

Nutrition Facts

Serving Size 8 oz (240mL)
Servings Per Container 2

Amount Per Serving	
Calories 170	Calories from Fat 100
% Daily Value*	
Total Fat 11g	16%
Saturated Fat 7g	34%
Trans Fat 0g	
Cholesterol 40g	14%
Sodium 85mg	4%
Total Carbohydrates 10g	3%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 8g	16%
Vitamin A 11%	Vitamin C 4%
Calcium 25%	Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carb	300g	375g
Dietary Fiber	25g	30g

Amasai™ Plain

Ingredients:

Pasteurized cultured organic whole milk, probiotic cultures. Made with Grade A milk. No thickeners or stabilizers. No artificial colors or flavors. Natural separation may occur, shake vigorously.

Nutrition Facts

Serving Size 8 oz (240mL)
Servings Per Container 2

Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	6%
Saturated Fat 6g	13%
Trans Fat 0g	
Cholesterol 36mg	6%
Sodium 77mg	3%
Total Carbohydrates 23g	8%
Dietary Fiber 0g	0%
Sugars 21g	
Protein 7g	14%
Vitamin A 10%	Vitamin C 4%
Calcium 23%	Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carb	300g	375g
Dietary Fiber	25g	30g

Amasai™ Milk & Honey

Ingredients:

Pasteurized cultured organic whole milk, organic honey, organic cane sugar, organic vanilla, probiotic cultures. Made with Grade A milk. No thickeners or stabilizers. No artificial colors or flavors. Natural separation may occur, shake vigorously.

Nutrition Facts

Serving Size 8 oz (240mL)
Servings Per Container 2

Amount Per Serving	
Calories 180	Calories from Fat 40
% Daily Value*	
Total Fat 10g	7%
Saturated Fat 6g	14%
Trans Fat 0g	
Cholesterol 36mg	7%
Sodium 77mg	3%
Total Carbohydrates 25g	8%
Dietary Fiber 0g	0%
Sugars 23g	
Protein 8g	16%
Vitamin A 10%	Vitamin C 4%
Calcium 25%	Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carb	300g	375g
Dietary Fiber	25g	30g

Amasai™ Raspberry

Ingredients:

Pasteurized cultured organic whole milk, organic cane sugar, organic raspberries (juice and pureé), organic vanilla, probiotic cultures. Made with Grade A milk. No thickeners or stabilizers. No artificial colors or flavors. Natural separation may occur, shake vigorously.