

Greek *High in Fiber* YOGURTEIN™

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

USAGE: Add 1 packet (Approx. 40 g) of powder to 4 to 6 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, fiber source and rich in calcium. 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, bowel regularity 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.

Jarrow
FORMULAS®

12 PACKETS

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NET WEIGHT PER PACKET: 1.4 OZ (40 G)

DIETARY SUPPLEMENT

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FEATURES

15 g
of Protein
per Serving

High
in Dietary
Fibers

**Gluten
Free**

**Rich in
Calcium**

**Great
Tasting**

**Mixes
Easily**

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

Supplement Facts

Serving Size 1 Packet (Approx. 40 g)
Servings Per Container 12

Amount Per Serving	
Calories 160	Calories from Fat 15
	%DV*
Total Fat 1.5 g	2%
Saturated Fat 1 g	5%
Trans Fat 0 g	**
Cholesterol 30 mg	10%
Total Carbohydrate 20 g	7%
Dietary Fiber 8 g	32%
Sugars 9 g	**
Protein 15 g	30%
Calcium 300 mg	30%
Sodium 85 mg	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

** Daily Value not established.

Other Ingredients: Greek yogurt powder, whey protein concentrate, VitaFiber™ (Isomaltoligosaccharides), coconut meal blend (coconut fruit solids, sucrose, fructose and maltodextrin [from maize]), micellar casein protein concentrate, apple pectin, natural coconut flavor, natural vanilla flavor, Lo Han Guo (*Momordica grosvenori*) 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.

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
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www.Jarrow.com

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PROD # 121050



Lot #. Best Used Before: