

# Nutrition Facts

Serving Size 1 packet (20g)

Servings Per Container 8

## Amount Per Serving

**Calories** 60

	<b>% Daily Value*</b>
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Potassium</b> 300mg	<b>9%</b>
<b>Sodium</b> 60mg	<b>2%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 7g	
<b>Protein</b> 5g	<b>10%</b>

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%
<b>Manganese 25%</b>		

\*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