

Be Nice – Lemonade Flavor

Supplement Facts

Serving Size: 1 Packet (0.50 oz/14.1g) (makes 16 fl oz prepared)

Servings Per Packet: 1

	Amt Per Serving	Pregnant/ Lactating % DV
Calories	30	
Total Fat	0 g	
Total Carbohydrate	9 g	6%
Fructose	8 g	
Dietary fiber	1 g	4%
Protein	0 g	
Vitamin A (palmitate)	50 IU	2 %
Vitamin B1 (thiamine)	0.38 mg	25%
Vitamin B2 (riboflavin)	0.43 mg	25%
Vitamin B3 (niacin)	5 mg	25%
Vitamin B5 (pantothenic acid)	2.5 mg	25%
Vitamin B6 (pyridoxine)	0.5 mg	25%
Vitamin B9 (folic acid)	0.2 mg	25%
Vitamin B12(cobalamin)	1.5 mcg	25%
Vitamin C (ascorbic acid)	15 mg	25%
Vitamin D3 (cholecalciferol)	8 IU	2%
Vitamin E	3 IU	10%
Calcium	300 mg	25%
Iron	6.75 mg	25%
Zinc	3.75 mg	25%
Selenium	17.5 mcg	25%
DHA	75 mg	†

Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.