Medifast Original Flavor Pancakes

Natural Flavor

57700

Nutrition Facts

Serving Size 1 packet (31g)
Servings Per Container 7

Amount Per Serving	
Calories 90	Calories from Fat 10
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 230mg	**10%**
Potassium 410mg	**12%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 4g	**17%**
Sugars 3g	
Protein 11g	**22%**

Vitamin A 20%	•	Vitamin C 30%
Calcium 20%	•	Iron 20%
Vitamin D 20%	•	Vitamin E 20%
Vitamin K 20%	•	Thiamin 30%
Riboflavin 35%	•	Niacin 20%
Vitamin B6 30%	•	Folate 20%
Vitamin B12 25%	•	Biotin 20%
Pantothenic Acid 20%	•	Phosphorus 20%
Iodine 20%	•	Magnesium 20%
Zinc 20%	•	Selenium 20%
Copper 20%	•	Manganese 40%
Chromium 25%	•	Molybdenum 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
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: Whey protein concentrate, rice flour, soy protein isolate, dried egg whites, dextrin, oat fiber, erythritol, dried apples, natural flavor, baking powder (sodium acid pyrophosphate, baking soda, corn starch, calcium phosphate), guar gum, xanthan gum, soy lecithin, maltodextrin, rebiana.
Vitamins and Minerals: Calcium carbonate, potassium chloride, 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: EGG, MILK, AND SOY.

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