

# Nutrition Facts

Serving Size: 2 rounded scoops (35 g)

Servings Per Container: 12

## Amount Per Serving

**Calories 140**                      Calories from fat 35

**% Daily Value\***

**Total Fat**                      3.5g                      **6%**

Saturated fat                      1.5g                      **7%**

Trans Fat                      0g

**Cholesterol**                      35mg                      **12%**

**Sodium**                      210 mg                      **9%**

**Potassium**                      115mg                      **3%**

**Total Carbohydrate**                      8g                      **3%**

Dietary fiber                      5g                      **19%**

Soluble

Insoluble

Sugars

**Protein**                      20g

Vitamin A                      50%

Vitamin C                      50%

Calcium                      10%

Iron                      0%

Vitamin D                      50%

Vitamin E                      50%

Vitamin K                      50%

Thiamin                      60%

Riboflavin                      70%

Niacin                      50%

Vitamin B6                      50%

Folate                      50%

Vitamin B12                      50%

Biotin                      50%

Pantothenic acid                      50%

Phosphorus                      5%

Iodine                      50%

Magnesium                      25%

Zinc                      50%

Selenium                      50%

Copper                      50%

Manganese                      50%

Chromium                      50%

Molybdenum                      50%

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

	Calories	2,000	2,500
Total fat	Less than	65g	80g
Sat. 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
Protein		50g	65g

Calories per gram:

Fat 9                      Carbohydrates 4                      Protein 4

**INGREDIENTS:** Nikken Whole Protein Blend (Whey Protein Concentrate, Identity Preserved Soy Protein Isolate, Calcium Caseinate, Sodium Caseinate), Nikken Whole Fiber Blend (Vegetable Fiber, Hydrolyzed Guar Gum, Oat Fiber), Sunflower Oil, Natural & Artificial Flavors, Buttermilk, Maltodextrin, Vitamin Mineral Blend (Calcium Phosphate, Magnesium Oxide, Vitamin E Acetate, Ascorbic Acid (Vitamin C), Sodium Selenate, Biotin, Niacinamide, Zinc Oxide, Potassium Iodide, Vitamin A Palmitate, d-Calcium Pantothenate, Phytonadione (Vitamin K), Cyanocobalamin (Vitamin B12), Manganese Sulfate, Copper Sulfate, Sodium Molybdenate, Pyridoxine Hydrochloride (Vitamin B6), Chromium Chloride, Riboflavin (Vitamin B2), Thiamine Hydrochloride (Vitamin B1), Folic Acid (Vitamin C), Cholecalciferol (Vitamin D2)), Xanthan Gum, Sodium Chloride, Mono & Diglycerides, L-Arginine, Guar Gum, Carrageenan, Sucralose, Acesulfame Potassium, Lactobacillus Acidophilus, Bifidobacterium Longum.

Contains soy and milk.