

Nutrition Facts

About 8 servings per container

Serving size 2 scoops (30g)
(makes 10 fl oz prepared)

	Per serving	Prepared with 1% or 2% milk
	% DV*	% DV*
Calories	110	270
Total Fat	0.5g 1%	6.5g 8%
Saturated Fat	0g 0%	3.5g 18%
Trans Fat	0g	0g
Cholesterol	less than 1mg 1%	30mg 10%
Sodium	170mg 7%	320mg 14%
Total Carb.	6g 2%	23g 8%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	5g	20g
incl Added Sugars	5g 10%	5g 10%
Protein	20g 40%	30g 60%
Vitamin D	0mcg 0%	0mcg 0%
Calcium	30mg 2%	400mg 30%
Iron	0.3mg 2%	6.5mg 40%
Potassium	215mg 5%	640mg 15%

*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: WHEY PROTEIN ISOLATE, SUGAR, BLACK TEA EXTRACT, NATURAL FLAVORS, STEVIOL GLYCOSIDES, MONK FRUIT EXTRACT, CONTAINS MILK.

DISTRIBUTED BY:
LIPSON TEAS & INFUSIONS, LLC
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PROTEIN LATTES FOR A MORE DELICIOUS DAY.

Discover the vibrant flavors of TAZO in a smooth, creamy latte. Crafted with whey protein isolate and the rich flavors of chai spices, just mix with milk to enjoy an elevated latte that helps you **meet your protein goals.**

Learn more at tazo.com

MAKE A PROTEIN LATTE, HOT OR ICED

1

2 scoops

PREP:

Using scoop provided, add 2 scoops of powder to a glass.

2



COMBINE:

Pour 10 oz of hot or cold milk into glass with powder. Stir or use a frother to mix into fully dissolved.

3



ENJOY:

A delicious cafe-style protein latte.

CAFFEINE GUIDE

●●●●● 45-75mg
●●●●○ 40-60mg
●●●○○ 35-45mg
●●○○○ 30-35mg
●○○○○ 1-15mg
○ ○ ○ ○ ○ DECAFFEINATED

Values are based on a 10 fl oz serving prepared as directed. A standard 10 fl oz drip coffee contains 100 mg caffeine.

FOR MORE INFORMATION, PLEASE CALL
855-TAZO-TEA OR VISIT TAZO.COM