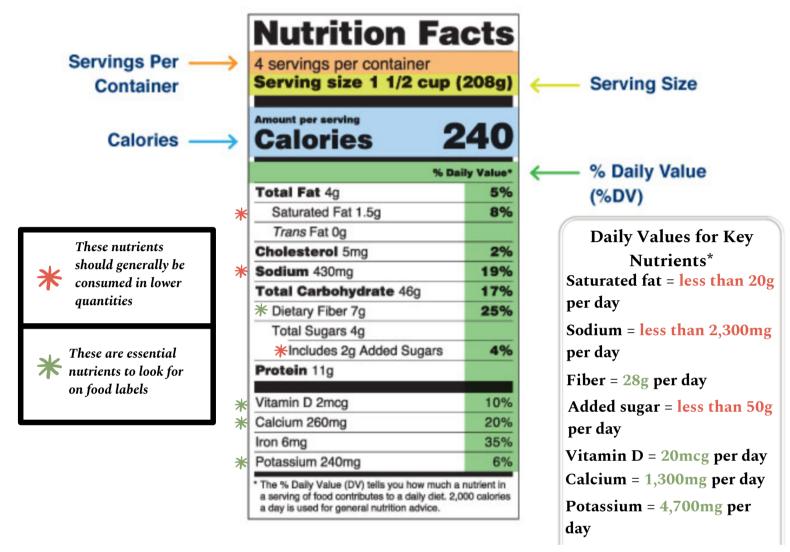
How to Use the Nutrition Facts Label



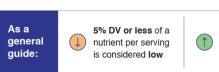
Definitions:

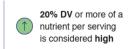
*These values are based upon a 2,000 calorie diet. Always consult your doctor for individual recommendations and before making major changes to your diet and/or supplement routine.

Serving size is an estimation of how much of this food is usually consumed at one time; it is not necessarily a recommendation of how much to eat. All of the nutrition facts on the label are based upon this quantity of food.

Servings per container refers to how many servings are in the product.

Daily Value (DV) refers to the amount of a particular nutrient that is recommended per day. % DV refers to how much one serving of the food will contribute towards your DV.





Calories on a nutrition label refers to number of calories per one serving.

