

Nutrition Facts Serv. size: **1 Container (150g)**,

Amount per serving: **Calories 80**, **Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV), *Trans Fat* 0g, **Cholest.** 10mg (3% DV), **Sodium** 55mg (2% DV), **Total Carb.** 6g (2% DV), Fiber 0g (0% DV), Total Sugars 5g (Incl. 0g Added Sugars, 0% DV), **Protein** 14g (28% DV), Vit. D (0% DV), Calcium (10% DV), Iron (0% DV), Potas. (4% DV), Vit. B12 (40% DV).

Ingredients: Cultured nonfat milk.

6 live and active cultures:

S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, and L. Rhamnosus.