

Carnation Breakfast Essentials® Light Start Nutritional Powder Drink Mix Rich Milk Chocolate

Key Benefits

- Mix powder with 8 fl oz skim milk for a delicious nutritional drink with 150 calories
- 13 g protein* to support growth, and help build and maintain muscle
- 21 vitamins and minerals*, including calcium and vitamin D to help build strong bones
- Excellent source of vitamins C and D, key nutrients for immune support
- For smoothie ideas and easy breakfast recipes visit www.CarnationBreakfastEssentials.com

Notes & Disclaimers for Key Benefits (Healthcare Professionals)
*When prepared as directed with 1 cup skim milk

Nutritional Features

| | Carnation Breakfast Essentials® Light Start Nutritional Powder Drink Mix Rich Milk Chocolate |
|--|--|
| kcal/mL | 0.6 |
| Caloric Distribution Protein (% of kcal) | Protein 35% Carbohydrate 59% Fat 6% |
| L-Arginine (g) | |
| L-Glutamine (g) | |
| Sodium (mEq) | 8 |
| Calcium (mEq) | 25 |
| Potassium (mEq) | 17 |
| Chloride (mEq) | |
| NPC:N Ratio | |
| MCT:LCT Ratio | |
| n6:n3 Ratio | |
| Free Water (%) | |
| Dietary Nucleotides (g) | |
| EPA + DHA (g) | |
| Source of Oil | |
| Osmolality (mOsm/kg water) | |
| Density (g/mL) | |
| Renal Solute Load (mOsm/L) | |
| mL to Meet 100% DRI | |
| ARA (mg) | |

Macro-Nutrient Sources

- Protein Source**
- Nonfat Milk
- Fat Source**
- Cocoa Processed With Alkali
- Carbohydrate Source**
- Nonfat Milk
 - Maltodextrin
 - Lactose
- Fiber Source**
- Inulin

Nutritional

Applications

- General oral supplement needs
- Supplemental nutrition
- Weight maintenance

Important Notes: NOT FOR PARENTERAL USE.
This product is not intended as a sole source of nutrition.
Nutritionally appropriate for ages 4 years and older, including teens and adults.

Allergens

By Nature:
Milk, Soy

Nutrition Facts

| | |
|--------------------------------------|-------|
| 1 Serving Per Container | |
| Serving Size | 266mL |
| Amount Per Serving | |
| Calories | 150 |
| % Daily Value* | |
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | 0 |
| Cholesterol 10mg | 3% |
| Sodium 190mg | 8% |
| Total Carbohydrate 24g | 9% |
| Dietary Fiber 2g | 7% |
| Total Sugars 19g | |
| Includes 1g of Added Sugars | 2% |
| Protein 13g | 26% |
| Vitamin D 9.9mcg | 50% |
| Iron 3.6mg | 20% |
| Vitamin A 200mcg | 20% |
| Vitamin E 3mg | 20% |
| Thiamin 0.4mg | 35% |
| Niacin 3.2mg | 20% |
| Folate 100mcg DFE (60mcg Folic Acid) | 25% |
| Biotin 8mcg | 25% |
| Phosphorus 480mg | 40% |
| Magnesium 125mg | 30% |
| Selenium 8mcg | 15% |
| Manganese 0.6mg | 15% |
| Molybdenum 10mcg | 20% |
| Choline 60mg | 10% |
| Calcium 500mg | 40% |
| Potassium 660mg | 15% |
| Vitamin K 90mg | 100% |
| Vitamin K 35mcg | 30% |
| Riboflavin 0.63mcg | 50% |
| Vitamin B6 0.39mg | 25% |
| Vitamin B12 1.5mcg | 60% |
| Pantothenic Acid 1.8mg | 35% |
| Iodine 20mcg | 15% |
| Zinc 2.2mg | 20% |
| Copper 0.2mg | 20% |
| Chromium 13mcg | 35% |
| Chloride mg | |
| Water mL | |

* The % Daily Value (DV) tells you how much a nutrient in a serving food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Suitable Diets

- Kosher

Important Notes:



Ingredients

NONFAT MILK, COCOA PROCESSED WITH ALKALI, INULIN (FROM CHICORY), VITAMINS AND MINERALS†, LACTOSE, AND LESS THAN 2% OF SOY LECITHIN, MALTODEXTRIN, SUGAR, CARRAGEENAN, NATURAL FLAVOR, ACESULFAME POTASSIUM, SUCRALOSE

†VITAMINS AND MINERALS: CALCIUM PHOSPHATE, MAGNESIUM HYDROXIDE, SODIUM ASCORBATE (VITAMIN C), CHOLINE BITARTRATE, DL-ALPHA TOCOPHERYL ACETATE (VITAMIN E), FERRIC PHOSPHATE (IRON), NIACINAMIDE, MANGANESE SULFATE, COPPER GLUCONATE, ZINC OXIDE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMINE MONONITRATE, VITAMIN A PALMITATE, RIBOFLAVIN, FOLIC ACID, VITAMIN K1, CHROMIUM CHLORIDE, SODIUM MOLYBDATE, VITAMIN D3, BIOTIN

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Coverage

Product Codes

| | Carnation Breakfast Essentials® Light Start® Nutritional Powder Drink Mix Rich Milk Chocolate 8 x 0.705 oz |
|-------------------|--|
| NDC-Format Number | |
| Case UPC | 10050000540423 |
| Each UPC | 00050000540426 |
| Product Code | 12494541 |