Nutrition Facts

About 5 servings per container

Serving size **3/4 cup (170g)**

Amount per serving

Calories **90**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 65mg	**3%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 0g	**0%**
Total Sugars 6g	
Incl. 0g Added Sugars	**0%**
Protein 16g	**32%**

Vit. D 0mcg 0% • Calcium 190mg 15%

Iron 0.2mg 0% • Potas. 250mg 6%

Vit. B12 1.3mcg 50%

*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.

Ingredients: Cultured nonfat milk.

6 live and active cultures:
S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, and L. Rhamnosus.