

Supplement Facts

About 15 servings per container

Serving Size: 2 Scoops (about 111g)

Amount per Serving

Calories 430

% 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 1g **4%**

Total Sugars 9g

Includes 0g Added Sugars

Protein 20g **40%**

Calcium 196mg 15%

Iron 649mcg 4%

Potassium 127mg 2%

About 8 servings per container

Serving Size: 4 Scoops (about 222g)

Amount per Serving

Calories 860

% Daily Value*

9g **12%**

2g **10%**

0g

80mg **27%**

280mg **12%**

160g **58%**

2g **8%**

18g

0g

40g **80%**

392mg 30%

1298mcg 8%

254mg 6%

About 5 servings per container

Serving Size: 6 Scoops (about 333g)

Amount per Serving

Calories 1290

% Daily Value*

13g **17%**

3g **15%**

0g

120mg **40%**

420mg **18%**

240g **87%**

3g **12%**

27g

0g

60g **120%**

588mg 45%

1947mcg 10%

381mg 8%

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.

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

Contains Milk, Wheat