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Great Lakes Gelatin

Supplement Facts

Serving Size 1 Tbsp (12 g)

Servings Per Container 38

	Amount Per Serving	% Daily Value
Calories	45	
Sodium	35 mg	2%
Protein	11 g	
Gelatin	12 g	†

† Daily Value not established

Ingredients: Gelatin powder

Manufactured for Great Lakes Gelatin®
to its specifications. Grayslake, IL 60030

Recommended Use: Gelatin is an excellent source of protein. The recommended daily dosage is two level tablespoons. You will receive the maximum benefit if you take 1 Tbsp in the morning and 1 Tbsp in the evening. To help curb appetite, best taken before meals.* One Tbsp equals one envelope or 1 Tbsp gels 1 pint of liquid.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.