



## NUTRITION FACTS & INGREDIENTS

4.5 oz Ice Cream Cup

### CHOCOLATE



### STRAWBERRY



### VANILLA



### Nutrition Facts

1 serving per container  
**Serving size 1 Container (112g)**

**Amount Per Serving**  
**Calories 100**

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 2g           | <b>3%</b>      |
| Saturated Fat 1g              | <b>5%</b>      |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 5mg        | <b>2%</b>      |
| <b>Sodium</b> 80mg            | <b>3%</b>      |
| <b>Total Carbohydrate</b> 16g | <b>6%</b>      |
| Dietary Fiber 2g              | <b>7%</b>      |
| Total Sugars 10g              |                |
| Includes 0g Added Sugars      | <b>0%</b>      |
| <b>Protein</b> 11g            |                |
| Vitamin D 1.7mcg              | 8%             |
| Calcium 220mg                 | 15%            |
| Iron 2mg                      | 10%            |
| Potassium 390mg               | 8%             |

\* The % Daily Value (DV) 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:** 1% Low-fat Milk, Skim Milk Powder, Natural Sweetener, Whey Protein Isolate, Cocoa Powder Natural, Erythritol, Mogroside V, Steviol Glycosides, High Fat Cocoa Powder Processed With Alkali, Chocolate Paste (Low Fat Cocoa Powder, Vegetable Oils (Sunflower, Palm), Flavoring), Milk Protein Concentrate, Gum Acacia, Guar Gum, Locust Bean Gum, Lipase Enzyme  
**CONTAINS:** Milk with Lactase Enzyme  
PROCESSED IN A FACILITY THAT ALSO PROCESSES NUTS

### Nutrition Facts

1 serving per container  
**Serving size 1 Container (102g)**

**Amount Per Serving**  
**Calories 100**

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 1g           | <b>1%</b>      |
| Saturated Fat 0.5g            | <b>3%</b>      |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 5mg        | <b>2%</b>      |
| <b>Sodium</b> 85mg            | <b>4%</b>      |
| <b>Total Carbohydrate</b> 17g | <b>6%</b>      |
| Dietary Fiber 0g              | <b>0%</b>      |
| Total Sugars 14g              |                |
| Includes 3g Added Sugars      | <b>6%</b>      |
| <b>Protein</b> 10g            |                |
| Vitamin D 1.8mcg              | 10%            |
| Calcium 240mg                 | 20%            |
| Iron 0mg                      | 0%             |
| Potassium 450mg               | 10%            |

\* The % Daily Value (DV) 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:** 1% Low-fat Milk, Skim Milk Powder, Natural Sweetener, Strawberry Purée (Strawberries, Sugar, Citric Acid, Water, Concentrated Strawberry Juice, Turmeric, Pectin, Tara Gum, Natural Flavors), Whey Protein Isolate, Erythritol, Mogroside V, Steviol Glycosides, Milk Protein Concentrate, Gum Acacia, Guar Gum, Locust Bean Gum, Lipase Enzyme  
**CONTAINS:** Milk with Lactase Enzyme  
PROCESSED IN A FACILITY THAT ALSO PROCESSES NUTS

### Nutrition Facts

1 serving per container  
**Serving size 1 Container (97g)**

**Amount Per Serving**  
**Calories 90**

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 1g           | <b>1%</b>      |
| Saturated Fat 0.5g            | <b>3%</b>      |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 5mg        | <b>2%</b>      |
| <b>Sodium</b> 90mg            | <b>4%</b>      |
| <b>Total Carbohydrate</b> 15g | <b>5%</b>      |
| Dietary Fiber 0g              | <b>0%</b>      |
| Total Sugars 11g              |                |
| Includes 0g Added Sugars      | <b>0%</b>      |
| <b>Protein</b> 10g            |                |
| Vitamin D 1.9mcg              | 10%            |
| Calcium 250mg                 | 20%            |
| Iron 0mg                      | 0%             |
| Potassium 320mg               | 6%             |

\* The % Daily Value (DV) 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:** 1% Low-fat Milk, Skim Milk Powder, Natural Sweetener, Whey Protein Isolate, Erythritol, Mogroside V, Steviol Glycosides, Milk Protein Concentrate, Gum Acacia, Guar Gum, Locust Bean Gum, Lipase Enzyme, Natural Flavoring  
**CONTAINS:** Milk with Lactase Enzyme  
PROCESSED IN A FACILITY THAT ALSO PROCESSES NUTS



## NUTRITION FACTS & INGREDIENTS

4.5 oz Ice Cream Cup

MINT CHIP



COFFEE



LACTOSE-FREE

### Nutrition Facts

1 serving per container

Serving size 1 Container (102g)

Amount Per Serving

**Calories 100**

% Daily Value\*

|                               |           |
|-------------------------------|-----------|
| <b>Total Fat</b> 1.5g         | <b>2%</b> |
| Saturated Fat 1g              | <b>5%</b> |
| Trans Fat 0g                  |           |
| <b>Cholesterol</b> 5mg        | <b>2%</b> |
| <b>Sodium</b> 85mg            | <b>4%</b> |
| <b>Total Carbohydrate</b> 15g | <b>5%</b> |
| Dietary Fiber 0g              | <b>0%</b> |
| Total Sugars 12g              |           |
| Includes 0g Added Sugars      | <b>0%</b> |
| <b>Protein</b> 10g            |           |
| Vitamin D 1.8mcg              | 8%        |
| Calcium 230mg                 | 20%       |
| Iron 0.2mg                    | 2%        |
| Potassium 300mg               | 6%        |

\* The % Daily Value (DV) 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:** 1% Low-fat Milk, Skim Milk Powder, Natural Sweetener, Whey Protein Isolate, Erythritol, Mogroside V, Steviol Glycosides, Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin, Natural Vanilla Extract), Milk Protein Concentrate, Gum Acacia, Guar Gum, Locust Bean Gum, Lipase Enzyme, Natural Flavoring

**CONTAINS:** Milk with Lactase Enzyme  
PROCESSED IN A FACILITY THAT ALSO PROCESSES NUTS

### Nutrition Facts

1 serving per container

Serving size 1 Container (98g)

Amount Per Serving

**Calories 90**

% Daily Value\*

|                               |           |
|-------------------------------|-----------|
| <b>Total Fat</b> 1g           | <b>1%</b> |
| Saturated Fat 0.5g            | <b>3%</b> |
| Trans Fat 0g                  |           |
| <b>Cholesterol</b> 5mg        | <b>2%</b> |
| <b>Sodium</b> 85mg            | <b>4%</b> |
| <b>Total Carbohydrate</b> 14g | <b>5%</b> |
| Dietary Fiber 0g              | <b>0%</b> |
| Total Sugars 10g              |           |
| Includes 0g Added Sugars      | <b>0%</b> |
| <b>Protein</b> 10g            |           |
| Vitamin D 1.8mcg              | 8%        |
| Calcium 230mg                 | 20%       |
| Iron 0.1mg                    | 0%        |
| Potassium 330mg               | 8%        |

\* The % Daily Value (DV) 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:** 1% Low-fat Milk, Skim Milk Powder, Natural Sweetener, Whey Protein Isolate, Erythritol, Mogroside V, Steviol Glycosides, Instant Coffee, Milk Protein Concentrate, Gum Acacia, Guar Gum, Locust Bean Gum, Lipase Enzyme

**CONTAINS:** Milk with Lactase Enzyme  
PROCESSED IN A FACILITY THAT ALSO PROCESSES NUTS

### WE ARE LACTOSE FREE

XFrost Ice Cream uses 1% Low Fat Milk that contains the Lactase Enzyme as well as the Lipase Enzyme in order to make our Lactose-Free claim.



ALL-NATURAL



HIGH-PROTEIN



NO NUT



NO EGG



SOY-FREE



GLUTEN-FREE



NO RBGH MILK



NON-GMO



KOSHER



USA MADE