

PRODUCT INFORMATION



Nutrition Facts

Serving Size 2 Scoops (42g)
Servings Per Container 20

	1 Serving with Water		1 Serving with 2% Milk	
Amount Per Serving				
Calories		170		305
Calories from Fat		45		90
		% DV*		% DV*
Total Fat	5g	8%	10g	15%
Saturated Fat	0.5g	3%	3g	15%
Trans Fat	0g		0g	
Polyunsaturated Fat	1g		1g	
Monounsaturated Fat	2g		2g	
Cholesterol	0mg	0%	15mg	5%
Potassium	670mg	20%	1050mg	31%
Sodium	140mg	6%	245mg	10%
Total Carbohydrate	14g	5%	25g	9%
Dietary Fiber	6g	24%	6g	24%
Sugars	6g		18g	
Protein	17g	34%	25g	50%
Vitamin A		35%		45%
Vitamin C		35%		35%
Calcium		25%		60%
Iron		10%		10%
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.

NO SOY PROTEIN • NO WHEY PROTEIN

Mix 2 scoops (42g) with approximately 8 ounces of Cold Water or Milk



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



• GMO FREE • NO ARTIFICIAL COLORS

• NO ARTIFICIAL FLAVORS • NO ARTIFICIAL SWEETNERS