|  |  |  |
| --- | --- | --- |
|  | % Daily ValueΔ | |
| Total Fat 3g | **4%** | |
| Saturated Fat 2g | **10%** | |
| *Trans* Fat 0g |  | |
| Cholesterol 0mg | **0%** | |
| Sodium 200mg | **9%** | |
| Total Carbohydrate 5g | **2%** | |
| Dietary Fiber 1g | **4%** | |
| Total Sugars 0g |  | |
| Includes 0g Added Sugars | | **0%** |
| Protein 23g | | **46%** |
| Vitamin D 0mcg | | **0%** |
| Calcium 20mg | | **2%** |
| Iron 2mg | | **11%** |
| Potassium 290mg | | **6%** |
| Phosphorus 30mg | | **2%** |
| Magnesium 20mg | | **5%** |

† Due to natural variations in product density, resulting from settling and / or humidity, the values are approximate. Shake product before use.

**Nutrition Facts**

Servings Per Container 30

Serving Size 1 Scoop (36g†)

Calories

140

Δ The % Daily Value (DV) tells you how much a nutrient in a serving of food constitutes to a daily diet. 2,000 calories a day is used for general nutrition advice.