

Nutrition Facts

1 serving per container

Serving size 5.3 oz (150g)

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 8g 10%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 50mg 2%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 7%

Total Sugars 7g

Includes 5g Added Sugars 10%

Protein 16g 32%

Vitamin D 0mcg 0%

Calcium 170mg 15%

Iron 0mg 0%

Potassium 130mg 2%

* The % 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.

BLUEBERRY LEMON

- ♥ LACTOSE-FREE, REAL DAIRY
- ♥ 16g OF PROTEIN
- ♥ BILLIONS OF LIVE PROBIOTICS
- ♥ EXTRA CREAMY (6% *milkfat*)
- ♥ 13 ESSENTIAL NUTRIENTS

Ingredients:

Organic Skyr Yogurt (Pasteurized Organic Whole Milk, Live Active Cultures), Organic Blueberry Lemon Puree (Organic Blueberries, Organic Cane Sugar, Organic Lemon Juice, Organic Blueberry Flavor, Pectin, Organic Carob Bean Gum, Organic Fruit Juice Concentrate (For Color)), Lactase Enzyme.

LIVE ACTIVE CULTURES: L. Bulgaricus, S. Thermophilus, Bifidobacterium. **Contains: Whole Milk GRADE A**

