

0% PLUS MILK (Serving Size 8 oz)

PURITY MILK PRODUCTS

Nutrition Facts

Serving Size 1 Cup/Container(240/236mL)

Servings Per Container

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol less than 5mg **1%**

Sodium 130mg **5%**

Total Carbohydrate 13g **4%**

Dietary Fiber 0g **0%**

Sugars 12g

Protein 9g **17%**

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0%

Vitamin D 25%

* Percent Daily Values are based on a 2000 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: nonfat milk with viable acidophilus and bifidum cultures, vitamin A palmitate, vitamin D3.