

USAGE: Add 1 level scoop (Approx. 43 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.

Lot #. Best Used Before:

..... FEATURES

15 g
of Protein
per Serving

High
in Dietary
Fibers

Gluten
Free

Rich in
Calcium

Great
Tasting

Prebiotic
Fiber



Greek *High in Fiber*
YOGURTEIN™

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

NET WEIGHT

16.7 oz (473 g)

DIETARY
SUPPLEMENT

GLUTEN
FREE

Plain

Supplement Facts

Serving Size 1 Level scoop (Approx. 43 g)
Servings Per Container Approx. 11

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 25 mg	8%
Total Carbohydrate 22 g	7%
Dietary Fiber 8 g	32%
Sugars 12 g	**
Protein 15 g	30%
Calcium 300 mg	30%
Sodium 100 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.

Ingredients: Greek yogurt powder, whey protein concentrate, VitaFiber™ (Isomalto-oligosaccharides), coconut meal blend (coconut fruit solids, sucrose, fructose, maltodextrin [from maize]), micellar casein protein concentrate, apple pectin and lecithin (from non-gmo sunflower).

Contains: Milk (casein and whey) and tree nuts (coconut).

No wheat, no gluten, no soybeans, 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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