

NUTRITION INFORMATION

1) Nutrition Information

NUTRIENT	PER 100 G
Calories (kcal)	285.40
Calories from Fat (kcal)	175.95
Fat (g)	19.55
Protein (g)	23.67
Saturated Fat (g)	12.69
Total Carbohydrates (g)	3.7
Dietary Fiber (g)	NA
Total Sugars (g)	0.85
Cholesterol (mg)	71
Trans Fat (g)	0.59
Sodium (mg)	533
Calcium (mg)	682
Iron (mg)	<0.1
Vitamin D (mcg)	<0.75
Potassium (mg)	89.7

Nutrition Facts		
Serving Size	1oz (28g) about 1 Stick	
Serving Per Container	Varied	
Amount Per Serving		
Calories		80
		% Daily Value
Total Fat 5g		6%
Saturated Fat 3.5g		18%
Trans Fat 0g		
Cholesterol 20mg		7%
Sodium 150mg		7%
Total Carbohydrate 1g		0%
Dietary Fiber 0g		0%
Total Sugars 0g		
Includes 0g Added Sugars		0%
Protein 7g		
Vitamin D 0 mcg		0%
Calcium 191mg		15%
Iron 0mg		0%
Potassium 25mg		0%
*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.		

- 2) Allergens – Contains “Milk”
- 3) Country of Origin – USA
- 4) GMO Status – Non-GMO Ingredients
- 5) Enzyme Source – Microbial
- 6) rBST Free Claim Statement – No significant difference has been shown between milk from cows treated and not treated with rBST growth hormones.

INGREDIENT STATEMENT

Pasteurized Cultured Cow’s Milk, Salt, and Enzymes. Contains: Milk