

LIGHT CHOCOLATE

Drink a delicious glass of 8th Continent Light Chocolate Soymilk for a low-calorie dessert or a mid-day snack.

- 6.25 grams of soy protein
- Excellent source of calcium
- Made from U.S. grown soybeans that have not been genetically engineered (non-GMO)
- May reduce the risk of heart disease* and high blood pressure and stroke**
- Certified by the American Heart Association

*25 grams of soy protein a day as part of a diet in saturated fat and cholesterol, may reduce the risk of heart disease. 8th Continent Soymilk contains 7 grams of soy protein per serving.
 **Diets containing foods that are good source of potassium and low in sodium may reduce the risk of high blood pressure and stroke. Silk is a registered trademark of White Wave, Inc.



SOYMILK COMPARISONS:

Soymilk	Calories	Fat(g)	Carbs(g)
8th Continent Light Chocolate	90	1.5	12
Silk® Chocolate	140	3.5	23
Silk® Light Chocolate	120	1.5	22

INGREDIENTS:

Soymilk (Water, Soy Protein, Soybean Oil, Calcium Phosphate), Sugar, Fructose, Cocoa Processed with Alkali; Potassium Citrate, Dipotassium Phosphate, Carrageenan, Natural and Artificial Flavors, Salt, Sucralose, Xanthan Gum, Riboflavin (Vitamin B2), Vitamin A Palmitate, Vitamin D2, Vitamin B12.

Nutrition Facts		
Serving Size 8 fl oz (240mL)		
Servings per Container About 8		
Amount Per Serving		
Calories	90	
Calories from Fat	10	
% Daily Value*		
Total Fat 1.5g	3%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Polysaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	
Sodium 120mg	6%	
Potassium 400mg	12%	
Total Carbohydrate 12g	4%	
Dietary Fiber <1g	3%	
Sugars 11g		
Protein 6g	12%	
Vitamin A 10%	• Vitamin C 0%	
Calcium 30%	• Iron 0%	
Vitamin D 20%	• Riboflavin 25%	
Vitamin B ₂ 10%		
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.		
Total Fat	Less than 10g	10g
Sat Fat	Less than 5g	5g
Cholesterol	Less than 30mg	30mg
Sodium	Less than 1,000mg	1,000mg
Potassium	Less than 1,000mg	1,000mg
Total Carbohydrate	30g	30g
Dietary Fiber	5g	5g
Protein	5g	5g

