

# Nutrition Facts

Serving Size 11 fl. oz. (330 mL)

Servings Per Container 4

Amount Per Serving

**Calories** 170 **Calories from Fat** 60

**% Daily Value\***

**Total Fat** 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 4.5g

**Cholesterol** 10mg **3%**

**Sodium** 260mg **11%**

**Potassium** 620mg **18%**

**Total Carbohydrate** 6g **2%**

Dietary Fiber <1g **2%**

Sugars 3g

**Protein** 20g **40%**

Vitamin A 20% • Vitamin C 20%

Calcium 20% • Iron 20%

Vitamin D 20% • Vitamin E 20%

Thiamin 20% • Riboflavin 20%

Niacin 20% • Vitamin B6 20%

Folate 20% • Vitamin B12 20%

Biotin 20% • Pantothenic Acid 20%

Phosphorus 35% • Iodine 20%

Magnesium 20% • Zinc 20%

Copper 20% • Chromium 50%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** WATER, CALCIUM SODIUM CASEINATE, MILK PROTEIN ISOLATE, LESS THAN 1% OF: CANOLA OIL, SUNFLOWER OIL, MALTODEXTRIN, CRYSTALLINE FRUCTOSE, DIPOTASSIUM PHOSPHATE, CELLULOSE GUM AND GEL, WHEY PROTEIN CONCENTRATE, MAGNESIUM PHOSPHATE, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVORS, MEDIUM CHAIN TRIGLYCERIDES, POTASSIUM CHLORIDE, SODIUM HEXAMETAPHOSPHATE, CARRAGEENAN, ACESULFAME POTASSIUM, TRICALCIUM PHOSPHATE, POTASSIUM CITRATE, ASCORBIC ACID, FERRIC PYROPHOSPHATE, SODIUM PHOSPHATE, DICALCIUM PHOSPHATE, SUCRALOSE, DL-ALPHA TOCOPHERYL ACETATE, D-CALCIUM PANTOTHENATE, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE MONONITRATE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE, CHOLECALCIFEROL, CYANOCOBALAMIN.

**CONTAINS INGREDIENTS DERIVED FROM MILK AND SOY.**

**MUSCLE MILK PROVIDES NUTRIENTS FOUND IN NATURAL MILK THAT ARE IMPORTANT FOR BUILDING MUSCLES AND BONES.**

**GLUTEN FREE** (U) (D)



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