

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	10 mg	3%
Sodium	125 mg	5%
Potassium	330 mg	9%
Total Carbohydrate	14 g	5%
Dietary Fiber	3 g	12%
Sugars	10 g	
Protein	14 g	

Calories per Serving: 100

Calories from Fat: 5

Serving Size: 33.0 g

Servings per Container: 7

This Product is:

- ✓ Kosher Dairy
- ✓ Vegetarian Product
- ✓ Contains Whey
- ✓ Low Lactose
- ✓ Caffeine Free

AVERAGE % DAILY VALUE

Vitamin A	25%
Vitamin C	35%
Calcium.....	25%
Iron	20%
Vitamin D	30%
Vitamin E.....	20%
Vitamin K	20%
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, calcium caseinate, whey protein concentrate, chicory root extract (inulin), sodium caseinate, instant green tea, spices, potassium chloride, calcium carbonate, maltodextrin, potassium phosphate, natural and artificial flavors, modified food starch, salt, dl-methionine, magnesium oxide, 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. Manufactured in a facility that uses egg, fish, shellfish, wheat and soy.