

## E-Z Trim Protein Powder Mix

### Nutrition Facts

Serving Size: One Scoop (24 grams)

Servings Per Container: 14

Amount Per Serving		Mixed with one (1) cup Non-Fat Milk					
Calories	81	Calories from fat	9	Calories	163	Calories from fat	9
		% Daily Value**		Mixed with one cup non-fat Milk		% Daily Value	
Total Fat		1 g	1.5%	1 g		1 g	1.5%
Saturated Fat		0 g	0%	0 g		0 g	0%
Trans Fat		0 g		0 g		0 g	
Cholesterol		< 5 mg	0%	< 5 mg		< 5 mg	0%
Sodium		135 mg	6%	255 mg		255 mg	11%
Total Carbohydrate		10 g	3%	22 g		22 g	7%
Dietary Fiber		4 g	16%	4 g		4 g	16%
Sugars		6 g		18 g		18 g	
Protein		12 g		21 g		21 g	
Vitamin A			10%				10%
Vitamin C			6%				6%
Calcium			7%				37%
Iron			0%				0%

\* 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	65 g	80 g		
Sat. Fat		Less than	20 g	25 g		
Cholesterol		Less than	300 mg	300 mg		
Sodium		Less than	2,400 mg	2,400 mg		
Potassium		Less than	3,500 mg	2,400 mg		
Total Carbohydrate			300 g	375 g		
Dietary Fiber			25 g	30 g		
Calories per gram:	Fat	9	Carbohydrate	4	Protein	4

Ingredients: Soy Protein Isolate, Calcium Sodium Casseinate, Fructose, Microcrystalline Cellulose, Inulin Fiber, Guar Gum, Natural Flavors, Lecithin Powder, Carrageenan, Whey Protein Concentrate, Alginic Acid, Lemon Pectin, Apple Pectin, Prune Powder, Oat Bran, Oat Fiber, Gymnema Sylvestre Leaf Powder, Brindal Berry Extract, Bladder Wrack, Pullulan Powder, Guar Gum, Salmon Oil, Psyllium Seed Husk, Kelp, Silica, L-Carnitine, Octacosanol, Germanium Sesquioxide, Coenzyme Q-10, Pacific Kelp.