

Supplement Facts

Serving Size: One Heaping Scoop (25 grams)

Servings Per Container 20

Amount Per Serving		Mixed with one (1) cup Non-Fat Milk			
Calories 90		Calories from Fat 10	Calories 163	Calories from Fat 9	
			% Daily Value	Mixed with one cup Non-Fat Milk	% Daily Value
Total Fat	1 g	2%*	1 g	2%*	
Saturated Fat	0 g	0%*	0 g	0%*	
Trans Fat	0 g	†	0 g	†	
Cholesterol	0 mg	0%*	5 mg	2%*	
Sodium	150 mg	6%*	280 mg	12%*	
Total Carbohydrates	13 g	4%*	25 g	8%*	
Dietary Fiber	5.5 g	22%*	4 g	22%*	
Soluble Fiber	2 g	†	2 g	†	
Insoluble Fiber	3.5 g	†	3.5 g	†	
Sugars	6 g	†	18 g	†	
Protein	11 g	†	19 g	†	
Garcinia Cambogia Extract	750 mg	†	750 mg	†	
Sea Vegetation Blend (Proprietary Blend of Bladderwrack, Sodium Alginate, Kelp)	50 mg	†	50 mg	†	
Coenzyme Q10	50 mg	†	50 mg	†	

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

† Daily Value Not Established

Other ingredients: Soy Protein Isolate, Fiber Blend (Cellulose, Inulin, Psyllium Seed, Oat, Guar Gum, Xanthan Gum), Calcium Sodium Caseinate, Raw Sugar, Fructose, Natural Vanilla Flavor, Whey Protein Concentrate, Dried Honey, Lecithin.

Contains: Milk, Soybeans.