

Nutrition Facts

Serving Size: 2 rounded scoops (35 g)

Servings Per Container: 12

Amount Per Serving

Calories 130 Calories from fat 35

% Daily Value*

Total Fat 4g **6%**

Saturated fat 1g **6%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 230 mg **10%**

Potassium 170mg **5%**

Total Carbohydrate 8g **3%**

Dietary fiber 4g **16%**

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 | 5 | 0g | 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), Cocoa Powder, Sunflower Oil, Natural & Artificial Flavors, Maltodextrin, Buttermilk, 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, Potassium Phosphate, Mono & Diglycerides, L-Arginine, Guar Gum, Carrageenan, Sucralose, Acesulfame Potassium, Lactobacillus Acidophilus, Bifidobacterium Longum.

Contains soy and milk.