

Nutrition Facts

Serving Size: 1 Scoop (30 g)

Servings per Container: 30

Amount per Serving

Calories 110

Calories from Fat 25

% Daily Value*

Total Fat 2.5 g **4%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 g **0%**

Sodium 230 mg **10%**

Total Carbohydrate 3 g **1%**

Dietary Fiber 2 g **8%**

Sugars 0 g

Protein 20 g

Vitamin A 0%

Vitamin C 0%

Calcium 4%

Iron 40%

* 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	80g
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 Carbohydrate	Less than	300 g	375 g
Dietary Fiber	Less than	25 g	30 g

Calories per gram

Fat 9 / Carbohydrate 4 / Protein 4