

Nutrition Facts

1 servings per container

Serving size 1 carton (237ml)**Amount Per Serving****Calories** **190**

% Daily Value*

Total Fat 7g	9%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 210mg	9%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 16g	
Vitamin D 12mcg	60%
Calcium 325mg	25%
Iron 4.5mg	25%
Potassium 282mg	6%
Vitamin A	25%
Vitamin C	50%
Vitamin E	50%
Vitamin K	25%
Thiamin	25%
Riboflavin	40%
Niacin	25%
Vitamin B6	45%
Folate 100mcg DFE (60mcg folic acid)	25%
Vitamin B12	50%
Biotin	25%
Pantothenic Acid	25%
Phosphorus	25%
Iodine	25%
Magnesium	10%
Zinc	30%
Selenium	25%
Copper	20%
Manganese	25%
Chromium	100%
Molybdenum	25%
Chloride	8%

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