

# Greek *High in Fiber* YOGURTEIN™

**Jarrow**  
FORMULAS

WITH GREEK YOGURT POWDER,  
FIBERS, WHEY AND  
MICELLAR CASEIN PROTEINS

12 PACKETS

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NET WEIGHT PER PACKET: 1.4 OZ (40 G)

DIETARY SUPPLEMENT

**USAGE:** Add 1 packet (Approx. 40 g) of powder to 4 to 6 oz. of water, milk, almond milk, rice milk, soy milk or your favorite beverage. For a protein smoothie, blend with water and ice, and add fruit to optimize taste. For a thicker consistency, mix with less liquid as desired.

Jarrow Formulas® Greek Yogurtein™ combines Greek Yogurt with additional high-quality proteins and is optimized with dietary fibers. It is a great tasting (lacto) vegetarian protein, fiber source and rich in calcium. The proteins in Greek Yogurtein™ are highly bioavailable.\* Moreover, the inclusion of quick-digesting (whey) and slow-digesting (micellar casein) proteins provide added support for sustained energy levels and muscle replenishment.\* The dietary fibers promote digestive health, bowel regularity and microbial ecosystem balance.\* Greek Yogurtein™ has a rich and creamy texture and is easily mixed with your favorite beverages.

Store in a cool, dry place.  
Keep out of the reach of children.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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## FEATURES

15 g  
of Protein  
per Serving

High  
in Dietary  
Fibers

Gluten  
Free

Rich in  
Calcium

Great  
Tasting

Mixes  
Easily

Greek Yogurtein™ can be a part of your weight management regimen, but is not a complete nutrient source and so should not be used exclusively for weight loss. Packaged by weight, not by volume.

## Supplement Facts

Serving Size 1 Packet (Approx. 40 g)  
Servings Per Container 12

Amount Per Serving		%DV*
Calories 160		Calories from Fat 15
Total Fat 1.5 g		2%
Saturated Fat 1 g		5%
Trans Fat 0 g		--
Cholesterol 30 mg		10%
Total Carbohydrate 20 g		7%
Dietary Fiber 8 g		32%
Sugars 9 g		--
Protein 15 g		30%
Calcium 300 mg		30%
Sodium 85 mg		4%

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

\*\* Daily Value not established.

Other Ingredients: Greek yogurt powder, whey protein concentrate, Vitaliber™ (Isomaltoligosaccharides), coconut meal blend (coconut fruit solids, sucrose, fructose and maltodextrin [from maize]), micellar casein protein concentrate, apple pectin, natural coconut flavor, natural vanilla flavor, Lo Han Guo (*Momordica grosvenorii*) and rebiana (stevia extract).

Contains: Milk (casein and whey), soy (from lecithin) and tree nuts (coconut).

No wheat, no gluten, no egg, no fish/shellfish, no peanuts.

01215GYPBX PROD # 121050

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
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[www.Jarrow.com](http://www.Jarrow.com)



Lot #, Best Used Before:

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