

Vanilla Latte

Naturally Flavored

NUTRITION FACTS		8 fl oz	16 fl oz
Serving size:		1/4 cup (27 g)	1/2 cup (54 g)
Servings Per Container:		38	19
Amount Per Serving			
Calories		70	130
Calories from Fat		15	30
		% Daily Value*	% Daily Value*
Total Fat	1.5g	2%	3.5g 5%
Saturated Fat	0g	0%	0.5g 3%
Trans Fat	0g		0g
Polyunsaturated Fat	0g		0g
Monounsaturated Fat	1g		2g
Cholesterol	0mg	0%	0mg 0%
Sodium	125mg	5%	250mg 10%
Total Carbohydrate	12g	4%	25g 8%
Dietary Fiber	3g	12%	5g 20%
Sugars	0g		less than 1g
Sugar Alcohol	7g		14g
Protein	10g	20%	20g 40%
*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		Vitamin A 10%	20%
Total Fat Less Than 65g 80g		Vitamin C 10%	20%
Saturated Fat Less Than 20g 25g	Calcium 25%	50%	
Cholesterol Less Than 300mg 300mg	Iron 10%	20%	
Sodium Less Than 2,400mg 2,400mg	Vitamin D 10%	20%	
Total Carbohydrate 300g 375g	Vitamin E 10%	20%	
Dietary Fiber 25g 30g	Thiamin 10%	20%	
Calories per gram:		Riboflavin 20%	40%
Fat 9 • Carbohydrate 4 • Protein 4		Niacin 10%	20%
		Vitamin B6 10%	20%
		Folate 10%	20%
		Vitamin B12 10%	20%
		Biotin 10%	20%
		Pantothenic Acid 10%	20%
		Phosphorus 15%	35%
		Iodine 10%	20%
		Magnesium 10%	20%
		Zinc 15%	25%
		Copper 10%	20%

Mocha

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		% Daily Value*	% Daily Value*
Total Fat	1.5g	2%	3.5g 5%
Saturated Fat	0g	0%	0g 0%
Trans Fat	0g		0g
Polyunsaturated Fat	0g		0g
Monounsaturated Fat	1g		1.5g
Cholesterol	0mg	0%	0mg 0%
Sodium	150mg	6%	300mg 13%
Total Carbohydrate	11g	4%	22g 7%
Dietary Fiber	3g	12%	5g 20%
Sugars	0g		less than 1g
Sugar Alcohol	6g		12g
Protein	10g	20%	21g 42%
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Dietary Fiber 25g 30g	Thiamin 10%	20%	
Calories per gram:		Riboflavin 20%	40%
Fat 9 • Carbohydrate 4 • Protein 4		Niacin 10%	25%
		Vitamin B6 10%	20%
		Folate 10%	20%
		Vitamin B12 10%	20%
		Biotin 10%	20%
		Pantothenic Acid 10%	20%
		Phosphorus 20%	40%
		Iodine 10%	20%
		Magnesium 15%	30%
		Zinc 15%	25%
		Copper 10%	20%

Espresso

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Polyunsaturated Fat	0g		0g
Monounsaturated Fat	1g		2g
Cholesterol	0mg	0%	0mg 0%
Sodium	125mg	5%	250mg 10%
Total Carbohydrate	12g	4%	24g 8%
Dietary Fiber	3g	12%	5g 20%
Sugars	0g		less than 1g
Sugar Alcohol	7g		14g
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		Pantothenic Acid 10%	20%
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		Pantothenic Acid 10%	20%
		Phosphorus 15%	35%
		Iodine 10%	20%
		Magnesium 10%	20%
		Zinc 15%	30%
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Chocolate

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Trans Fat	0g		0g
Polyunsaturated Fat	0g		0g
Monounsaturated Fat	1g		1.5g
Cholesterol	0mg	0%	0mg 0%
Sodium	150mg	6%	300mg 13%
Total Carbohydrate	12g	4%	24g 8%
Dietary Fiber	3g	12%	6g 24%
Sugars	0g		less than 1g
Sugar Alcohol	6g		12g
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		Pantothenic Acid 10%	20%
		Phosphorus 20%	40%
		Iodine 10%	20%
		Magnesium 15%	30%
		Zinc 15%	25%
		Copper 10%	20%