Medifast Dutch Chocolate Shake

Naturally & Artificially Flavored

52550

Nutrition Facts

Serving Size 1 packet (32g)
Servings Per Container 7

Amount Per Serving	
Calories 100	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 260mg	**11%**
Potassium 610mg	**17%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 4g	**16%**
Sugars 6g	
Protein 14g	**28%**

Vitamin A 20%	•	Vitamin C 20%
Calcium 20%	•	Iron 20%
Vitamin D 20%	•	Vitamin E 20%
Vitamin K 20%	•	Thiamin 20%
Riboflavin 20%	•	Niacin 20%
Vitamin B6 20%	•	Folate 20%
Vitamin B12 20%	•	Biotin 20%
Pantothenic Acid 20%	•	Phosphorus 20%
Iodine 20%	•	Magnesium 20%
Zinc 20%	•	Selenium 20%
Copper 20%	•	Manganese 20%
Chromium 20%	•	Molybdenum 20%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Soy protein isolate, fructose, dextrin, cocoa (processed with alkali), whey protein concentrate, modified food starch, chicory root inulin, soy lecithin, salt, cellulose gum, natural and artificial flavor, acesulfame potassium, corn syrup, xanthan gum, carrageenan.
Vitamins and Minerals: Potassium chloride, calcium phosphate, magnesium oxide, ascorbic acid, ferrous sulfate, zinc sulfate, vitamin E acetate, niacinamide, calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, vitamin A palmitate, chromium chloride, folic acid, biotin, potassium iodide, sodium molybdate, sodium selenite, vitamin K1, vitamin D3, vitamin B12.
CONTAINS: SOY AND MILK.

Product information may change over time. Therefore, the ingredient label on the package is always the best source for that specific item.