

Nutrition Facts

Serving Size: 2 scoops (55g)

Servings Per Container 14

Amount Per Serving

Calories 217

Calories from Fat 33

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 1g 8%

Trans Fat 0g

Cholesterol 47mg 15%

Potassium 100mg 9%

Total Carbohydrates 22g 7%

Dietary Fiber 5g 20%

Sugars 11g

Protein 28g 56%

Vitamin A 20% Niacin 45% Magnesium 45%

Vitamin C 25% Vitamin B6 114% Zinc 152%

Calcium 40% Folate 80% Selenium 40%

Iron 30% Vitamin B12 126% Copper 50%

Vitamin D 96% Biotin 50% Manganese 60%

Vitamin E 2% Pantothenic Acid 57% Chromium 80%

Thiamin 50% Phosphorus 10% Molybdenum 60%

Riboflavin 66% Iodine 40%

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