

Medifast® 55 Ready-to-Drink

Dutch Chocolate

6870

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	190 mg	8%
Potassium	480 mg	14%
Total Carbohydrate	12 g	4%
Dietary Fiber	3 g	12%
Sugars	6 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 8.25 oz (244 mL)

Servings per Container: 1

This Product is:

- ✓ Kosher Dairy
 - ✓ Also Formulated for Diabetics
 - ✓ Vegetarian Product
 - ✓ Lactose Free
 - ✓ 1.24 mg Caffeine
 - ✓ Heart Healthy
- Contains 11g soy protein*

AVERAGE % DAILY VALUE

Vitamin A	20%
Vitamin C	30%
Calcium.....	40%
Iron	30%
Vitamin D	20%
Vitamin E.....	20%
Vitamin K	25%
Thiamin (B1)	30%
Riboflavin.....	30%
Niacin.....	20%
Vitamin B6.....	30%
Folate.....	25%
Vitamin B12.....	20%
Biotin	20%
Pantothenic Acid.....	20%
Phosphorus	35%
Iodine	20%
Magnesium	15%
Zinc.....	25%
Selenium.....	20%
Copper	30%
Manganese	40%
Chromium.....	25%
Molybdenum.....	50%
Chloride.....	2%

- 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

Water, soy protein isolate, fructose, sucrose, maltodextrin, cocoa (processed with alkali), gum arabic, calcium phosphate, natural and artificial flavors, canola oil, cellulose gel, dipotassium phosphate, soy lecithin, salt, lactic acid, potassium chloride, cellulose gum, acesulfame potassium (non-nutritive sweetener), carrageenan, sodium ascorbate, magnesium oxide, dicalcium phosphate, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, d-calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, thiamin mononitrate, riboflavin, vitamin A palmitate, folic acid, chromium chloride, sodium molybdate, biotin, potassium iodide, sodium selenite, phytonadione (vitamin K1), vitamin D₃, cyanocobalamin (vitamin B₁₂)

Contains: Soy.

Medifast® 55 Ready-to-Drink

French Vanilla

6880

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	200 mg	8%
Potassium	370 mg	11%
Total Carbohydrate	12 g	4%
Dietary Fiber	3 g	12%
Sugars	6 g	
Protein	11 g	

Calories per Serving: 90

Calories from Fat: 10

Serving Size: 8.25 oz (244mL)

Servings per Container: 1

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Niacin.....	20%
Vitamin B6.....	30%
Folate.....	25%
Vitamin B12.....	20%
Biotin.....	20%
Pantothenic Acid.....	20%
Phosphorus	35%
Iodine	20%
Magnesium	10%
Zinc.....	20%
Selenium.....	20%
Copper	25%
Manganese	40%
Chromium.....	25%
Molybdenum	50%
Chloride.....	2%

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