

Carnation Breakfast Essentials® Nutritional Powder Drink Mix Rich Milk Chocolate

Key Benefits

- Mix powder with 8 fl oz skim milk for a delicious nutritional drink with 220 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® Nutritional Powder Drink Mix Rich Milk Chocolate
kcal/mL	0.8
Caloric Distribution Protein (% of kcal)	Protein 24% Carbohydrate 72% Fat 4%
L-Arginine (g)	
L-Glutamine (g)	
Sodium (mEq)	9
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
 - Sugar
 - Lactose
- Fiber Source**

Nutritional Applications

- General oral supplement needs
- Inadequate oral intake
- Supplemental nutrition

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		220
% Daily Value*		
Total Fat 1g		1%
Saturated Fat 0.5g		3%
Trans Fat 0g		0
Cholesterol 10mg		3%
Sodium 200mg		9%
Total Carbohydrate 40g		15%
Dietary Fiber 0g		0%
Total Sugars 27g		
Includes 9g of Added Sugars		18%
Protein 13g		26%
Vitamin D 9.9mcg	50%	• Calcium 500mg 40%
Iron 3.6mg	20%	• Potassium 660mg 15%
Vitamin A 200mcg	20%	• Vitamin C 90mg 100%
Vitamin E 3mg	20%	• Vitamin K 35mcg 30%
Thiamin 0.41mg	35%	• Riboflavin 0.65mcg 50%
Niacin 3.2mg	20%	• Vitamin B6 0.41mg 25%
Folate 100mcg DFE (60mcg Folic Acid)	25%	• Vitamin B12 1.52mcg 60%
Biotin 8mcg	25%	• Pantothenic Acid 1.8mg 35%
Phosphorus 480mg	40%	• Iodine 20mcg 15%
Magnesium 125mg	30%	• Zinc 2.2mg 20%
Selenium 11mcg	20%	• Copper 0.23mg 25%
Manganese 0.61mg	20%	• Chromium 13mcg 35%
Molybdenum 10mcg	20%	• Chloride mg
Choline 60mg	10%	• 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, MALTODEXTRIN, SUGAR, COCOA PROCESSED WITH ALKALI, LACTOSE, VITAMINS AND MINERALS†, AND LESS THAN 2% OF SOY LECITHIN, CELLULOSE GUM, NATURAL FLAVOR, SALT

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

DRI

Coverage

Product Codes

	Carnation Breakfast Essentials® Nutritional Powder Drink Mix Rich Milk Chocolate 6 x 10 x 1.26 oz	Carnation Breakfast Essentials® Nutritional Powder Drink Mix Rich Milk Chocolate 6 x 17.7 oz
NDC-Format Number		
Case UPC	10050000530325	10050000356031
Each UPC	00050000530328	00050000356034
Product Code	12495540	12495544