

| YIELD    | MILK POWDER      | WARM WATER | COLD WATER |
|----------|------------------|------------|------------|
| 1 Cup    | 3 1/2 Tbsp       | 1/2 Cup    | 1/2 Cup    |
| 1 Quart  | 3/4 Cup, rounded | 1 Cup      | 3 Cups     |
| 2 Quarts | 1 3/4 Cups       | 2 Cups     | 6 Cups     |
| 1 Gallon | 3 1/2 Cups       | 1 Quart    | 3 Quarts   |

**DIRECTIONS:**

(Shake or stir before use. Some settling may occur.)

1. Remove oxygen absorber and discard.
2. Dissolve indicated amount of dry product in corresponding volume of warm water. Mix until powder is dissolved. Best when mixed in a pitcher or blender.
3. Add indicated cold water and stir. Chill in a closed container before serving.
4. Proportions may be altered to suit individual taste.

**FOR BEST RESULTS:**

Cover and chill at least 4 hours before serving.



**Your purchase helps our heroes.**  
4Patriots donates a portion of its proceeds to support our veterans.

V1.0

# 4Patriots

## Heartland's Finest Chocolate Powdered Whey Milk

**SERVING SIZE:** 3 1/2 Tbsp (30g)

**NET WT.:** 4 lb 7 oz (2.01kg)

4-90902PT

For maximum shelf life, store unopened product in a cool, dry place; avoid extreme temperatures and moisture.



### Nutrition Facts

67 Servings Per Container  
**Serving Size 3 1/2 Tbsp (30g) Dry**  
(about 1 Cup prepared)

| Amount per Serving            |                      |
|-------------------------------|----------------------|
| <b>Calories</b>               | <b>120</b>           |
|                               | <b>% Daily Value</b> |
| <b>Total Fat</b> 3g           | <b>4%</b>            |
| Saturated Fat 3g              | <b>15%</b>           |
| <i>Trans Fat</i> 0g           |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 150mg           | <b>7%</b>            |
| <b>Total Carbohydrate</b> 24g | <b>9%</b>            |
| Dietary Fiber 1g              | <b>4%</b>            |
| Total Sugars 20g              |                      |
| Includes 18g Added Sugars     | <b>36%</b>           |
| <b>Protein</b> 2g             |                      |
| Vitamin D 2mcg                | 10%                  |
| Calcium 48mg                  | 4%                   |
| Iron 1mg                      | 6%                   |
| Potassium 192mg               | 4%                   |

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

INGREDIENTS: sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), nonfat dry milk, whey, dutched cocoa (cocoa [processed with alkali]), cream flavor (maltodextrin, natural cream flavor), non-iodized salt, carrageenan, xanthan gum, cellulose gum, vitamin A palmitate, silicon dioxide, vitamin D3.

Contains: milk, soy.

**American owned. Handpacked in USA.**

Distributed by 4Patriots, LLC  
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Contains a bioengineered food ingredient.