

BLENDING NONFAT YOGURT

CALCIUM AND VITAMIN D ADDED



slim down with yogurt™

*SEE BACK FOR DETAILS



GRADE A



with other natural flavors

LIVE & ACTIVE™ CULTURES

NET. WT. 8 OZ (227g)

no artificial colors

BLUEBERRY

Nutrition Facts

Serving Size 1 Container 8oz. (227g)

Amount Per Serving

Calories 210 Calories from Fat 0

Total Fat 0g % DV*

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 5mg 2%

Sodium 150mg 6%

Total Carbohydrate 45g 15%

Dietary Fiber 0g 0%

Sugars 36g

Protein 6g 12%

Vitamin A 0% • Vitamin C 4%

Calcium 60% • Iron 0% • Vitamin D 40%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

KEEP REFRIGERATED

EXCELLENT SOURCE OF CALCIUM

INGREDIENTS: CULTURED PASTEURIZED GRADE A NONFAT MILK, SUGAR, HIGH FRUCTOSE CORN SYRUP, MODIFIED CORN STARCH, BLUEBERRIES, WHEY, NATURAL FLAVORS, ELDERBERRY JUICE CONCENTRATE, POTASSIUM SORBATE (TO PRESERVE FRESHNESS), CITRIC ACID, CAROB BEAN GUM, GELLAN GUM, TRICALCIUM PHOSPHATE, VITAMIN D3.

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Gluten free™

Questions or comments? 1-800-835-8423 www.upstatefarms.com

*Including 3 servings of calcium-rich dairy products such as yogurt in your diet, naturally provides calcium and protein to support healthy, effective weight loss.

