

FulMeal Protein Powder

Nutrition Facts

Serving Size: Two Scoops (30 grams or 1/4 cup)

Servings Per Container: 20

	Amount Per serving	% Daily Value	Amount Per Serving mixed with 8 fl. Oz. whole milk	% Daily Value
Calories	115		265	
Calories from fat	10		80	
Total Fat	1 g	2%	9 g	14%
Saturated Fat	0 g	2%	5 g	25%
Trans Fat	0 g		0.5 g	
Cholesterol	5 mg	2%	40 mg	13%
Sodium	135 mg	6%	260 mg	11%
Total Carbohydrate	14 g	5%	25 g	8%
Dietary Fiber	0 g	0%	0 g	0%
Sugars	14 g		25 g	
Protein	11 g		19 g	
Vitamin A		0%		6%
Vitamin C		0%		4%
Calcium		19%		49%
Iron		5%		5%

* 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

Ingredients: Skim Milk Powder, Soy Protein Isolate, Fructose, Natural Flavors, Lecithin, Vegetable Shortening, Wheat Germ Flour, Yeast, Rose Hips Extract, SeaPlex™ (proprietary blend of Spirulina, Chlorella, Irish Moss, Dulse, Kelp, Bladderwrack, Sodium Alginate), Alpha-Amylase, Broccoli Powder, Cabbage Powder, Brussels Sprout Powder, Asparagus Powder, Carrot Powder, Ginkgo Biloba Extract, Milk Thistle, Papain, Coenzyme Q10, Octacosanol.