

NUTRITION FACTS

FIT READY-TO-DRINK PROTEIN
CHOCOLATE

Nutrition Facts

Serving Size 1 carton (8.5 fl oz/ 250 mL)
Servings Per Container 12

Amount Per Serving

Calories 140

Calories from Fat 20

% Daily Value

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 250mg **11%**

Potassium 320mg **9%**

Total Carbohydrate 11g **4%**

Dietary Fiber 4g **16%**

Sugars 7g

Protein 20g **40%**

Vitamin A 15% • Vitamin C 15%

Calcium 40% • Iron 15%

Vitamin D 15% • Vitamin E 15%

Vitamin K 15% • Thiamine 15%

Riboflavin 15% • Niacin 15%

Vitamin B6 15% • Folic acid 15%

Vitamin B12 15% • Biotin 15%

Pantothenic acid 15% • Phosphorus 40%

Iodine 15% • Magnesium 15%

Zinc 15% • Selenium 15%

Copper 15% • Manganese 15%

Chromium 15% • Molybdenum 15%

*Percent Daily Values are based on a 2000 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: FILTERED WATER, MILK PROTEIN CONCENTRATE, FRUCTOSE, DAIRY CREAM, COCOA (PROCESSED WITH ALKALI), CALCIUM CASEINATE, WHEY PROTEIN CONCENTRATE, MALTODEXTRIN, INULIN, CELLULOSE GEL, CELLULOSE GUM, VITAMIN & MINERAL MIX (POTASSIUM CITRATE, POTASSIUM CHLORIDE, SALT, MAGNESIUM PHOSPHATE, SODIUM PHOSPHATE, SODIUM ASCORBATE, FERRIC ORTHOPHOSPHATE, ZINC AMINO ACID, TOCOPHERYL ACETATE, BIOTIN, VITAMIN A PALMITATE, NIACINAMIDE, PHYTOMENADIONE, POTASSIUM IODIDE, D-CALCIUM PANTOTHENATE, CHROMIUM CHLORIDE, COPPER AMINO ACID, CYANOCOBALAMIN, SODIUM MOLYBDATE, SODIUM SELENITE, FOLIC ACID, CHOLECALCIFEROL, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE, MANGANESE SULFATE), SODIUM HEXAMETAPHOSPHATE, MEDIUM CHAIN TRIGLYCERIDES, SUCRALOSE, LACTASE, NATURAL & ARTIFICIAL FLAVORS, CARRAGEENAN.

CONTAINS: MILK

Directions: Shake well and refrigerate after opening. Best served chilled. Do not freeze. Use within 7 - 10 days of opening.

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

This online information is correct and accurate at the time of publication. Please consult product labeling for current revision.

CONTIENE: LECHE.

Instrucciones: Agite bien y refrigere después de abrir. Sirvase frío. No se debe congelar. Use dentro de 7-10 días después de abrirlo.

AVISO: USE ESTE PRODUCTO COMO SUPLEMENTO ALIMENTARIO ÚNICAMENTE. NO LO UTILICE PARA REBAJAR DE PESO.

Esta información en línea es correcta y precisa al momento de su publicación. Por favor, consulte la etiqueta del producto para la revisión actual.



NUTRITION FACTS

FIT READY-TO-DRINK PROTEIN

VANILLA

Nutrition Facts

Serving Size 1 carton (8.5 fl oz/ 250 mL)

Servings Per Container 12

Amount Per Serving

Calories 140

Calories from Fat 20

% Daily Value

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 220mg **10%**

Potassium 400mg **12%**

Total Carbohydrate 11g **4%**

Dietary Fiber 4g **16%**

Sugars 7g

Protein 20g **40%**

Vitamin A 15% • Vitamin C 15%

Calcium 40% • Iron 15%

Vitamin D 15% • Vitamin E 15%

Vitamin K 15% • Thiamine 15%

Riboflavin 15% • Niacin 15%

Vitamin B6 15% • Folic acid 15%

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Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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