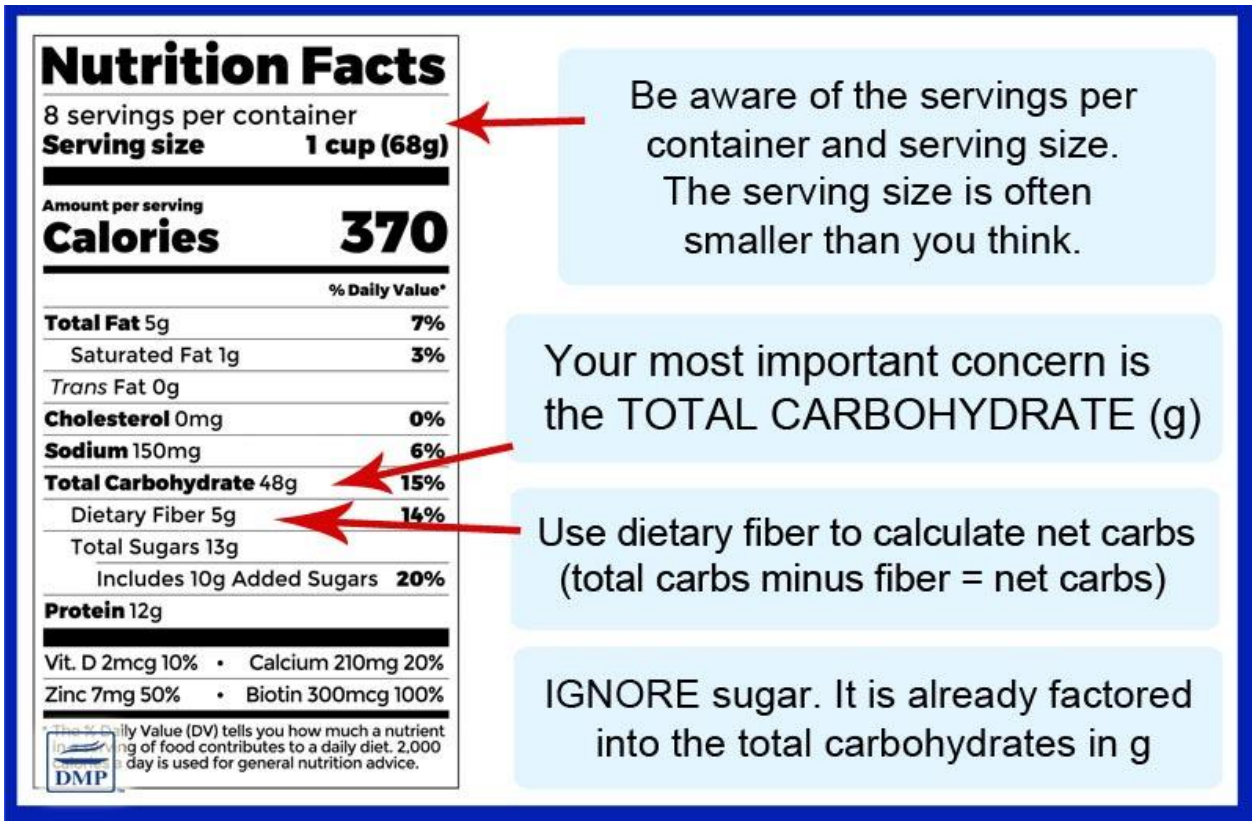
ABSOLUTE AN NUTRITION
A Taste of Good Health


Nutrition Facts
8 servings per container
Serving size 1 cup (68g)
Amount per serving
Calories 370
% Daily Value*
Total Fat 5g 7%
Saturated Fat 1g 3%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 150mg 6%
Total Carbohydrate 48g 15%
Dietary Fiber 5g 14%
Total Sugars 13g
Includes 10g Added Sugars 20%
Protein 12g
Vit. D 2mcg 10% • Calcium 210mg 20%
Zinc 7mg 50% • Biotin 300mcg 100%
Daily Value (DV) tells you how much a nutrient
ng of food contributes to a daily diet. 2,000
day is used for general nutrition advice.
DMP
Be aware of the servings per container and serving size. The serving size is often smaller than you think.
Your most important concern is the TOTAL CARBOHYDRATE (g)
Use dietary fiber to calculate net carbs (total carbs minus fiber = net carbs)
IGNORE sugar. It is already factored into the total carbohydrates in g