

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

Report Date: September 22, 2017 09:30 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 tbsp<br>11g |
|--------------------------------|------|------------------------|---------------|
| <b>Proximates</b>              |      |                        |               |
| 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          |
| <b>Minerals</b>                |      |                        |               |
| 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          |
| <b>Vitamins</b>                |      |                        |               |
| 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          |

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|------------------------------------|-------------|---------------------------------|-----------------------|
| Vitamin D (D2 + D3)                | µg          | 5.0                             | 0.6                   |
| Vitamin D                          | IU          | 200                             | 22                    |
| Vitamin K (phylloquinone)          | µg          | 0.5                             | 0.1                   |
| <b>Lipids</b>                      |             |                                 |                       |
| 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                     |
| <b>Amino Acids</b>                 |             |                                 |                       |
| <b>Other</b>                       |             |                                 |                       |
| Caffeine                           | mg          | 0                               | 0                     |