

Nutrition Facts

1 Serving Per Container

Serving Size**237mL**

Amount Per Serving

Calories**530**

% Daily Value*

Total Fat 26g **33%**Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol <5mg **2%****Sodium 290mg** **13%****Total Carbohydrate 52g** **19%**Dietary Fiber 0g **0%**

Total Sugars 13g

Includes 13g of Added Sugars **26%****Protein 22g** **44%**

Vitamin D 12mcg 60% • Calcium 250mg 20%

Iron 6.3mg 35% • Potassium 450mg 10%

Vitamin A 520mcg 60% • Vitamin C 60mg 70%

Vitamin E 7.5mg 50% • Vitamin K 60mcg 50%

Thiamin 0.6mg 50% • Riboflavin 0.6mg 45%

Niacin 8mg 50% • Vitamin B6 0.8mg 45%

Folate 200mcg DFE 50% • Vitamin B12 1.2mcg 50%
(120mcg Folic Acid)

Biotin 15mcg 50% • Pantothenic Acid 2.5mg 50%

Phosphorus 250mg 20% • Iodine 60cg 40%

Magnesium 80mg 20% • Zinc 5.5mg 50%

Selenium 28mcg 50% • Copper 0.55mg 60%

Manganese 1.1mg 50% • Chromium 18mcg 50%

Molybdenum 23mcg 50% • Chloride 300mg 15%

Choline 110mg 20% • Water 141mL

* The % Daily Value (DV) tells you how much a nutrient in a serving food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.