

**CALORIE CONTROL  
BRAND** ®

**BERNARD FOOD INDUSTRIES, INC.**  
EVANSTON, IL • TOLL FREE: 1-800-323-3663

# EGG NOG MIX

REORDER 421023

This holiday favorite is now available in a low-fat, reduced calorie form for health conscious individuals. **Bernard Calorie Control® Egg Nog Mix** is made with no added sugar. Our rich, creamy **Egg Nog** is not only good for you, it is easy to prepare requiring only the addition of water.

Nutritious **Calorie Control® Egg Nog Mix** is not just for the holidays anymore! This flavorful beverage has become a favorite with everyone, including those individuals with special dietary needs, all year round.

**Gluten Free**

YIELD PER CASE: 144 – ½ cup servings

PACK SIZE: 6 @ 15 oz.

## Nutrition Facts

24 servings per container

**Serv. size 1/2 cup prepared (18g mix)**

**Amount per serving**

**Calories 70**

**% Daily Value\***

**Total Fat** 1.5g **2%**

Saturated Fat 1g **4%**

*Trans* Fat 0g

**Cholesterol** <5mg **1%**

**Sodium** 80mg **3%**

**Total Carbohydrate** 10g **4%**

Dietary Fiber <1g **1%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

**Protein** 5g

Vitamin D 0mcg **0%**

Calcium 120mg **9%**

Iron 0mg **0%**

Potassium 200mg **4%**

\* 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 Concentrate, Maltodextrin, Creamer Powder (Palm Oil, Corn Syrup Solids, Sodium Caseinate, Mono And Diglycerides, Sodium Silico Aluminate), Dried Egg White With Sodium Lauryl Sulfate, Emulsifier (Mono And Diglycerides, Nonfat Milk Solids, Modified Corn Starch), Guar Gum, Carrageenan, Xanthan Gum, Natural Flavor, Artificial Flavor, Silicon Dioxide, Acesulfame Potassium, Sucralose, Yellow #5 And #6.  
Contains Milk, Egg

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