

# Nutrition Facts

Serving Size: Approx. 34 g (1 scoop)

Servings per Container: 30

		with 1 Cup Skim Milk	
Amount per Serving		1 Scoop	
Calories		140	220
Calories from Fat		40	45
Calories from Saturated Fat		10	15
		% Daily Value*	
Total Fat 4.5 g		7%	7%
Saturated Fat 1 g		6%	7%
Trans Fat 0 g			
Polyunsaturated Fat 0 g			
Monounsaturated Fat 2 g			
Cholesterol 10 mg		3%	5%
Sodium 125 mg		5%	11%
Potassium 270 mg		8%	20%
Total Carbohydrates 14 g		5%	9%
Dietary Fiber 5 g		20%	20%
Soluble Fiber 4 g			
Sugars 5 g**			
Protein 12 g		24%	40%
Vitamin A		0%	10%
Vitamin C		0%	4%
Calcium		10%	40%
Iron		0%	2%
Riboflavin		30%	50%
Niacin		30%	30%
Vitamin B6		30%	35%
Pantothenic Acid		30%	40%
Chromium		30%	30%
**Percent Daily Values are based on a 2,000 calorie diet.			
† Daily Value not established.			
	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

\*\* One serving, when mixed with 1 cup skim milk contains 12 g of additional sugar (from lactose, a natural milk sugar).

**Directions:** Mix 1 scoop with 8 ounces of water or skim milk.

**Contains:** Milk and soy. Do not consume this product if you are allergic to milk or soy.

**Warning:** Pregnant or lactating women and persons with known medical conditions should consult with their physician prior to using this product.

**INGREDIENTS** Agel Protein Blend (Whey Protein Concentrate, Soy Protein Isolate, Soy Protein Concentrate, Calcium Caseinate, Pea Protein Isolate, Whole Milk Powder, Skim Milk Powder, Sodium Caseinate), Inulin, Alkalized Dutch Cocoa Powder, Fructose, Corn Syrup Solids, Sunflower Oil, Green Tea Extract, Natural Flavor, Guar Gum, Dipotassium Phosphate, Xanthan Gum, Lecithin, Sodium Chloride, Stevia Extract, Niacinamide, Calcium Pantothenate, Pyridoxine HCl, Riboflavin, Chromium Chloride.

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