

Nutrition Facts

7 Servings per Container

Serving Size: 3 rounded scoops (about 85g)

Amount per Serving

Calories **310**

% Daily Value*

Total Fat 5g 6%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 380mg 17%

Total Carbohydrate 57g 21%

Dietary Fiber 7g 26%

Total Sugars 15g

Includes 0g Added Sugars

Protein 16g 33%

Vitamin A (Acetate) 39.8mcg RAE 4%

Vitamin C (Ascorbic Acid) 29.5mg 35%

Calcium (Citrate) 524mg 40%

Iron (Ferrous Fumarate) 4.5mg 25%

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) 313mg 25%

Iodine (Potassium Iodide) 21.0mcg 15%

Magnesium (Oxide) 62mg 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 354mg 15%

Potassium 586mg 10%

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, Whey Protein Concentrate, Soluble Corn Fiber, Natural and Artificial Flavors, Sunflower Oil, Sodium Chloride, Colostrum, Acesulfame Potassium, Sucralose.

Contains Milk