

# PRODUCT INFORMATION



## Nutrition Facts

Serving Size 2 Scoops (41g)  
Servings Per Container 20

	1 Serving with Water		1 Serving with 2% Milk	
Amount Per Serving				
<b>Calories</b>		170		305
Calories from Fat		45		90
		<b>% DV*</b>		<b>% DV*</b>
<b>Total Fat</b>	5g	<b>8%</b>	10g	<b>15%</b>
Saturated Fat	0.5g	<b>3%</b>	3g	<b>15%</b>
Trans Fat	0g		0g	
Polyunsaturated Fat	1g		1g	
Monounsaturated Fat	2g		2g	
<b>Cholesterol</b>	0mg	<b>0%</b>	15mg	<b>5%</b>
<b>Potassium</b>	500mg	<b>14%</b>	880mg	<b>25%</b>
<b>Sodium</b>	130mg	<b>5%</b>	235mg	<b>9%</b>
<b>Total Carbohydrate</b>	14g	<b>5%</b>	26g	<b>9%</b>
Dietary Fiber	6g	<b>24%</b>	6g	<b>24%</b>
Sugars	6g		18g	
<b>Protein</b>	17g	<b>34%</b>	25g	<b>50%</b>
Vitamin A		35%		45%
Vitamin C		35%		35%
Calcium		25%		55%
Iron		6%		6%
Vitamin D		35%		60%
Vitamin E		35%		35%
Vitamin K		35%		35%
Thiamine		35%		35%
Riboflavin		35%		35%
Niacin		35%		35%
Vitamin B6		35%		35%
Folic Acid		35%		35%
Vitamin B12		35%		35%
Biotin		35%		35%
Pantothenic Acid		35%		35%
Phosphorous		20%		20%
Iodine		35%		35%
Magnesium		35%		40%
Zinc		35%		35%
Selenium		35%		35%
Copper		35%		35%
Manganese		35%		35%
Chromium		35%		35%
Molybdenum		35%		35%
Chloride		8%		8%

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

• GMO FREE • NO ARTIFICIAL COLORS

• NO ARTIFICIAL FLAVORS • NO ARTIFICIAL SWEETNERS

**NO SOY PROTEIN • NO WHEY PROTEIN**



Mix 2 scoops (41g) with approximately 8 ounces of Cold Water or Milk



Tip – use a simple hand shaker or blender for fast blending.