

Nutritional Labels

Flavors Vary Slightly In: Sodium, Potassium, Calcium and Vitamin A

French Vanilla

Chocolate Brownie with Tonalin® CLA

Nutrition Facts	
Serving Size 8 fl. oz. 1 Scoop/4 Tbsp. (33.5g)	
Servings Per Container 21	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 560mg	23%
Potassium 760mg	22%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	10%
Sugars 13g	
Protein 11g	
Vitamin A 35%	• Vitamin C 35%
Calcium 35%	• Iron 35%
Vitamin D 35%	• Vitamin E 35%
Vitamin K 35%	• Thiamin 35%
Riboflavin 35%	• Niacin 35%
Vitamin B6 35%	• Folate 35%
Vitamin B12 35%	• Biotin 35%
Pantothenic Acid 35%	• Phosphorus 35%
Iodine 35%	• Magnesium 35%
Zinc 35%	• Selenium 35%
Copper 35%	• Manganese 35%
Chromium 35%	• Molybdenum 35%
Chloride 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size 8 fl. oz. 1 Scoop/4 Tbsp. (30g)	
Servings Per Container about 23	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Potassium 320mg	9%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	10%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Sugars 12g	
Protein 11g	
Vitamin A 35%	• Vitamin C 35%
Calcium 20%	• Iron 35%
Vitamin D 35%	• Vitamin E 35%
Vitamin K 35%	• Thiamin 35%
Riboflavin 35%	• Niacin 35%
Vitamin B6 35%	• Folate 35%
Vitamin B12 35%	• Biotin 35%
Pantothenic Acid 35%	• Phosphorus 10%
Iodine 35%	• Magnesium 4%
Zinc 35%	• Selenium 35%
Copper 35%	• Manganese 35%
Chromium 35%	• Molybdenum 35%
Chloride 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

FFL Chocolate

Nutrition Facts	
Serving Size 8 fl. oz. 2 Scoops/6 Tbsp. (40.5g)	
Servings Per Container 15	
Amount Per Serving	
Calories 140	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	22%
Potassium 920mg	26%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 17g	
Vitamin A 35%	• Vitamin C 35%
Calcium 35%	• Iron 35%
Vitamin D 35%	• Vitamin E 35%
Vitamin K 35%	• Thiamin 35%
Riboflavin 30%	• Niacin 35%
Vitamin B6 35%	• Folate 35%
Vitamin B12 35%	• Biotin 35%
Pantothenic Acid 35%	• Phosphorus 35%
Iodine 35%	• Magnesium 35%
Zinc 35%	• Selenium 35%
Copper 35%	• Manganese 35%
Chromium 35%	• Molybdenum 35%
Chloride 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

FFL Chicken Soup

Nutrition Facts	
Serving Size 2 Scoops/6 Tbsp. (42.5g)	
Servings Per Container about 15	
Amount Per Serving	
Calories 140	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 660mg	28%
Potassium 850mg	24%
Total Carbohydrate 19g	6%
Dietary Fiber less than 1g	4%
Sugars 14g	
Protein 15g	
Vitamin A 35%	• Vitamin C 35%
Calcium 35%	• Iron 35%
Vitamin D 35%	• Vitamin E 35%
Vitamin K 35%	• Thiamin 35%
Riboflavin 35%	• Niacin 35%
Vitamin B6 35%	• Folate 35%
Vitamin B12 35%	• Biotin 35%
Pantothenic Acid 35%	• Phosphorus 35%
Iodine 35%	• Magnesium 45%
Zinc 35%	• Selenium 35%
Copper 35%	• Manganese 35%
Chromium 35%	• Molybdenum 35%
Chloride 15%	
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	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
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Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	