# Medifast Calorie Burn Cappuccino

Naturally and Artificially Flavored

72630

## Nutrition Facts

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

| Amount Per Serving | |
|---|---|
| **Calories** 100 | Calories from Fat 0 |
| | **% Daily Value*** |
| **Total Fat** 0g | **0%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 10mg | **3%** |
| **Sodium** 90mg | **4%** |
| **Potassium** 340mg | **10%** |
| **Total Carbohydrate** 13g | **4%** |
| Dietary Fiber 4g | **16%** |
| Sugars 8g | |
| **Protein** 14g | **28%** |

| | |
|---|---|
| Vitamin A 20% | • Vitamin C 25% |
| Calcium 25% | • Iron 20% |
| Vitamin D 20% | • Vitamin E 20% |
| Vitamin K 20% | • Thiamin 25% |
| Riboflavin 25% | • Niacin 20% |
| Vitamin B6 25% | • Folate 20% |
| Vitamin B12 20% | • Biotin 20% |
| Pantothenic Acid 20% | • Phosphorus 15% |
| Iodine 20% | • Magnesium 10% |
| Zinc 20% | • Selenium 20% |
| Copper 20% | • Manganese 40% |
| Chromium 20% | • 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:** Fructose, milk protein isolate, chicory root extract (inulin), whey protein concentrate, calcium caseinate, sodium caseinate, instant decaffeinated coffee, natural and artificial flavor, green tea extract, salt, natural caffeine, dl-methionine, acesulfame potassium.

**Vitamins and Minerals:** Potassium chloride, potassium phosphate, calcium carbonate, 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.