

NUTRITIONAL FACTS

INGREDIENTS: Grass Fed Whole Milk (Soy Lecithin), Sugar, Grass Fed Skim Milk, Live Active Yogurt Cultures (*S.thermophilus*, *L.bulgaricus*, *L.rhamnosus*, *L.helveticus*), Natural Flavors, Color (Beet Juice), Strawberry Powder.

Contains Milk and Soy products. Manufactured in a facility that also processes foods containing Coconut.

Nutrition Facts

7 servings per packet

Serving size 1/7 packet (33g)
(Makes 5 OZ (143g) prepared)

Amount per serving

Calories 150

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 50mg **2%**

Total Carbohydrate 20g **7%**

Dietary Fiber 0g **0%**

Total Sugars 20g

Includes 12g Added Sugars **25%**

Protein 6g **11%**

Vitamin D 0mcg 0% • Calcium 182mg 14%

Iron 0mg 0% • Potassium 226mg 5%

The % Daily Value (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.

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