

# Supplement Facts

About 15 servings per container

**Serving Size: 2 Scoops (about 111g)**

Amount per Serving

**Calories 440**

% Daily Value\*

**Total Fat** 4.5g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 40mg **13%**

**Sodium** 140mg **6%**

**Total Carbohydrate** 80g **29%**

Dietary Fiber 2g **7%**

Total Sugars 9g

Includes 0g Added Sugars

**Protein** 20g **40%**

Calcium 202mg 15%

Iron 1mg 6%

Potassium 201mg 4%

Not a significant source of Vitamin D.

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

About 8 servings per container

**Serving Size: 4 Scoops (about 222g)**

Amount per Serving

**Calories 880**

% Daily Value\*

9g **12%**

2g **10%**

0g

80mg **27%**

280mg **12%**

160g **58%**

4g **14%**

18g

0g

40g **80%**

404mg 30%

2mg 10%

402mg 8%

About 5 servings per container

**Serving Size: 6 Scoops (about 333g)**

Amount per Serving

**Calories 1320**

% Daily Value\*

13g **17%**

3g **15%**

0g

120mg **40%**

420mg **18%**

240g **87%**

6g **21%**

27g

0g

60g **120%**

606mg 45%

3mg 15%

603mg 10%

**Ingredients:** Waxy Maize, Maltodextrin, Whey Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Whey Peptides), Natural Flavors, Milk Protein Concentrate, Avocado Oil, Micellar Casein, Oat Fiber, Stevia.

**Contains Milk, Wheat**