

# Nutrition Facts

Serving Size: 2 scoops (48g) makes 1 cup prepared

Servings Per Container: About 12

Amount Per Serving	2 scoops in 1 cup water	4 scoops in 2½ cups whole milk
<b>Calories</b>	210	800
Calories from Fat	90	350
	<b>% Daily Value**</b>	
<b>Total Fat</b> 9g*	<b>14%</b>	<b>60%</b>
Saturated Fat 1.5g	<b>8%</b>	<b>70%</b>
Trans Fat 0g		
<b>Cholesterol</b> 25mg	<b>8%</b>	<b>35%</b>
<b>Sodium</b> 460mg	<b>19%</b>	<b>50%</b>
<b>Potassium</b> 380mg	<b>11%</b>	<b>42%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>	<b>25%</b>
Dietary Fiber 2g	<b>8%</b>	<b>12%</b>
Sugars 14g		
<b>Protein</b> 10g	<b>20%</b>	<b>78%</b>
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	15%	100%
Iron	0%	8%

\* Amount in 2 Scoops plus 2 additional scoops and 20 fl oz whole milk adds 590 Calories, 30g Total Fat, 12.5g Total Sat. Fat, 80mg Cholest., 730mg Sodium, 1090mg Potassium, 52g Total Carb. (44g Sugars), and 29g Protein.

\*\* 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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram			
Fat 9	•	Carbohydrate 4	• Protein 4

**INGREDIENTS:** Sweet Whey Powder, Sunflower Oil, Maltodextrin, Whey Protein Concentrate, Soy Protein Isolate, Alkalinized Cocoa Powder, Natural Flavors, Soy Lecithin, Sodium Caseinate, Milk Protein Isolate, Sea Salt, Silicon Dioxide, Calcium Caseinate, Pea Protein Isolate, Xanthan Gum, Stevia Extract, Dipotassium Phosphate, Guar Gum, Hydrolyzed Whey Protein, Egg Albumen, Apple Fiber, Flax Seed, Gum Arabic, Papain, Bromelain, Pancrelipase (Lipase, Protease, Amylase).

**CONTAINS: MILK, EGG, SOY.**

**MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, WHEAT AND EGGS.**