

# Lactose Free Chocolate Milk

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1 Cup (240 ml)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 24g	
Includes 13g Added Sugars	<b>26%</b>
<b>Protein</b> 8g	
Vitamin D 2.3mcg	10%
Calcium 260mg	20%
Iron 0.9mg	6%
Potassium 480mg	10%
<small>*The % Daily Value 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.</small>	

**INGREDIENTS:** Milk, Sugar, Alkalized Cocoa, Salt, Carrageenan, Natural Flavor, Vitamin D3, Lactase Enzyme\*.

\*Not found in regular chocolate milk.

Contains Milk.