

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 160mg **7%**

Total Carbohydrate 80g **29%**

Dietary Fiber 2g **7%**

Total Sugars 11g

Includes 0g Added Sugars

Protein 20g **40%**

Calcium 237mg 20%

Iron 2mg 10%

Potassium 177mg 4%

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%**

320mg **14%**

160g **58%**

4g **14%**

22g

0g

40g **80%**

474mg 35%

4mg 20%

354mg 8%

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%**

480mg **21%**

240g **87%**

6g **21%**

33g

0g

60g **120%**

711mg 50%

6mg 35%

531mg 10%

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, Non Fat Dry Milk, Micellar Casein, Natural Flavors, Cookie Pieces (Unbleached Wheat Flour, Sugar, Canola Oil, Cocoa (Processed With Alkali), Salt, Baking Soda, Natural Flavors), Oat Fiber, Stevia.

Contains Milk, Wheat