

Full Report (All Nutrients) 45373202, CARB CONTROL SHAKES, UPC: 791083302340
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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	11.0 OZA 330g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	99	30
Protein	g	--	--	17.00	5.15
Total lipid (fat)	g	--	--	2.51	0.76
Carbohydrate, by difference	g	--	--	2.01	0.61
Fiber, total dietary	g	--	--	1.0	0.3
Sugars, total	g	--	--	0.00	0.00
Minerals					
Calcium, Ca	mg	--	--	99	30
Iron, Fe	mg	--	--	1.45	0.44
Magnesium, Mg	mg	--	--	79	24
Phosphorus, P	mg	--	--	201	61
Potassium, K	mg	--	--	340	103
Sodium, Na	mg	--	--	429	130
Zinc, Zn	mg	--	--	3.00	0.91
Manganese, Mn	mg	--	--	0.000	0.000
Selenium, Se	µg	--	--	13.2	4.0
Iodine, I	IU	--	--	30	9
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	27.1	8.2
Thiamin	mg	--	--	0.000	0.000
Riboflavin	mg	--	--	0.426	0.129
Niacin	mg	--	--	4.000	1.212

Nutrient	Unit	Data points	Std. Error	11.0 OZA 330g	1 Value Per100 g
Pantothenic acid	mg	--	--	2.000	0.606
Vitamin B-6	mg	--	--	0.399	0.121
Folate, total	µg	--	--	158	48
Vitamin B-12	µg	--	--	1.19	0.36
Vitamin A, IU	IU	--	--	1000	303
Vitamin D	IU	--	--	79	24
Vitamin K (phylloquinone)	µg	--	--	15.8	4.8
Lipids					
Fatty acids, total saturated	g	--	--	0.495	0.150
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

WATER, SOY PROTEIN ISOLATE, PEA PROTEIN CONCENTRATE; LESS THAN 2% OF: VITAMIN AND MINERAL BLEND (POTASSIUM CITRATE, MAGNESIUM PHOSPHATE, SODIUM CITRATE, SODIUM ASCORBATE, MAGNESIUM CARBONATE, SODIUM CHLORIDE, CALCIUM CARBONATE, ZINC GLUCONATE, DL-ALPHA-TOCOPHERYL ACETATE, NIACINAMIDE, MANGANESE GLUCONATE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE CHLORIDE HYDROCHLORIDE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, BETA-CAROTENE, VITAMIN D3, BIOTIN, SODIUM MOLYBDATE, SODIUM SELENITE, POTASSIUM IODIDE, PHYTONADIONE AND CYANOCOBALAMIN), NATURAL AND ARTIFICIAL FLAVOR, HIGH OLEIC SUNFLOWER OIL, CELLULOSE GUM, LIQUID SUCRALOSE, SOY LECITHIN, CARRAGEENAN, CELLULOSE GEL, ACESULFAME POTASSIUM, GELLAN GUM AND RED #3. *Date Available: 06/11/2018 Date Last Updated by Company: 06/11/2018*