

Nutrition Facts

Serving Size 1 carton (237mL)

Servings Per Container 1

Amount Per Serving**Calories** 360

Calories from Fat 130

% Daily Value***Total Fat** 14g **22%**Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%****Potassium** 360mg **10%****Sodium** 200mg **8%****Total Carbohydrate** 45g **15%**Dietary Fiber 3g **12%**

Sugars 22g

Protein 14g **28%**

Vitamin A 25% • Vitamin C 100%

Calcium 35% • Iron 25%

Vitamin D 60% • Vitamin E 100%

Vitamin K 40% • Thiamin 25%

Riboflavin 25% • Niacin 20%

Vitamin B6 36% • Vitamin B12 35%

Biotin 25% • Pantothenic Acid 25%

Phosphorus 30% • Iodine 25%

Magnesium 25% • Zinc 30%

Selenium 25% • Copper 25%

Manganese 35% • Chromium 25%

Molybdenum 25% • Chloride 8%

*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