

Nutrition Facts

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

Servings Per Container: 19

	Powder		Powder mixed with 1 cup (236 mL) nonfat milk	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	115		195	
Calories from Fat	15		15	
Total Fat	1.5 g	2%*	1.5 g	2%*
Saturated Fat	0.5 g	3%*	0.5 g	3%*
Trans Fat	0 g		0 g	
Cholesterol	5 mg	2%*	5 mg	2%*
Sodium	130 mg	5%*	250 mg	10%*
Total Carbohydrates	14 g	5%*	25 g	8%*
Dietary Fiber	0 g	0%*	0 g	0%*
Sugars	13 g		24 g	
Protein	11 g		20 g	
Vitamin A	2500 IU	50%	2510 IU	50%
Vitamin C	30 mg	50%	32.4 mg	54%
Vitamin D	200 IU	50%	300 IU	75%
Vitamin E	15 IU	50%	15 IU	50%
Thiamin	750 mcg	50%	830 mcg	55%
Riboflavin	850 mcg	50%	1.19 mg	70%
Niacinamide	10 mg	50%	10.2 mg	51%
Vitamin B ₆	1 mg	50%	1.1mg	55%
Folic Acid	200 mcg	50%	200 mcg	50%
Vitamin B ₁₂	3 mcg	50%	4 mcg	66%
Biotin	75 mcg	25%	75 mcg	25%
Pantothenic Acid	5 mg	50%	5.8 mg	58%
Calcium	190 mg	19%	492 mg	49%
Iron	4.5 mg	25%	4.6 mg	26%
Phosphorus	200 mg	20%	447 mg	45%
Iodine	37.5 mcg	25%	37.5 mcg	25%
Magnesium	50 mg	13%	78 mg	20%
Zinc	3.75 mg	25%	4.75 mg	32%
Copper	500 mcg	25%	500 mcg	25%

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

Product #1840