

Nutrition Facts

Serving Size 1 packet (20g)

Servings Per Container 8

Amount Per Serving

Calories 60

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	1%
Potassium 220mg	6%
Sodium 70mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 5g	10%

Vitamin A 15%	•	Vitamin C 140%
Calcium 25%	•	Iron 25%
Vitamin D 25%	•	Vitamin E 25%
Vitamin K 25%	•	Thiamin 20%
Riboflavin 8%	•	Niacin 25%
Vitamin B6 20%	•	Folic Acid 20%
Vitamin B12 10%	•	Biotin 25%
Pantothenic Acid 20%	•	Phosphorus 25%
Iodine 15%	•	Magnesium 20%
Zinc 20%	•	Copper 25%
Manganese 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