

Nutrition Facts

Serving Size 8 oz (240mL)

Servings Per Container 2

Amount Per Serving

Calories 170 Calories from Fat 100

% Daily Value*

Total Fat 11g 16%

Saturated Fat 7g 34%

Trans Fat 0g

Cholesterol 40g 14%

Sodium 85mg 4%

Total Carbohydrates 10g 3%

Dietary Fiber 0g 0%

Sugars 7g

Protein 8g 16%

Vitamin A 11% • Vitamin C 4%

Calcium 25% • Iron 1%

* 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 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carb 300g 375g

Dietary Fiber 25g 30g

Amasai™ Plain

Ingredients:

Pasteurized cultured organic whole milk, probiotic cultures.

Made with Grade A milk. No thickeners or stabilizers. No

artificial colors or flavors. Natural separation may occur, shake vigorously.