

Nutrition Facts

About 8 servings per container
Serving size 2 scoops (29g)
(makes 10 fl oz prepared)

	Per serving		Prepared with 1% cup 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%	310mg	13%
Total Carb.	6g	2%	22g	8%
Dietary Fiber	0g	0%	0g	0%
Total Sugars	5g		21g	
Incl. Added Sugars	5g	10%	5g	10%
Protein	20g	40%	30g	60%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	30mg	2%	400mg	30%
Iron	0.6mg	3%	7mg	40%
Potassium	140mg	3%	570mg	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, MATCHA, STEVIOLE GLYCOSIDES, MONK FRUIT EXTRACT, CONTAINS MILK.

DISTRIBUTED BY
 LIPTON 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 bright matcha, 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 until fully dissolved.

3



ENJOY:
a delicious cafe-style protein latte

CAFFEINE GUIDE

●●●●● 61-75mg
 ●●●●○ 46-60mg
 ●●●○ 31-45mg
 ●●○○ 16-30mg
 ●○○○ 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