



Protein	66.3 g	<div><div></div></div>	92%
Cystine	0.3 g	<div><div></div></div>	54%
Histidine	0.7 g	<div><div></div></div>	93%
Isoleucine	1.0 g	<div><div></div></div>	97%
Leucine	1.8 g	<div><div></div></div>	78%
Lysine	1.8 g	<div><div></div></div>	83%
Methionine	0.6 g	<div><div></div></div>	110%
Phenylalanine	1.0 g	<div><div></div></div>	105%
Threonine	0.9 g	<div><div></div></div>	80%
Tryptophan	0.1 g	<div><div></div></div>	53%
Tyrosine	0.7 g	<div><div></div></div>	79%
Valine	1.2 g	<div><div></div></div>	86%

**Vitamins**

B1 (Thiamine)	0.3 mg	<div><div></div></div>	25%
B2 (Riboflavin)	0.3 mg	<div><div></div></div>	25%
B3 (Niacin)	5.9 mg	<div><div></div></div>	42%
B5 (Pantothenic Acid)	0.9 mg	<div><div></div></div>	18%
B6 (Pyridoxine)	0.4 mg	<div><div></div></div>	27%
B12 (Cobalamin)	2.2 µg	<div><div></div></div>	93%
Folate	66.1 µg	<div><div></div></div>	17%
Vitamin A	17.2 µg	<div><div></div></div>	2%
Vitamin C	0.6 mg	<div><div></div></div>	1%
Vitamin D	122.7 IU	<div><div></div></div>	20%
Vitamin E	0.7 mg	<div><div></div></div>	4%
Vitamin K	26.1 µg	<div><div></div></div>	29%

**Minerals**

Calcium	327.0 mg	<div><div></div></div>	33%
Copper	0.1 mg	<div><div></div></div>	12%
Iron	9.5 mg	<div><div></div></div>	53%
Magnesium	26.8 mg	<div><div></div></div>	9%
Manganese	0.2 mg	<div><div></div></div>	13%
Phosphorus	209.0 mg	<div><div></div></div>	30%
Potassium	1064.6 mg	<div><div></div></div>	41%
Selenium	28.4 µg	<div><div></div></div>	52%

Sodium	2643.3 mg	<div><div></div></div>	176%
Zinc	5.0 mg	<div><div></div></div>	63%

N/T = No Target