

# Nutrition Facts

Serving Size: 1 Scoop (about 40 g)

Servings per Container: about 34

Amount per Serving

**Calories** 150

**Calories from Fat** 0

% Daily Value\*

**Total Fat** 0 g

**Cholesterol** 10 mg 3%

**Sodium** 135 mg 6%

**Potassium** 156 mg 4%

**Total Carbohydrates** 3 g 1%

Total Sugars 1 g

**Protein** 33 g 66%

Calcium 16%

Iron 6%

Vitamin K 4%

Vitamin B12 14%

Phosphorous 10%

Magnesium 8%

Selenium 18%

\* Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Calories:** **2,000** **2,500**

Total Fat Less than 65 g 80 g

Sat Fat Less than 20 g 25 g

Cholesterol Less than 300 mg 300 mg

Sodium Less than 2,400 mg 2,400 mg

Total Carbohydrates 300 g 375 g

Dietary Fiber 25 g 30 g

Protein 50 g 65 g

**Ingredients:** Hydrolyzed Whey Protein Isolate, Natural and Artificial Flavors, Chocolate Cookie Pieces (Bleached Wheat Flour, Sugar, Palm Oil, Natural and Artificial Flavors, Corn Syrup, Corn Flour, Baking Soda, Soy Lecithin, Salt), Sodium Chloride, Sucralose, Xanthan Gum, Acesulfame Potassium.

**Contains Milk, Wheat, Soy, Tree Nut (Palm)**

**Notice:** Use this product as a food supplement only.

Do not use for weight reduction.