



Yogurt Berry Blast Smoothie

Naturally Flavored

77985

Amount Per Serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 220mg	9%
Potassium 540mg	16%
Total Carbohydrate 13g	4%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 11g	22%
Vitamin A 20%	• Vitamin C 20%
Calcium 20%	• Iron 20%
Vitamin D 50%	• Vitamin E 20%
Vitamin K 20%	• Thiamin 20%
Riboflavin 20%	• Niacin 20%
Vitamin B6 20%	• Folate 20%
Vitamin B12 20%	• Biotin 20%
Pantothenic Acid 20%	• Phosphorus 25%
Iodine 20%	• Magnesium 20%
Zinc 20%	• Selenium 20%
Copper 20%	• Manganese 25%
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, egg whites, gum arabic, fructose, yogurt powder (cultured whey protein concentrate, cultured nonfat milk), cellulose gum, dextrin, strawberries, blueberries, maltodextrin, malic acid, raspberry juice concentrate, xanthan gum, citric acid, sunflower lecithin, modified corn starch, stevia extract, carrageenan, natural flavors, strawberry juice concentrate, monk fruit extract, nonfat milk, *Bacillus coagulans* GBI-30 6086.

Vitamins & Minerals: Potassium monophosphate, potassium citrate, calcium phosphate, calcium sulphate, magnesium oxide, ascorbic acid (vitamin C), niacinamide (vitamin B3), ferric orthophosphate (iron), zinc oxide, calcium pantothenate (pantothenic acid), vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), copper sulfate, manganese sulfate, riboflavin (vitamin B2), thiamine mononitrate (vitamin B1), folic acid, biotin, potassium iodide, chromium chloride, phytonadione (vitamin K), sodium molybdate, sodium selenite, vitamin E acetate, cholecalciferol (vitamin D3), cyanocobalamin (vitamin B12).

CONTAINS: 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.