

FAIRLIFE VS. PREMIER PROTEIN SHAKES

Nutrition	Premier Protein	Fairlife Nutrition Plan	Fairlife Core Power	Fairlife Core Power Elite
Calories	160	150	170	230
Protein (g)	30	30	26g	42g
Carbs (g)	5	3g	8g	9g
Fat (g)	3	2.5g	4.5g	3.5g
Fiber (g)	3	0g	3g	2g
Vitamin D (% DV)	30%	25%	25%	50%
Vitamin C (% DV)	50%	0%	0%	0%
Vitamin A (% DV)	25%	20%	25%	25%
Vitamin B12 (% DV)	25%	60%	0%	0%
Calcium (% DV)	50%	60%	60%	70%
Magnesium (% DV)	20%	10%	0%	0%
Zinc (% DV)	25%	35%	0%	0%
Iron (% DV)	15%	10%	10%	8%
Folate (% DV)	25%	0%	0%	0%
Other notes:	Also contains: thiamin, pantothenic acid, chromium, vitamin K, vitamin B6, phosphorus, selenium, molybdenum, potassium, vitamin E, niacin, iodine, copper, riboflavin, biotin, manganese.	Also contains: phosphorus, selenium, potassium, iodine and chloride	-	Also contains potassium

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Proceedings included in vols 3 4 7 23 25 **The Journal of the Kansas Medical Society** Kansas Medical Society,1950

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