

GOATEIN® POWDER

Supplement Facts

Serving Size 20g (Approx. 1 heaping scoop)

Servings Per Container 22

	Amt. Per Serving	% Daily ¹ Value	% Daily ² Value
Total Calories	80	+	+
Calories from Fat	5	+	+
Total Fat	.5g	1%†	+
Cholesterol	5mg	2%	+
Sodium	20mg	1%	+
Total Carbohydrate	5g	2%†	+
Dietary Fiber	1g	4%†	+
Sugars	3g	+	+
Protein	13g	26%†	81%
Calcium	270mg	27%	34%

† Percent Daily Values Based on 2,000 calorie diet

+ Daily Value not established

¹ Daily Value for adults and children over 4 years of age.

² Daily Value for children under 4 years of age.

Ingredients: Goat's Milk Protein Concentrate, Natural Vanilla Flavor, Contains less than 1.0.% of Guar Gum, Lo Han Fruit Concentrate

Suggested Use: Take one heaping scoop mixed with 8 ounces of juice or water as often as desired. Blend or shake vigorously. To dissolve more easily, add powder to 1-2 ounces of warm water, shake and add remainder of liquid. Great in smoothies, mixed in hot cereals, or sprinkled on yogurt.