

Organic Vanilla

# Nutrition Facts

About 33 Servings Per Container

**Serving size**

**3.5 tbsp (45g)**  
**Makes 12 fl oz (360 mL)**  
**when mixed as directed**

	Mix		Prepared with 2% Organic Milk	
Calories	160		340	
	% Daily Value*		% Daily Value*	
Total Fat	0g	0%	7g	9%
Saturated Fat	0g	0%	4g	20%
Trans Fat	0g		0g	
Cholesterol	5mg	2%	30mg	10%
Sodium	85mg	4%	260mg	11%
Total Carb.	39g	14%	55g	20%
Dietary Fiber	0g	0%	0g	0%
Total Sugars	39g		55g	
Incl. Added Sugars	34g	68%	34g	68%
Protein	3g		14g	
Vitamin D	0mcg	0%	3mcg	15%
Calcium	104mg	8%	498mg	40%
Iron	0mg	0%	0mg	0%
Potassium	155mg	4%	680mg	15%

\* The % Daily Value 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.

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**Makes 12 fl oz (360 mL)**  
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	Mix		Prepared with 2% Organic Milk	
Calories	160		330	
	% Daily Value*		% Daily Value*	
Total Fat	1.5g	2%	8g	10%
Saturated Fat	0g	0%	4g	20%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	25mg	8%
Sodium	55mg	2%	220mg	10%
Total Carb.	39g	14%	55g	20%
Dietary Fiber	2g	7%	2g	7%
Total Sugars	36g		52g	
Incl. Added Sugars	35g	70%	35g	70%
Protein	2g		13g	
Vitamin D	0mcg	0%	3mcg	15%
Calcium	96mg	8%	490mg	40%
Iron	1mg	6%	1mg	6%
Potassium	248mg	6%	773mg	15%

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	Mix	Prepared with 2% Organic Milk
Calories	160	330
	% Daily Value*	% Daily Value*
Total Fat	0.5g1%	7g9%
Saturated Fat	0g0%	4g20%
Trans Fat	0g	0g
Cholesterol	0mg0%	30mg10%
Sodium	55mg2%	230mg10%
Total Carb.	40g15%	56g20%
Dietary Fiber	1g4%	1g4%
Total Sugars	37g	53g
Incl. Added Sugars	34g68%	34g68%
Protein	3g	13g
Vitamin D	0mcg0%	3mcg15%
Calcium	128mg10%	521mg40%
Iron	0mg0%	0mg0%
Potassium	244mg6%	769mg15%

\* The % Daily Value 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.