



Medifast Blueberry Muffin Soft Bake

Naturally and Artificially Flavored

57520

Nutrition Facts

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

Amount Per Serving		
Calories 110	Calories from Fat 15	
		% Daily Value*
Total Fat 1.5g		3%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 10mg		3%
Sodium 210mg		9%
Potassium 400mg		11%
Total Carbohydrate 15g		5%
Dietary Fiber 4g		16%
Sugars 6g		
Protein 11g		22%
Vitamin A 20%	• Vitamin C 20%	
Calcium 20%	• Iron 20%	
Vitamin D 20%	• Vitamin E 20%	
Vitamin K 20%	• Thiamin 20%	
Riboflavin 25%	• 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 25%	• 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, whey protein concentrate, blueberries, rice flour, oat fiber, resistant corn starch, apples, egg whites, sunflower oil, maltodextrin, natural and artificial flavors, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, and calcium phosphate), xanthan gum, soy lecithin, sugar, sodium caseinate, acesulfame potassium, citric acid, mono and diglycerides, sucralose, lemon juice concentrate, molasses, salt.

Vitamins and Minerals: Calcium carbonate, potassium chloride, potassium monophosphate, 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, MILK, AND EGG.

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