

Serving Size 2 scoops (40 g)
Servings Per Container about 11

Amount Per Serving

Calories 160	Calories from Fat 15
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% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 55mg	18%
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Sodium 95mg	4%
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Potassium 180mg	5%
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Total Carbohydrate 15g	5%
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Dietary Fiber 8g	32%
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Sugars 5g

Protein 20g	35%
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Vitamin A	0%
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Vitamin C	2%
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Calcium	20%
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Iron	4%
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* 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50a	65a



Net Wt. 1lb (454g)