

Supplement Facts

Serving Size 2 scoops (47 g)

Servings Per Container about 30

Amount Per Serving

% Daily Value*

Calories 170

Calories from Fat 10

Total Fat 1 g 2%

Saturated Fat 0.5 g 3%

Cholesterol 5 mg 2%

Total Carbohydrate 30 g 10%

Dietary Fiber 1 g 4%

Sugars 27 g †

Protein 12 g 24%

Vitamin A 758 IU 15%

Vitamin C 2 mg 3%

Vitamin D 142 IU 36%

Calcium 401 mg 40%

Iron 2 mg 13%

Phosphorus 354 mg 35%

Magnesium 62 mg 15%

Sodium 180 mg 8%

Potassium 630 mg 18%

Flavanols 400 mg †

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.