

fruitmilk



50 mL

orange flavor

Nutrition Facts

1 servings per container
Serving size 1 Cup (50ml)

Amount Per Serving
Calories 280

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 5g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol < 5mg	1%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Sodium 0mg	0%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 15g	30%
Vitamin D 5mcg	25%
Calcium 97mg	80%
Iron 2.16mg	10%
Potassium 2350mg	50%
Vitamin A	20%
Vitamin C	30%
Vitamin E	15%
Vitamin K	25%
Thiamin	8%
Riboflavin	10%
Niacin	15%
Vitamin B6	15%
Folate 44mcg DFE (15mcg folic acid)	10%
Vitamin B12	15%
Biotin	10%
Pantothenic Acid	15%
Phosphorus	15%
Iodine	8%
Magnesium	10%
Zinc	25%
Selenium	8%
Copper	8%
Manganese	8%
Chromium	8%
Molybdenum	8%
Chloride	30%

*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.

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strawberry flavor

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fruitmilk



50 mL

apple flavor

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*goodness of fruit juice
mixed with milk*

50 mL

banana flavor

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