

## NUTRITION FACTS / VALEUR NUTRITIVE

Serving Size: 2 Scoops (50 g)  
Servings Per Container: 15

Portion: 2 mesures (50 g)  
Portions par contenant: 15

|   | Per 50g Powder<br>(pour 50g de poudre) | % Daily Value<br>% Valeur<br>Quotidiennes | With 250 ml<br>Unsweetened Soy Milk*<br>avec 250ml le lait<br>de soja non sucré <sup>+</sup> | % Daily Value<br>% Valeur<br>Quotidiennes |
|---|--|---|--|---|
| <b>ENERGY / ÉNERGIE</b>   | <b>150 Cal</b>                         |   | <b>230 Cal</b>   |   |
| <b>PROTEIN / PROTÉINES</b>  | <b>18.0 g</b>                          |   | <b>25.0 g</b>  |   |
| <b>FAT / LIPIDS</b>   | <b>4.5 g</b>                           | <b>6.0 %</b>                              | <b>8.5 g</b>   | <b>11.3 %</b>                             |
| Polyunsaturates / Polyinsaturés   | 0.9 g                                  |   | 3.4 g  |   |
| Monounsaturates / Monoinsaturés   | 1.0 g                                  |   | 2.0 g  |   |
| Saturates / Saturés   | 0 g                                    | 0 %                                       | 0.5 g  | 0.25 %                                    |
| Trans / Trans   | 0 g                                    | 0 %                                       | 0 g  | 0 %                                       |
| n-6 Linoleic Acid / Acide linoléique n-6  | 1.6 g                                  |   | 3.1 g  |   |
| n-3 Linolenic Acid / Acide linoléique n-3   | 0.1 g                                  |   | 0.4 g  |   |
| <b>Isoflavones / Les Isoflavones</b>  | <b>40 mg</b>                           |   | <b>46 mg</b>   |   |
| <b>Cholesterol / Cholestérol</b>  | <b>0 g</b>                             | <b>0 %</b>                                | <b>0 g</b>   | <b>0 %</b>                                |
| <b>Sodium / Sodium</b>  | <b>215 mg</b>                          | <b>9 %</b>                                | <b>285 mg</b>  | <b>12 %</b>                               |
| <b>Potassium / Potassium</b>  | <b>28 mg</b>                           | <b>10.2 %</b>                             | <b>358 mg</b>  | <b>17.7 %</b>                             |
| <b>TOTAL CARBOHYDRATES / GLUCIDES</b>   | <b>16 g</b>                            | <b>-</b>                                  | <b>20 g</b>  | <b>-</b>                                  |
| Sugars / Sucres   | 9 g                                    | 9.0 %                                     | 10 g   | 10.0 %                                    |
| Sugar Alcohol (erythritol) /<br>Alcool de sucre (érythritol)  | 7 g                                    |   | 7 g  |   |
| Dietary Fibre / Fibres Alimentaires   | 4.0 g                                  | 14.3 %                                    | 6.0 g  | 21.4 %                                    |
| <b>VITAMINS &amp; MINERALS / VITAMINES &amp; MINÉRAUX</b>   |  |   |  |   |
| Beta-carotene / Bêta-carotène   | 2250 mcg                               | -   | 2250 mcg   | -   |
| Vitamin A / Vitamine A  | 226.5 mcg                              | 25.2 %                                    | 376.5 mcg  | 41.8 %                                    |
| Vitamin D <sub>3</sub> / Vitamine D <sub>3</sub>  | 2.5 mcg                                | 12.5 %                                    | 5.5 mcg  | 27.5 %                                    |
| Vitamin E / Vitamine E  | 16.75 mg                               | 11.7 %                                    | 16.75 mg   | 111.7 %                                   |
| Vitamin C / Vitamine C  | 100 mg                                 | 111.7 %                                   | 100 mg   | 111.7 %                                   |
| Vitamin K <sub>1</sub> / Vitamine K <sub>1</sub>  | 25 mcg                                 | 20.8 %                                    | 25 mcg   | 20.8 %                                    |
| Vitamin B <sub>1</sub> / Vitamine B <sub>1</sub>  | 2.25 mg                                | 187.5 %                                   | 2.25 mg  | 187.5 %                                   |
| Vitamin B <sub>2</sub> / Vitamine B <sub>2</sub>  | 0.75 mg                                | 57.7 %                                    | 1.15 mg  | 88.5 %                                    |
| Niacin / Niacine  | 7.5 mg                                 | 46.9 %                                    | 7.5 mg   | 46.9 %                                    |
| Vitamin B <sub>6</sub> / Vitamine B <sub>6</sub>  | 2.5 mg                                 | 147.1 %                                   | 2.50 mg  | 142.1 %                                   |
| Folicin / Folacine  | 200 mcg                                | 50.0 %                                    | 250 mcg  | 62.5 %                                    |
| Vitamin B <sub>12</sub> / Vitamine B <sub>12</sub>  | 0.75 mcg                               | 41.7 %                                    | 37.5 mcg   | 156.3 %                                   |
| Biotin / Biotine  | 37.5 mcg                               | 125.0 %                                   | 37.5 mcg   | 125.0 %                                   |
| Pantothenate / Pantothenate   | 5.25 mg                                | 105.0 %                                   | 5.25 mg  | 105.0 %                                   |
| Calcium / Calcium*  | 93 mg                                  | 7.2 %                                     | 303 mg   | 23.3 %                                    |
| Silica / Silice   | 17.5 mg                                | -   | 17.5 mg  | -   |
| Magnesium / Magnésium*  | 75 mg                                  | 17.9 %                                    | 120 mg   | 28.6 %                                    |
| Iron / Fer*   | 7.64 mg                                | 46.4 %                                    | 8.65 mg  | 48.0 %                                    |
| Zinc / Zinc*  | 5.0 mg                                 | 45.5 %                                    | 5.0 mg   | 45.5 %                                    |
| Iodine / Iode   | 75.0 mcg                               | 50.0 %                                    | 75.0 mcg   | 50.0 %                                    |
| Copper / Cuivre*  | 0.75 mg                                | 83.3 %                                    | 0.75 mg  | 83.3 %                                    |
| Boron / Bore*   | 0.75 mg                                | -   | 0.75 mg  | -   |
| Manganese / Manganèse*  | 1.25 mg                                | 54.4 %                                    | 125 mg   | 54.4 %                                    |
| Selenium / Sélénium*  | 50 mcg                                 | 0.91 %                                    | 50 mcg   | 0.91 %                                    |
| Chromium / Chlromium*   | 50 mcg                                 | 142.9 %                                   | 50 mcg   | 142.9 %                                   |
| Vanadium / Vanadium*  | 18.75 mcg                              | -   | 18.75 mcg  | -   |
| Molybdenum / Molybdénium*   | 12.5 mcg                               | 27.8 %                                    | 12.5 mcg   | 27.8 %                                    |
| * HVP - Hydrolyzed Vegetable (rice) Protein / * PVH - Protéine végétale (de riz) hydrolysée                                 |  |   |  |   |
| <sup>+</sup> Silk: Organic, Unsweetened, Fortified Soy Milk / <sup>+</sup> Silk: Lait de soja enrichi biologique, Non Sucré |  |   |  |   |
| <b>ENZYMES / ENZYMES</b>  |  |   |  |   |
| Amylase 4,000 (FCC) DU  | 10 mg                                  |   | Protease ( <i>Aspergillus oryzae</i> ) 4,000 HUT   | 1.25 mg                                   |
| Lipase ( <i>Aspergillus Niger</i> ) 2000 FCC LU   | 3.25 mg                                |   | Lactase (lactase units) 180 FCC ALU  | 4.5 mg                                    |
| (LU-one unit of lipase activity) /  |  |   | FCC (Food Chemical Codex) a division of USP /  |   |
| (LU-une unité d'activité lipase)  |  |   | FCC (Food Chemical Codex) une division de l'USP  |   |