

# 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** 150mg **7%**

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

Dietary Fiber 1g **4%**

Total Sugars 9g

Includes 0g Added Sugars

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

Calcium 199mg 15%

Iron 904mcg 6%

Potassium 144mg 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 860**

% Daily Value\*

9g **12%**

2g **10%**

0g

80mg **27%**

300mg **14%**

160g **58%**

2g **8%**

18g

0g

40g **80%**

398mg 30%

1808mcg 10%

288mg 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%**

450mg **21%**

240g **87%**

3g **12%**

27g

0g

60g **120%**

597mg 45%

2712mcg 15%

432mg 10%

**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, Beet Root Powder, Citric Acid, Stevia.

**Contains Milk, Wheat**