

Supplement Facts

Serving Size: 2 Scoops (1/2 cup) 61 g

Servings Per Container: 14

Amount Per Serving %D.V.* Amount Per Serving %D.V.*

Calories	240		
Calories from Fat	40	Sugars	<1 g †
Total Fat	4.5 g 7%*	Protein	24 g 48%
Saturated Fat	3 g 15%*	Potassium	995 mg 28%
Total Carbohydrates	28 g 9%	Cholesterol	0 mg 0%
Dietary Fiber	9 g 36%	Sodium	120 mg 5%
Vitamin A	50% •	Vitamin C	40%
Calcium	40% •	Iron	22%
Vitamin D	80% •	Vitamin E	35%
Thiamin	60% •	Riboflavin	70%
Folic Acid	80% •	Vitamin B6	70%
Biotin	45% •	Pantothenic Acid	40%
Phosphorus	36% •	Iodine	40%
Magnesium	46% •	Zinc	45%
Selenium	40% •	Copper	50%
Manganese	60% •	Chromium	80%
Molybdenum	60%		

	Calories	2,000	2,500
Total Fat	Less than	60 g	80 g
Saturated 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
Calories per gram		36%	40%
Fat-9	Carbohydrates-4	Protein-4	

*Percent Daily Values are based on a 2,000 calorie diet

†Daily Value not established