



Nutrition Facts	
Serving Size 1 packet (20 grams)	
Servings per container varied	
Amount per serving	
Calories 80	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
Vitamin D 50%	•
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Typical Essential Amino Acid Profile per Serving

Histidine	73mg	Threonine	151mg
Isoleucine	149mg	Tryptophan	46mg
Leucine	267mg	Tyrosine	77mg
Lysine	315mg	Valine	210mg
Methionine	74mg	Cystine	5mg
Phenylalanine	170mg		

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