

NUTRITIONAL FACTS

INGREDIENTS: Grass Fed Skim Milk, Grass Fed Whole Milk (Soy Lecithin), Live Active Yogurt Cultures (L.bulgaricus, S.thermophilus, L.helveticus, L.rhamnosus, L.acidophilus, B.longum).
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 (24g)**
(Makes 5 OZ (143g) prepared)

Amount per serving

Calories **100**

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 75mg **3%**

Total Carbohydrate 11g **4%**

Dietary Fiber 0g **0%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

Protein 8g **16%**

Vitamin D 0mcg 0% • Calcium 241mg 18%

Iron 0mg 0% • Potassium 308mg 7%

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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