

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% (54mcg Folic Acid)	100mcg DFE 25% (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

Jiyuan Zhang



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