

Basic Report 01223, Protein supplement, milk based, Muscle Milk, powder

Report Date: February 01, 2015 19:15 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 tbsp 11g
Proximates			
Water	g	15.00	1.65
Energy	kcal	411	45
Protein	g	45.71	5.03
Total lipid (fat)	g	17.14	1.89
Carbohydrate, by difference	g	18.50	2.04
Fiber, total dietary	g	7.1	0.8
Sugars, total	g	5.71	0.63
Minerals			
Calcium, Ca	mg	500	55
Iron, Fe	mg	8.57	0.94
Magnesium, Mg	mg	200	22
Phosphorus, P	mg	643	71
Potassium, K	mg	1129	124
Sodium, Na	mg	329	36
Zinc, Zn	mg	7.14	0.79
Vitamins			
Vitamin C, total ascorbic acid	mg	30.0	3.3
Thiamin	mg	0.714	0.079
Riboflavin	mg	0.857	0.094
Niacin	mg	10.000	1.100
Vitamin B-6	mg	1.000	0.110
Folate, DFE	µg	340	37
Vitamin B-12	µg	3.00	0.33
Vitamin A, RAE	µg	750	82
Vitamin A, IU	IU	2500	275
Vitamin E (alpha-tocopherol)	mg	7.07	0.78

Nutrient	Unit	1 Value Per100 g	1 tbsp 11g
Vitamin D (D2 + D3)	µg	5.0	0.6
Vitamin D	IU	200	22
Vitamin K (phylloquinone)	µg	0.5	0.1
Lipids			
Fatty acids, total saturated	g	1.553	0.171
Fatty acids, total monounsaturated	g	12.105	1.332
Fatty acids, total polyunsaturated	g	1.770	0.195
Cholesterol	mg	21	2
Other			
Caffeine	mg	0	0