



Nutrition Facts	
Serving Size 1 packet (20 grams)	
Servings per container varied	
Amount per serving	
Calories 90	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 8g	
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	74mg	Threonine	153mg
Isoleucine	151mg	Tryptophan	47mg
Leucine	272mg	Tyrosine	80mg
Lysine	320mg	Valine	213mg
Methionine	75mg	Cystine	5mg
Phenylalanine	172mg		

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