

# Nutrition Facts

Serving Size: 28 grams (3 Well Rounded Tablespoons)

Servings Per Container: 18

Amount Per Serving	Fiber Powder Only	Fiber Powder with 8 fl. oz. 1% Lowfat Milk
--------------------	-------------------	---

<b>Calories</b>	80	180
Calories from Fat:	10	30

	Amount in mix		% Daily Value**
<b>Total Fat</b>	1 g	<b>1%</b>	<b>5%</b>
Saturated Fat	0 g	<b>0%</b>	<b>8%</b>
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg	<b>0%</b>	<b>3%</b>
<b>Sodium</b>	80 mg	<b>3%</b>	<b>8%</b>
<b>Potassium</b>	160 mg	<b>5%</b>	<b>16%</b>
<b>Total Carbohydrates</b>	23 g	<b>8%</b>	<b>12%</b>
Dietary Fiber	8 g	<b>32%</b>	<b>32%</b>
Soluble	2 g		
Insoluble	6 g		
Sugars	7 g		
<b>Protein</b>	2 g		

Vitamin A	*	10%
Vitamin C	*	4%
Calcium	6%	35%
Iron	*	*
Vitamin D	*	25%
Thiamine	2%	8%
Riboflavin	10%	35%
Vitamin B6	*	6%
Folic Acid	*	2%
Vitamin B12	2%	15%
Pantothenic Acid	4%	15%
Phosphorus	8%	30%
Magnesium	4%	15%
Zinc	*	6%

\* Contains less than 2 percent of the Daily Value of these nutrients.

\*\* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

**INGREDIENTS:** WHEY POWDER (MILK), MALTODEXTRIN, PSYLLIUM SEED, NEO-POLYFIBE (SOY FIBER, WHOLE OAT FIBER, ACEROLA), PEA FIBER, FRUCTOSE, SOY FIBER, APPLE FIBER, BANANA POWDER, SOY LECITHIN, GUAR GUM, PRUNE POWDER, ALMOND POWDER, APRICOT POWDER, SOY OIL, NATURAL FLAVORS.