



Nutrition Facts	
Serving Size 1 packet (20 grams)	
Servings per container varied	
Amount per serving	
<b>Calories</b> 90	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 105mg	4%
<b>Total Carbohydrate</b> 10g	3%
Dietary Fiber 0g	0%
Sugars 8g	
<b>Protein</b> 6g	
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	74mg	Threonine	152mg
Isoleucine	150mg	Tryptophan	46mg
Leucine	270mg	Tyrosine	78mg
Lysine	317mg	Valine	211mg
Methionine	75mg	Cystine	5mg
Phenylalanine	171mg		

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