



Medifast Hot Cocoa

Natural and Artificial Flavor

57300

Nutrition Facts

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

Amount Per Serving

Calories 110 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 110mg 5%

Potassium 400mg 11%

Total Carbohydrate 14g 5%

Dietary Fiber 4g 16%

Sugars 10g

Protein 14g 28%

Vitamin A 20% • Vitamin C 30%

Calcium 25% • Iron 20%

Vitamin D 20% • Vitamin E 20%

Vitamin K 20% • Thiamin 30%

Riboflavin 30% • Niacin 20%

Vitamin B6 30% • Folate 20%

Vitamin B12 25% • Biotin 20%

Pantothenic Acid 20% • Phosphorus 15%

Iodine 20% • Magnesium 20%

Zinc 20% • Selenium 20%

Copper 25% • Manganese 40%

Chromium 20% • Molybdenum 50%

Chloride 6%

*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: Fructose, milk protein isolate, whey protein concentrate, calcium caseinate, chicory root extract (inulin), sodium caseinate, cocoa (processed with alkali), natural and artificial flavor, salt, dl-methionine, acesulfame potassium.

Vitamins and Minerals: Potassium chloride, calcium carbonate, potassium phosphate, magnesium oxide, ascorbic acid, calcium phosphate, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, vitamin K1, vitamin D3, vitamin B12.

CONTAINS: MILK.

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