

Centrum Nutrition Protein Mix

Vitality

This is the most current labeling information and may differ from labels on product packaging. If there are any differences between this website labeling and product packaging labeling, this website labeling should be regarded as the most current.

Directions: Mix one (1) rounded scoop with 10oz of water or your favorite beverage.

Nutrition Facts

Serving Size

1 Scoop (35g)

Amount Per Serving

Calories

120

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 130mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 7g Added Sugars	14%
Protein 15g	30%
Vitamin D ₃ 0mcg	0%
Calcium 130mg	10%
Iron 1.6mg	9%
Potassium 470mg	10%
Vitamin A 230mcg	26%
Vitamin C 23mg	26%
Vitamin E 3.8mg	25%
Thiamin 0.3mg	25%
Riboflavin 0.33mg	25%
Niacin 4mg	25%
Vitamin B ₆ 0.43mg	25%
Vitamin B ₁₂ 0.6mcg	25%
Pantothenic Acid 1.3mg	26%
Zinc 2.8mg	25%
Selenium 14mcg	25%
Manganese 0.58mg	25%

*The percent 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.

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Ingredients: Whey Protein Concentrate, Milk Protein Isolate, Fructose, Cocoa processed with alkali, Fructooligosaccharides, Calcium Caseinate, Cellulose Gum. **Contains <2%:** Ascorbic Acid (Vit. C), Calcium Pantothenate, Carrageenan, Cyanocobalamin (Vit B₁₂), Dibasic Potassium Phosphate, DL-alpha Tocopheryl Acetate (Vit. E), Gelatin, Lecithin (soy), Manganese Sulfate, Natural Flavors, Niacinamide, Organic Steviol Glycosides (extracted from natural stevia leaf), Pyridoxine Hydrochloride (Vit. B₆), Riboflavin (Vit. B₂), Sea Salt, Selenium Yeast, Thiamine Hydrochloride (Vit. B₁), Vitamin A Palmitate, Xanthan Gum, Zinc Oxide.

Contains: Milk, Soy

Store in a cool, dry place out of direct sunlight.

Do not use if packet seal is torn or broken.

Marketed by: Pfizer, Madison, NJ 07940 USA

Questions? Comment? Call 1-877-CENTRUM (236-8786)