

Full Report (All Nutrients) 45288330, MYO ORIGINAL SHAKES, UPC: 791083595162
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Report Date: February 25, 2018 10:33 EST

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Ross Products Division

Nutrient	Unit	Data points	Std. Error	17.0 OZA 500g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	300	60
Protein	g	--	--	42.00	8.40
Total lipid (fat)	g	--	--	7.00	1.40
Carbohydrate, by difference	g	--	--	20.00	4.00
Fiber, total dietary	g	--	--	3.0	0.6
Sugars, total	g	--	--	1.00	0.20
Minerals					
Calcium, Ca	mg	--	--	700	140
Iron, Fe	mg	--	--	3.45	0.69
Magnesium, Mg	mg	--	--	40	8
Phosphorus, P	mg	--	--	385	77
Potassium, K	mg	--	--	1050	210
Sodium, Na	mg	--	--	390	78
Zinc, Zn	mg	--	--	10.50	2.10
Copper, Cu	mg	--	--	0.300	0.060
Manganese, Mn	mg	--	--	0.000	0.000
Selenium, Se	µg	--	--	20.0	4.0
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	29.0	5.8
Thiamin	mg	--	--	0.000	0.000
Riboflavin	mg	--	--	0.490	0.098
Niacin	mg	--	--	4.800	0.960

Nutrient	Unit	Data points	Std. Error	17.0 OZA 500g	1 Value Per100 g
Pantothenic acid	mg	--	--	5.000	1.000
Vitamin B-6	mg	--	--	0.480	0.096
Folate, total	µg	--	--	175	35
Vitamin B-12	µg	--	--	1.45	0.29
Vitamin A, IU	IU	--	--	960	192
Vitamin D	IU	--	--	200	40
Vitamin K (phylloquinone)	µg	--	--	19.0	3.8
Lipids					
Fatty acids, total saturated	g	--	--	1.500	0.300
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	25	5

Amino Acids

Other

Ingredients

WATER, MILK PROTEIN CONCENTRATE, PEA PROTEIN CONCENTRATE, LESS THAN 2% OF: COCOA POWDER (PROCESSED WITH ALKALI), CORN MALTODEXTRIN, HIGH OLEIC SUNFLOWER OIL, VITAMIN AND MINERAL BLEND (SODIUM ASCORBATE, POTASSIUM CITRATE, POTASSIUM PHOSPHATE, SALT, MAGNESIUM CARBONATE, ZINC GLUCONATE, DI-ALPHA-TOCOPHERYL ACETATE, NIACINAMIDE, MANGANESE GLUCONATE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE HYDROCHLORIDE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, BETACAROTENE, VITAMIN D3, BIOTIN, SODIUM MOLYBDATE, SODIUM SELENITE, POTASSIUM IODIDE, PHYTONADIONE, CYANOCOBALAMIN), NATURAL AND ARTIFICIAL FLAVOR, CELLULOSE GUM, CELLULOSE GEL, ACESULFAME POTASSIUM, GELLAN GUM, SUCRALOSE AND CARRAGEENAN. *Date Available: 01/16/2018 Date Last Updated by Company: 01/16/2018*