About 4 Servings Per Container Serving size	1 Cup (240mL)
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat Og	
Polyunsaturated Fat 4g	
Monounsaturated Fat 0.5g	
Cholesterol Omg	
Sodium 135mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber Og	
Total Sugars 15g	
Includes 15g Added Sugars	30%
Protein 4g	4%
Vitamin D 2mcg	10%
Calcium 270mg	20%
Iron 1.9mg	10%
Potassium 150mg	4%
Magnesium 65mg	15%

INGREDIENTS:

WATER, BROWN RICE SYRUP, HULLED HEMP SEED, CONTAINS 1% OR LESS OF: DISODIUM PHOSPHATE, NATURAL VANILLA FLAVOR WITH OTHER NATURAL FLAVORS, TRICALCIUM PHOSPHATE, VITAMIN D2, XANTHAN GUM.

CONTAINS: GLUTEN