

Nutrition Facts

8 servings per container
Serving size 1 bag (32g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 320mg	14%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein 20g **40%**

Vit. D 0mcg 0%	•	Calcium 170mg 15%
Iron 0.2mg 2%	•	Potassium 30mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: PROTEIN BLEND (MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), HIGH OLEIC SUNFLOWER OIL, CALCIUM CASEINATE, CORN STARCH, NATURAL FLAVORS, SALT, PSYLLIUM HUSK. CONTAINS LESS THAN 2% OF THE FOLLOWING: ONION POWDER, PAPRIKA, SPICE, CHIA SEED, VINEGAR POWDER, LIME JUICE POWDER, SUGAR**, YEAST, CITRIC ACID, TURMERIC OLEORESIN (COLOR), PAPRIKA EXTRACT (COLOR), SUNFLOWER LECITHIN, CALCIUM CARBONATE, YEAST EXTRACT, ACACIA GUM, STEVIA SWEETENER.

** Adds a trivial amount of Added Sugar

CONTAINS: MILK.
PROCESSED IN A FACILITY THAT ALSO PROCESSES SOY AND WHEAT.

***4g Carbs - 1g Fiber = 3g Net Carbs**