

Better Than Milk Original Soy Beverage Powder

Nutrition Facts

Serving Size 2 Tbsp (23g)

Servings Per Container 32

Amount Per Serving

Calories 90

Calories from Fat 10

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Potassium 25mg **1%**

Sodium 115mg **5%**

Total Carbohydrate 18g **6%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 1g **2%**

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 0%

Vitamin B12 25%

*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 |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |