

# Centrum Nutrition Protein Mix

## Metabolism Support

This is the most current labeling information and may differ from labels on product packaging. If there are any differences between this website labeling and product packaging labeling, this website labeling should be regarded as the most current.

**Directions:** Mix one (1) rounded scoop with 10oz of water or your favorite beverage.

# Nutrition Facts

<b>Serving Size</b>	<b>1 Scoop (35g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 8g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 15g	<b>30%</b>
Vitamin D <sub>3</sub> 0mcg	0%
Calcium 260mg	20%
Iron 0.3mg	2%
Potassium 110mg	2%
Vitamin A 230mcg	26%
Vitamin C 23mg	26%
Vitamin E 3.8mg	25%
Thiamin 0.3mg	25%
Riboflavin 0.33mg	25%
Niacin 4mg	25%
Vitamin B <sub>6</sub> 0.43mg	25%
Folate 167mcg DFE (100mcg Folic Acid)	42%
Vitamin B <sub>12</sub> 0.6mcg	25%
Biotin 8mcg	27%
Pantothenic Acid 1.3mg	26%
Magnesium 42mg	10%

\*The percent daily value (% DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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**Ingredients:** Whey Protein Concentrate, Milk Protein Isolate, Fructose, Fructooligosaccharides, Organic Almond Protein, Calcium Caseinate. **Contains <2%:** Ascorbic Acid (Vit. C), Biotin, Calcium Carbonate, Calcium Pantothenate, Carrageenan, Cellulose Gum, Cyanocobalamin (Vit B<sub>12</sub>), DL-alpha Tocopheryl Acetate (Vit. E), Folic Acid, Gelatin, Lecithin (soy), Magnesium Oxide, Natural Flavors, Niacinamide, Organic Steviol Glycosides (extracted from natural stevia leaf), Pyridoxine Hydrochloride (Vit. B<sub>6</sub>), Riboflavin (Vit. B<sub>2</sub>), Thiamine Hydrochloride (Vit. B<sub>1</sub>), Vitamin A Palmitate, Xanthan Gum.

Contains: Milk, Nuts (almonds), Soy

Store in a cool, dry place out of direct sunlight.

Do not use if packet seal is torn or broken.

Marketed by: Pfizer, Madison, NJ 07940 USA

Questions? Comment? Call 1-877-CENTRUM (236-8786)