

Momentum by Medifast® Meals

Chai Latte

72480

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	10 mg	3%
Sodium	125 mg	5%
Potassium	330 mg	9%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	8 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 0

Serving Size: 32.3 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ 0.1 mg Caffeine

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	25%
Iron.....	25%
Vitamin D.....	30%
Vitamin E.....	25%
Vitamin K.....	25%
Thiamin (B1).....	35%
Riboflavin.....	35%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	30%
Vitamin B12.....	25%
Biotin.....	20%
Pantothenic Acid.....	25%
Phosphorus.....	10%
Iodine.....	30%
Magnesium.....	15%
Zinc.....	25%
Selenium.....	20%
Copper.....	25%
Manganese.....	45%
Chromium.....	30%
Molybdenum.....	60%
Chloride.....	6%

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Fructose, milk protein isolate, chicory root extract (inulin), whey protein concentrate, calcium caseinate, sodium caseinate, instant green tea, spices (ginger, cinnamon, clove, cardamom, nutmeg), potassium chloride, calcium carbonate, maltodextrin, potassium phosphate, green tea extract, natural & artificial flavors, modified food starch, salt, natural caffeine, magnesium oxide, dl-methionine, acesulfame potassium (non-nutritive sweetener), corn syrup solids, ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin.

Contains: Milk and soy. Manufactured in a facility that uses egg, fish, shellfish and wheat.

Momentum by Medifast® Meals

Cappuccino

72470

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	10 mg	3%
Sodium	125 mg	5%
Potassium	320 mg	9%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	8 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 0

Serving Size: 31.2 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ 0.1 mg Caffeine

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	25%
Iron.....	20%
Vitamin D.....	30%
Vitamin E.....	25%
Vitamin K.....	25%
Thiamin (B1).....	35%
Riboflavin.....	35%
Niacin.....	25%
Vitamin B6.....	35%
Folate.....	30%
Vitamin B12.....	25%
Biotin.....	20%
Pantothenic Acid.....	25%
Phosphorus.....	8%
Iodine.....	30%
Magnesium.....	15%
Zinc.....	25%
Selenium.....	25%
Copper.....	25%
Manganese.....	45%
Chromium.....	30%
Molybdenum.....	60%
Chloride.....	6%

Ingredients

Fructose, milk protein isolate, chicory root extract (inulin), whey protein concentrate, calcium caseinate, sodium caseinate, instant decaffeinated coffee, potassium chloride, maltodextrin, calcium carbonate, potassium phosphate, green tea extract, modified food starch, salt, natural caffeine, magnesium oxide, dl-methionine, acesulfame potassium (non-nutritive sweetener), glycerol triacetate, natural and artificial flavors, corn syrup solids, ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin.

Contains: Milk. Manufactured in a facility that uses egg, fish, shellfish, wheat and soy.

Momentum by Medifast® Meals

Banana Crème Shake

72490

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	240 mg	10%
Potassium	410 mg	12%
Total Carbohydrate	13 g	4%
Dietary Fiber	4 g	16%
Sugars	9 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 5

Serving Size: 31.6 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ 0.1 mg Caffeine
- ✓ <10ppm Gluten
- ✓ Heart Healthy
Contains 10 g soy protein

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

AVERAGE % DAILY VALUE

Vitamin A.....	25%
Vitamin C.....	35%
Calcium.....	35%
Iron.....	30%
Vitamin D.....	30%
Vitamin E.....	25%
Vitamin K.....	25%
Thiamin (B1).....	35%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	35%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	25%
Phosphorus.....	25%
Iodine.....	30%
Magnesium.....	20%
Zinc.....	25%
Selenium.....	25%
Copper.....	25%
Manganese.....	45%
Chromium.....	30%
Molybdenum.....	60%
Chloride.....	8%

Ingredients

Soy protein isolate, fructose, milk protein isolate, chicory root extract (inulin), oat fiber, sweet dairy whey, calcium phosphate, potassium chloride, guar gum, maltodextrin, salt, green tea extract, modified food starch, natural and artificial flavors, natural caffeine, dl-methionine, magnesium oxide, lecithin, acesulfame potassium (non-nutritive sweetener), corn syrup solids, ascorbic acid, ferric orthophosphate, dicalcium phosphate, d-l alpha tocopheryl acetate, niacinamide, zinc oxide, manganese sulfate, d-calcium pantothenate, yellow #5, copper sulfate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, chromium chloride, sodium molybdate, folic acid, biotin, potassium iodide, sodium selenite, vitamin K-1, vitamin D3, cyanocobalamin.

Contains: milk, wheat and soy. Manufactured in a facility that uses egg, fish, and shellfish