

**USAGE:** Add 1 level scoop (Approx. 43 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 microfloral ecosystem balance.\* Greek Yogurtein™ has a rich and creamy texture and is easily mixed with your favorite beverages.

..... **FEATURES** .....

**15 g**  
of Protein  
per Serving

**High**  
in Dietary  
Fibers

**Gluten  
Free**

**Rich in  
Calcium**

**Great  
Tasting**

**Prebiotic  
Fiber**

**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.

Lot #. Best Used Before:



# Greek *High in Fiber* YOGURTEIN™

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

NET WEIGHT

**16.7 oz (473 g)**

**DIETARY  
SUPPLEMENT**



*Plain*

## Supplement Facts

Serving Size 1 Level scoop (Approx. 43 g)  
Servings Per Container Approx. 11

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 25 mg		8%
Total Carbohydrate 22 g		7%
Dietary Fiber 8 g		32%
Sugars 12 g		**
Protein 15 g		30%
Calcium 300 mg		30%
Sodium 100 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.

Ingredients: Greek yogurt powder, whey protein concentrate, VitaFiber™ (Isomalto-oligosaccharides), coconut meal blend (coconut fruit solids, sucrose, fructose, maltodextrin [from maize]), micellar casein protein concentrate, apple pectin and lecithin (from non-gmo sunflower).

**Contains: Milk (casein and whey) and tree nuts (coconut).**

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

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

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
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