

Nutrition Facts

Serving size 1 pouch (56g)

Amount Per Serving

Calories 120

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 130mg 6%

Total Carbohydrate 19g 7%

Dietary Fiber 4g 14%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 20g

Vitamin D 6.3mcg 30%

Calcium 560mg 45%

Iron 0.6mg 4%

Potassium 160mg 4%

Vitamin B12 1.5mcg 60%

Phosphorus 20mg 2%

Magnesium 100mg 25%

Manganese 0.1mg 4%

* 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 Whey Protein Concentrate, Organic Allulose, Creatine Monohydrate, HMB (Hydroxy Methylbutyrate), Chicory Root Inulin, Organic Cocoa Powder, Less Than 2% Of: Cellulose Gum, Xanthan Gum, Carrageenan, Organic Flavor, Stevia Leaf Extract, Magnesium, Vitamin D3 (Vegetable Source), Vitamin B12 (Methylcobalamin)

Manufactured in a facility that also processes: Coconut