



Medifast Dark Chocolate Antioxidant* Shake

Naturally & Artificially Flavored

72670

Nutrition Facts

Serving Size 1 packet (33 g)
Servings Per Container 7

Amount Per Serving		Calories from Fat 10	
		% Daily Value*	
Calories	100		
Total Fat	1g	2%	
Saturated Fat	0.5g	3%	
Trans Fat	0g		
Cholesterol	5mg	2%	
Sodium	140mg	6%	
Potassium	400mg	11%	
Total Carbohydrate	15g	5%	
Dietary Fiber	5g	20%	
Sugars	3g		
Protein	13g	26%	
Vitamin A	20%	Vitamin C	20%
Calcium	20%	Iron	30%
Vitamin D	20%	Vitamin E	20%
Vitamin K	20%	Thiamin	20%
Riboflavin	20%	Niacin	25%
Vitamin B6	20%	Folate	20%
Vitamin B12	20%	Biotin	20%
Pantothenic Acid	20%	Phosphorus	25%
Iodine	20%	Magnesium	20%
Zinc	25%	Selenium	20%
Copper	30%	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: Whey protein isolate, cocoa powder, calcium caseinate, erythritol, chicory root extract (inulin), fructose, dextrin, modified food starch, xanthan gum, nutraceutical blend (grape seed extract, acai powder, sweet cherry powder, cranberry powder, blueberry powder, resveratrol), salt, acesulfame potassium, sunflower lecithin, natural & artificial flavor, corn syrup solids.

Vitamins & Minerals: Calcium carbonate, potassium chloride, potassium citrate, potassium monophosphate, magnesium oxide, vitamin E acetate, ascorbic acid (vitamin C), ferrous sulfate (iron), zinc sulfate, biotin, vitamin A palmitate, potassium iodide, niacinamide (vitamin B3), chromium chloride, calcium pantothenate (vitamin B5), phytonadione (vitamin K1), sodium molybdate, sodium selenite, cyanocobalamin (vitamin B12), manganese sulfate, copper sulfate, folic acid, cholecalciferol (vitamin D3), thiamine mononitrate (vitamin B1), pyridoxine hydrochloride, riboflavin (vitamin B2).

CONTAINS: MILK

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