



eat well **THRIVE**
Gelato



Better Taste, Better Texture, More Nutrition

| Nutritional Component | Unit | Thrive™ Gelato | Magic Cup™ | Lyons Treat® | Mighty Shake® |
|-----------------------|------|----------------|------------|--------------|---------------|
| Calories | kcal | 260 | 290 | 300 | 330 |
| Total Fat | g | 11 | 11 | 12 | 10 |
| Saturated Fat | g | 6 | 6 | 6 | 2 |
| Trans Fat | g | 0 | 0 | 0 | 0 |
| Cholesterol | Mg | 5 | 15 | 5 | 10 |
| Sodium | mg | 40 | 130 | 120 | 90 |
| Potassium | mg | 297 | 190 | 130 | 190 |
| Total Carbs | g | 32 | 38 | 39 | 50 |
| Dietary Fiber | g | 0 | 0 | 0 | 0 |
| Sugars | g | 32 | 31 | 22 | 28 |
| Protein | g | 9 | 9 | 9 | 9 |
| Vitamin A | %DV | 20 | 25 | 20 | 20 |
| Vitamin C | %DV | 20 | 5 | 8 | -- |
| Calcium | %DV | 15 | 15 | 20 | 20 |
| Iron | %DV | 10 | 10 | 10 | 2 |
| Vitamin D | %DV | 15 | -- | 6 | -- |
| Vitamin E | %DV | 20 | 15 | 15 | -- |
| Vitamin K | %DV | 6 | 0 | -- | 0 |
| Thiamin | %DV | 15 | 15 | 8 | 20 |
| Riboflavin | %DV | 20 | 20 | 25 | 20 |
| Niacin | %DV | 15 | 15 | 15 | 20 |
| Vitamin B6 | %DV | 10 | 15 | 10 | 20 |
| Folate | %DV | 15 | 15 | 0 | 20 |
| Vitamin B12 | %DV | 25 | 15 | 25 | 20 |
| Biotin | %DV | 6 | 15 | -- | 0 |
| Pantothenic Acid | %DV | 20 | 15 | -- | 20 |
| Phosphorus | %DV | 15 | 15 | 4 | 15 |
| Iodine | %DV | 10 | 15 | -- | 10 |
| Magnesium | %DV | 10 | 10 | 10 | 10 |
| Zinc | %DV | 20 | 15 | 10 | 20 |
| Selenium | %DV | 15 | -- | -- | -- |
| Copper | %DV | 20 | 0 | 35 | 10 |
| Manganese | %DV | 8 | -- | -- | 10 |
| Chromium | %DV | 8 | -- | -- | -- |
| Molybdenum | %DV | 15 | -- | -- | -- |

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* Based on 2018 FDA Nutritional Facts.

For more information, visit www.Thriveforhealthcare.com or call **855-376-9367**