

Formula Name: CHOCOLATE SKAKE 'EM UP
 Formula Number: 50
 Serving Weight: 189.8 grams
 Label Description: FULL STANDARD

Nutrition Facts	
Serving Size 6 fl oz	
Servings Per Container 1	
Amount Per Serving	
Calories 230	Calories From Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 150mg	6%
Potassium 260mg	7%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	14%
Sugars 26g	
Protein 7g	14%
Vitamin A 10%	• Vitamin C 2%
Calcium 25%	• Iron 4%
Vitamin D 20%	• Riboflavin 20%
Phosphorus 20%	
* 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

INGREDIENTS: Milk, Sugar, Corn Syrup, Skim Milk, Cream, Cocoa Processed with Alkali, Whey, Guar Gum, Carrageenan, Potassium Phosphate, Sodium Citrate, Vitamin A Palmitate, Vitamin D3.