

# Nutrition Facts

7 Servings per Container

**Serving Size: 3 rounded scoops (about 85g)**

Amount per Serving

**Calories** **320**

% Daily Value\*

**Total Fat** 5g 6%

Saturated Fat 1g 4%

*Trans* Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 400mg 17%

**Total Carbohydrate** 55g 20%

Dietary Fiber 9g 32%

Total Sugars 16g

Includes 0g Added Sugars

**Protein** 16g 33%

Vitamin A (Acetate) 39.5mcg RAE 4%

Vitamin C (Ascorbic Acid) 29.5mg 35%

Calcium (Citrate) 447mg 35%

Iron (Ferrous Fumarate) 5.6mg 30%

Vitamin D (Cholecalciferol) 1.4mcg 8%

Vitamin E  
(D-alpha-Tocopheryl Acetate) 700mcg 4%

Vitamin K (Phylloquinone) 10.0mcg 8%

Thiamin (Mononitrate) 279mcg 25%

Riboflavin 319mcg 25%

% Daily Value\*

Niacin (Nicotinamide) 3.6mg NE 20%

Vitamin B6 (Pyridoxine HCl) 399mcg 25%

Folate (Folic Acid) 39.9mcg DFE 10%

Vitamin B12 (Cyanocobalamin) 0.2mcg 8%

Biotin 29.9mcg 100%

Pantothenic Acid  
(Calcium-D-Pantothenate) 1.2mg 25%

Phosphorous  
(Dipotassium Phosphate) 341mg 25%

Iodine (Potassium Iodide) 21.0mcg 15%

Magnesium (Oxide) 64mg 15%

Zinc (Sulfate) 2.1mg 20%

Selenium (L-Selenomethionine) 5.2mcg 10%

Copper (Gluconate) 154mcg 15%

Manganese (Ascorbate) 1.2mg 50%

Chromium (Picolinate) 35.1mcg 100%

Molybdenum (Sulfate) 22.5mcg 50%

Chloride 342mg 15%

Potassium 738mg 15%

Choline (Bitartrate) 184mg 35%

\*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.

**Other Ingredients:** Waxy Maize (Maltodextrin), Non Fat Dry Milk, Soluble Corn Fiber, Whey Protein Concentrate, Natural and Artificial Flavors, Sunflower Oil, Sodium Chloride, Colostrum, Sucralose, Acesulfame Potassium.

**Contains Milk**