

Nutrition Facts

Serving Size: 2 scoops (51g)

Servings Per Container 14

Amount Per Serving

Calories 209

Calories from Fat 32

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 1g 8%

Trans Fat 0g

Cholesterol 50mg 17%

Potassium 100mg 9%

Total Carbohydrates 18g 7%

Dietary Fiber 4g 16%

Sugars 10g

Protein 25g 54%

Vitamin A 25% Niacin 45% Magnesium 45%

Vitamin C 25% Vitamin B6 65% Zinc 49%

Calcium 40% Folate 80% Selenium 40%

Iron 25% Vitamin B12 200% Copper 50%

Vitamin D 53% Biotin 50% Manganese 60%

Vitamin E 3% Pantothenic Acid 59% Chromium 80%

Thiamin 73% Phosphorus 10% Molybdenum 60%

Riboflavin 66% Iodine 40%

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