

Nutrition Facts

Serving size 1 pouch (22g)

Amount Per Serving

Calories 20

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 230mg 10%

Total Carbohydrate 9g 3%

Dietary Fiber 0g 0%

Total Sugars 4g

Includes 4g Added Sugars 8%

Protein 0g

Vitamin D 6.3mcg 30%

Calcium 620mg 50%

Iron 0mg 0%

Potassium 150mg 4%

Vitamin B12 1.5mcg 60%

Magnesium 90mg 20%

* 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: Organic Allulose, Creatine Monohydrate, HMB (Hydroxy Methylbutyrate), Organic Cane Sugar, Malic Acid, Marine Minerals, Organic Flavor, Himalayan Pink Salt, Potassium Chloride, Stevia Leaf Extract, Magnesium, Vitamin D3 (Vegetable Source), Vitamin B12 (Methylcobalamin)