

USAGE: Add 2 level scoops (42 g) of powder to 6 to 8 oz. of water, milk, almond milk, rice milk, soy milk or your favorite beverage. For a protein smoothie, blend with water and ice, and add fruit to optimize taste. For a thicker consistency, mix with less liquid as desired.

Jarrow Formulas® Greek Yogurtein™ combines Greek Yogurt with additional high-quality proteins and is optimized with dietary fibers. It is a great tasting (lacto) vegetarian protein, calcium and fiber source. The proteins in Greek Yogurtein™ are highly bioavailable.* Moreover, the inclusion of quick-digesting (whey) and slow-digesting (micellar casein) proteins provide added support for sustained energy levels and muscle replenishment.* The dietary fibers promote digestive health and microfloral ecosystem balance.* Greek Yogurtein™ has a rich and creamy texture and is easily mixed with your favorite beverages.

**Store in a cool, dry place.
Keep out of the reach of children.**

*** These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.**

Lot #. Best Used Before:

.....FEATURES.....

15 g
of Protein
per Serving

High
in Dietary
Fibers

Gluten
Free

rBST
Free

Great
Tasting

Mixes
Easily

Jarrow
FORMULAS®

rBST
NO ADDED HORMONES
FREE

Greek *High in Fiber*
YOGURTEIN™

WITH GREEK YOGURT POWDER,
FIBERS, WHEY AND
MICELLAR CASEIN PROTEINS

NET WEIGHT
16 oz (462 g)
POWDER

GLUTEN
FREE

Coconut Cream

Supplement Facts

Serving Size 2 Level scoops (42 g)
Servings Per Container Approx. 11

Amount Per Serving

Calories 120	Calories from Fat 14	%DV*
Total Fat 1.5 g		2%
Saturated Fat 1 g		5%
Trans Fat 0 g		
Cholesterol 25 mg		8%
Sodium 105 mg		4%
Total Carbohydrate 17 g		6%
Dietary Fiber 6 g		24%
Sugars 8 g		
Protein 15 g		30%
Vitamin A 1%	•	Vitamin C 2%
Calcium 29%	•	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	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories Per Gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Greek yogurt powder, whey protein concentrate, VitaFiber™ (Isomalto-oligosaccharides), coconut meal (sucrose, fructose and maltodextrin [from maize]), micellar casein protein concentrate, apple pectin, natural coconut flavor, natural vanilla flavor, Lo Han Guo (*Momordica grosvenorii*) and rebiana (stevia extract).

Contains: Milk (casein and whey), soy (from lecithin) and tree nuts (coconut).

No wheat, no gluten, no egg, no fish/shellfish, no peanuts.

Greek Yogurtein™ can be a part of your weight management regime, but is not a complete nutrient source and so should not be used exclusively for weight loss. Packaged by weight, not by volume.

Distributed Exclusively by:
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