

# LC-Whey Protein - Chocolate<sup>®</sup>

## Unsweetened Instant

**Directions:** Use in favorite recipes, or add 3-4 Tbsp to 6-8 oz of water or other beverage. Add fruits, vegetables, nuts and seeds as desired.



**Diabetic  
Friendly  
Gluten  
Free**

## Nutrition Facts

Serving Size 3 Tbsp (22.68g)  
Servings per container 20

Amount Per Serving  
**Calories** 90

Calories from Fat 8

		%Daily Value*	
<b>Total Fat</b> .9g	<b>1%</b>	<b>Total Carbohydrate</b> 3g	<b>1%</b>
Saturated Fat .6g	<b>3%</b>	Dietary Fiber 1.5g	<b>6%</b>
Trans Fat 0g		Sugars 0g	<b>0%</b>
<b>Cholesterol</b> 8mg	<b>3%</b>	<b>Protein</b> 17.5g	<b>35%</b>
<b>Sodium</b> 41mg	<b>2%</b>	<b>Net Carbs</b> 1.5g	

\*Percent daily values are based on a 2000 calorie diet.

**Ingredients:** Contains a proprietary/patent pending blend of instantized whey protein isolates, unsweetened cocoa powder, soy lecithin <1% for anti-clumping.

**Allergen Warning:** Processed in a facility that uses wheat gluten and nuts



Net Wt. 16 oz. (453.6g) Approx. 4¾ cups

Manufactured by LC Foods™  
Company, Raleigh NC 27604