

Nutrition Facts

10 servings per container
Serving size 1 packet (36g)

Calories

	Powder		As Prepared	
	130		220	
	% DV*		% DV*	
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
<i>Trans</i> Fat	0g		0g	
Cholesterol	< 5mg	2%	10mg	3%
Sodium	115mg	5%	220mg	10%
Total Carb.	27g	10%	40g	15%
Dietary Fiber	0g	0%	0g	0%
Total Sugars	16g		28g	
Incl. Added Sugars	8g	16%	8g	16%
Protein	5g	10%	13g	26%
Vitamin D	7mcg	35%	9.9mcg	50%
Calcium	200mg	15%	500mg	40%
Iron	3.5mg	20%	3.6mg	20%
Potassium	220mg	4%	600mg	15%
Vitamin A	50mcg	6%	200mcg	20%
Vitamin C	90mg	100%	90mg	100%
Vitamin E	3mg	20%	3mg	20%
Vitamin K	35mcg	30%	35mcg	30%
Thiamin	0.3mg	25%	0.41mg	35%
Riboflavin	0.2mg	15%	0.65mg	50%
Niacin	3mg	20%	3.2mg	20%
Vitamin B6	0.32mg	20%	0.41mg	25%
Folate	90mcg DFE	25%	100mcg DFE	25%
	(54mcg Folic Acid)		(60mcg Folic Acid)	
Vitamin B12	0.3mcg	15%	1.52mcg	60%
Biotin	8mcg	25%	8mcg	25%
Pantothenic Acid	0.9mg	20%	1.8mg	35%
Phosphorus	230mg	20%	480mg	40%
Iodine	20mcg	15%	20mcg	15%
Magnesium	80mg	20%	105mg	25%
Zinc	1.2mg	10%	2.2mg	20%
Selenium	3mcg	6%	11mcg	20%
Copper	0.2mg	20%	0.23mg	25%
Manganese	0.6mg	25%	0.61mg	25%
Chromium	5mcg	15%	5mcg	15%
Molybdenum	10mcg	20%	10mcg	20%
Choline	20mg	4%	60mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The Essentials Of Nutrition

M Carnoy



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