

# ORIGINAL

- 8 grams of soy protein, more than any other regular soymilk
- 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 8 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.

## INGREDIENTS:

Soymilk (Water, Soy Protein, Soybean Oil, Calcium Phosphate), Sugar, Chicory Root Extract (Inulin), Fructose, Natural and Artificial Flavors, Potassium Citrate, Calcium Carbonate, Magnesium Phosphate, Citric Acid, Sodium Polyphosphate, Dipotassium Phosphate, DHA Algal Oil, Soy Lecithin, Carrageenan, Xanthan Gum, Salt, Sucralose, Riboflavin (Vitamin B2), Vitamin A Palmitate, Vitamin D2, Vitamin B12.

Nutrition Facts			
Serving size 8 fl oz (240 mL)			
Servings Per Container about 6			
Amount Per Serving			
<b>Calories</b>	80		
Calories from Fat	20		
% Daily Value*			
<b>Total Fat</b> 2.5g	4%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Polyunsaturated Fat 1g			
Monounsaturated Fat 0.5g			
<b>Cholesterol</b> 0mg	0%		
<b>Sodium</b> 100mg	4%		
<b>Potassium</b> 200mg	11%		
<b>Total Carbohydrate</b> 1g	2%		
Dietary Fiber 3g	10%		
Sugars 0g			
<b>Protein</b> 8g	12%		
Vitamin A 10% • Vitamin C 0%			
Calcium 40% • Iron 6%			
Vitamin D 25% • Riboflavin 25%			
Vitamin B <sub>2</sub> 20% • Phosphorus 25%			
Magnesium 10%			
*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.			
	Amount	% Daily Value	
Total Fat	2.5g	4%	100%
Saturated Fat	0g	0%	0%
Cholesterol	0mg	0%	0%
Sodium	100mg	4%	100%
Potassium	200mg	11%	100%
Total Carbohydrate	1g	2%	100%
Dietary Fiber	3g	10%	100%
Sugars	0g		0%
Protein	8g	12%	100%

