



## Nutrition Facts

About 4 servings per container  
Serving size 1 cup (240 mL)

Amount per serving  
**Calories 110**

% Daily Value\*

Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 11g	21%
Vitamin D 5mcg 25%	Calcium 390mg 30%
Iron 0mg 0%	Potassium 380mg 8%

\*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.

**INGREDIENTS:** PASTEURIZED LOWFAT MILK, NONFAT MILK, PECTIN, VITAMIN A PALMITATE, VITAMIN D3, LIVE AND ACTIVE CULTURES.

**CONTAINS: MILK.**