

New Nutrition Facts Label

Professional's Guide

Key Changes to Be Aware of

- 1 More Realistic Serving Sizes**
New serving sizes will be better aligned with what people typically consume. Nutrition information will be based on serving size.
- 2 Total Calories More Noticeable**
The number of calories will be displayed in larger font to make it more noticeable to the consumer.
- 3 Calories from Fat Removed**
The FDA has removed the "calories from fat" in response to research which shows that the type of fat is more important than the quantity consumed.
- 4 Fiber Daily Value Increased**
The daily values for dietary fiber will reflect the new dietary guidelines. Daily value for fiber has increased from 25g to 28g.
- 5 Daily Value Changes for Vitamins & Minerals**
Vitamin D and potassium will now be required on labels, while Vitamin A and C are no longer required, although manufacturers may voluntarily label them. All micronutrients will now be declared in both the quantitative amount and percent daily value.
- 6 Added Sugars Now Required**
The category "Added Sugars" is now required on the label in grams and as a %DV. The FDA is renaming "Sugars" to "Total Sugars" to differentiate the two.
- 7 Updated Footnote**
The footnote has changed to provide more context and to better explain the meaning of %DV.

Most companies are required to be compliant with new Nutrition Facts label by January 1st, 2020. For companies with less than 10 million dollars in annual total sales, the date is extended to January 1st, 2021.

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Nutrition Facts	
About 10 servings per container	
Serving size	2 Scoops (46g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Erythritol 5g	
Protein 21g	37%
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 6mg	35%
Potassium 67mg	2%

Orgain® Organic Protein™ Plant Based Protein Powder
Vanilla Flavor

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Nutrition Facts	
Serving Size 2 Scoops (46g)	
Servings Per Container About 10	
Amount Per Serving	
Calories 150	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat <0.5g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 60mg	2%
Total Carbohydrate 15g	4%
Dietary Fiber 5g	20%
Sugars 0g	
Erythritol 5g	
Protein 21g	42%
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Daily Value (DV)⁺ Micronutrient Changes

Displayed in alphabetical order

Nutrient DV Increases

Nutrient	Old DV	New DV
Calcium	1000 mg	1300 mg
Choline	–	550 mg
Magnesium	400 mg	420 mg
Manganese	2 mg	2.3 mg
Phosphorus	1000 mg	1250 mg
Potassium	3500 mg	4700 mg
Vitamin C	60 mg	90 mg
Vitamin D	400 IU	20 mcg*
Vitamin K	80 mcg	120 mcg

Nutrient DV Decreases

Nutrient	Old DV	New DV
Biotin	300 mcg	30 mcg
Chloride	3400 mg	2300 mg
Chromium	120 mcg	35 mcg
Copper	2 mg	0.9 mg
Folate & Folic Acid	400 mcg	400 mcg DFE*
Molybdenum	75 mcg	45 mcg
Niacin (Vitamin B3)	20 mg	16 mg NE*
Pantothenic Acid (Vitamin B5)	10 mg	5 mg
Pyridoxine (Vitamin B6)	2 mg	1.7 mg
Riboflavin (Vitamin B2)	1.7 mg	1.3 mg
Selenium	70 mcg	55 mcg
Sodium	2400 mg	2300 mg
Thiamin (Vitamin B1)	1.5 mg	1.2 mg
Vitamin A	5000 IU	900 mcg RAE*
Vitamin B12	6 mcg	2.4 mcg
Vitamin E	30 IU	15 mg alpha-tocopherol*
Zinc	15 mg	11 mg

*Unit of Measure Change

+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.