

Nutrition Facts

Serving Size 2

1 Scoop (26.35g)

Servings Per Container 26

Amount Per Serving

Calories	370.00	Calories from Fat	160.00
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%Daily Value*

Total Fat	18.00 g	28%
Saturated Fat	2.20 g	11%
Trans Fat	0.00 g	
Polyunsaturated Fat	3.30 g	
Monounsaturated Fat	0.70 g	
Cholesterol	0.00 mg	0%
Sodium	73.00 mg	3%
Potassium	178.00 mg	5%

Total Carbohydrate	36.00 g	12%
Dietary Fiber	9.00 g	36%
Sugars	0.00 g	
Protein	15.00 g	30%

Vitamin A	0%	•	Vitamin C	0%
Calcium	0%	•	Iron	2%
Magnesium	2%			

Phosphatidyl Choline	1,841	mg
Phosphatidyl Ethanolamine	1,601	mg
Phosphatidyl Inositol	1,120	mg
Linoleic Acid (Omega-6 fatty acid)	2,401	mg
Linolenic Acid (Omega-3 fatty acid)	240	mg
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
Total Carb		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS:

100% Certified Organic:

Buckwheat
Oats
Barley
Rye
Flaxseed
Almonds
Lecithin

Other Ingredients:

Protein Egg White Vanilla