Nutrition Fa	cts
6 servings per container Serving size	1 (81g)
Amount per serving Calories	220
	aily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 43g	16%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2.3mg	15%
Potassium 70mg	0%
* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a	

INGREDIENTS: ENRICHED
WHEAT FLOUR (FLOUR, MALTED
BARLEY FLOUR, NIACIN, REDUCED
IRON, THIAMIN MONONITRATE
(VITAMIN B1), RIBOFLAVIN (B2),
FOLIC ACID), WATER, SUGAR,
YEAST, WHEAT GLUTEN, SALT,
MALT EXTRACT (CORN, BARLEY),
VEGETABLE OIL (SOYBEAN), CORN
MEAL, PRESERVATIVES (CALCIUM
PROPIONATE, SORBIC ACID),
MONOGLYCERIDES, GUAR GUM

CONTAINS: WHEAT

day is used for general nutrition advice.

Nutrition Fac	ets	
1 servings per container Serving size 1	(28g)	
	(==9)	
Calories	70	
% Daily Value*		
Total Fat 7g	9%	
Saturated Fat 4g	20%	
Trans Fat 0g		
Cholesterol 20mg	7%	
Sodium 115mg	5%	
Total Carbohydrate 1g	0%	
Dietary Fiber 0g	0%	
Total Sugars 1g		
Includes 0g Added Sugars	0%	
Protein 1g		
Vitamin D 0mcg	0%	
Calcium 30mg	2%	
Iron Omg	0%	
Potassium 0mg	0%	
* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a		

INGREDIENTS: PASTEURIZED
MILK AND CREAM, WHEY PROTEIN
CONCENTRATE, WHEY, SALT,
CAROB BEAN GUM, NATAMYCIN (A
NATURAL MOLD INHIBITOR)
VITAMIN A PALMITATE, CHEESE
CULTURE

CONTAINS: MILK

day is used for general nutrition advice.

Nutrition Fa	cts
6 servings per container	
Serving size	(227g)
Amount per serving Calories	110
% Da	aily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
	0%
Calcium 20mg	
Potassium 450mg	10%
Potassium 450mg	10%
* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: 100% ORANGE JUICE