



NUTRITION SHAKE MIX

# Nutrition Facts

Serving Size: Approx. 34 g (1 scoop)

Servings Per Container: 30

Amount per Serving	1 Scoop	
Calories	140	220
Calories from Fat	40	45
Calories from Saturated Fat	10	15
<b>% Daily Value*</b>		
<b>Total Fat</b> 4.5 g	<b>7%</b>	<b>7%</b>
Saturated Fat 1 g	6%	7%
Trans Fat 0 g		
Polyunsaturated Fat 0 g		
Monounsaturated Fat 2 g		
<b>Cholesterol</b> 10 mg	3%	5%
<b>Sodium</b> 125 mg	5%	11%
<b>Potassium</b> 270 mg	8%	20%
<b>Total Carbohydrates</b> 14 g	5%	9%
Dietary Fiber 5 g	20%	20%
Soluble Fiber 4 g		
Sugars 5 g**		
<b>Protein</b> 12 g	24%	40%
Vitamin A	0%	10%
Vitamin C	0%	4%
Calcium	10%	40%
Iron	0%	2%
Riboflavin	30%	50%
Niacin	30%	30%
Vitamin B6	30%	35%
Pantothenic Acid	30%	40%
Chromium	30%	30%

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

**Calories per gram:**

• Fat 9 • Carbohydrate 4 • Protein 4

\*\* One serving, when mixed with 1 cup skim milk contains 12 g of additional sugar (from lactose, a natural milk sugar).