassium | 277 mg | 8% | 655 mg | 19% |

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

| | Calories: | 2,000 | 2,500 | | | |
|--------------------|-----------|----------|--------------|---|---------|---|
| Total Fat | Less than | 65 g | 80 g | | | |
| Sat. Fat | Less than | 20 g | 25 g | | | |
| Cholesterol | Less than | 300 mg | 300 mg | | | |
| Sodium | Less than | 2,400 mg | 2,400 mg | | | |
| Total Carbohydrate | | 300 g | 375 g | | | |
| Dietary Fiber | | 25 g | 30 g | | | |
| Calories per gram: | Fat | 9 | Carbohydrate | 4 | Protein | 4 |