

Sample LC-Hot Cocoa®

Net Carbs
.25g
Per Serving

Diabetic
Friendly
Gluten
Free



Artificial
Sweetener
FREE

Directions: Place LC-Hot Cocoa Mix® in a cup, add ¼ cup of water and also 2 tsp heavy cream if desired for extra richness. Stir mixing well and heat to your desired drinking temperature. Enjoy!

www.HoldTheCarbs.com

Nutrition Facts

Serving Size 4 tsp (8.7g)
Servings per container 1
Amount Per Serving
Calories 28
Calories from Fat 0

		%Daily Value*	
Total Fat 0g	0%	Total Carbohydrate 1.5g	1%
Saturated Fat 0g	0%	Dietary Fiber 1.25g	5%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0mg	0%	Protein 5.5g	11%
Sodium 30mg	1%	Net Carbs .25g	

*Percent daily values are based on a 2000 calorie diet.

Manufactured for LC Foods™
Company, Raleigh NC

Ingredients: Contains a proprietary/patent pending blend of milk protein isolates, whey protein isolates, natural unsweetened cocoa, Inulin (chicory root) fiber, organic stevia rebaudiana leaf extract, natural luohuo monk fruit extract.
Warning: Processed in a facility that also uses wheat gluten

Net Wt. .3 oz. (8.7g) Approx. 4 tsp