

OPTIMAL

Nutrition Facts

Serving Size: 2 scoops (45g)

Servings Per Container: 15

Amount per Serving

Mix

Calories

160

Calories for Fat

10

		% Daily Value **
Total Fat*	1g	2%
Saturated Fat	0.5g	3%
Trans Fat	0	
Cholesterol	10mg	3%
Sodium	270mg	11%
Potassium	530mg	16%
Total Carbohydrates	24g	8%
Dietary Fiber	1g	4%
Sugars	22g	
Protein	15g	30%

Vitamin A (20% as Beta Carotene)		50%
Vitamin C	60%	50%
Iron	50%	50%
Vitamin E	60%	50%
Thiamin	60%	60%
Niacin	60%	60%
Folate	60%	60%
Biotin	60%	60%
Phosphorus	35%	60%
Magnesium	40%	35%
Selenium	50%	50%
Manganese	50%	25%
Molybdenum	50%	50%
Calcium		50%
Vitamin D		50%
Vitamin K		60%
Riboflavin		60%
Vitamin B6		60%
Vitamin B12		60%
Pantothenic Acid		60%
Iodine		35%
Zinc		50%
Copper		25%
Chromium		50%

*** Amount in Mix**

**** Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:**

Calories		2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

* Fat 9 * Carbohydrates 4 * Protein 4

Additional ingredients per serving: Co-Enzyme Q10 - 15mg; L-Phenylalanine - 200mg; DL-Phenylalanine - 200mg

PHENYLKENTONURICS: CONTAINS PHENYLALANINE

INGREDIENTS: Nonfat dry milk, Fructose, Soy Protein Isolate, Whey Protein Concentrate, Calcium Caseinate, Sweet Dairy Whey, Guar gum, Soy Lecithin, Corn bran, Soy Fiber, L-Phenylalanine, DL-Phenylalanine, Natural and Artificial Flavors, Salt, Cellulose gum, Xanthan Gum, Co Enzyme Q10, Papain, and the following Vitamins and Minerals: Calcium Phosphate, Potassium Chloride, Magnesium Oxide, Calcium carbonate, Sodium Ascorbate, Ferric Orthophosphate, Vitamin E Acetate, Niacinamide, Zinc Oxide, D-Calcium Pathothenate, Copper Gluconate, Manganese Sulfate, Pyridoxine Hydrochloride, Vitamin A Palmitate, thiamin Mononitrate, Riboflabin, Beta Carotene, Chromium Chloride, Folic Acid Biotin, Sodium Molybdate, Sodium Selenite, Phytonadione (vitamin K1), Potassium Iodide, Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin B12). **CONTAINS MILK AND SOY.**