

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

Report Date: November 18, 2017 09:13 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 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