

Nutrition Facts

Serving Size: One Scoop (20g)

Scoops per container: 45

Amount Per Serving

Calories 82

Calories From Fat 10

%DV*

Total Fat

1g

2%

Saturated Fat

0g

0%

Trans Fat

0g

Cholesterol

0mg

0%

Sodium

0mg

0%

Total Carbohydrate

1g

0%

Dietary Fiber

0g

0%

Sugars

0g

Protein

18g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2000	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
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9

Carbohydrate 4

Protein 4

Ingredients:

Whey Protein and Milk Protein