

My score

Name

Class NO. date

WORKSHEET

PART 1: DATA EXTRACTION

INSTRUCTIONS

Read the label and complete Tasks 1-10
(Type short answers or choose from options). คำสั่ง: อ่านฉลากสินค้า แล้วพิมพ์ตอบสั้นๆ
หรือเลือกคำตอบข้อ 1-10

Tasks 1-10 List

1. Product Name:

2. Serving Size:

3. Total Calories:

4. Sodium Amount:

5. Fat Amount:

6. Sugar Amount:

7. Best Before Date (BBF):

8. Product Evaluation:

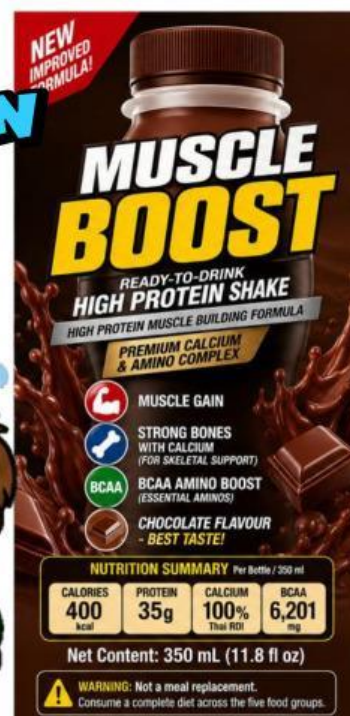
[Select Option ▼]

9. Storage Instruction:

[Select Option ▼]

10. Advice Action:

[Select Option ▼]



NUTRITION INFORMATION

Serving Size: 1/2 bottle (175 ml)
Servings per Container: 2

NUTRITION PER SERVING - 175 ml	Amount per serving	%Thai RDI*
Energy	200 kcal	10%
Total Fat	2.5 g	4%
Trans Fat	0 g	-
Cholesterol	20 mg	7%
Protein	17.5 g	29%
Total Carbohydrate	9 g	3%
Total Sugars	4 g	-
Includes 0g Added Sugars	0 g	0%
Sodium	160 mg	8%

PERCENT THAI RDI - Per Serving

Calcium	Vitamin A	Iron	Vitamin B1	Vitamin C	Vitamin D
50%	50%	12%	53%	11%	7.5%

INGREDIENTS:

Milk Protein Concentrate, Whey Protein Isolate, Cocoa Powder, Calcium Carbonate, BCAA, Sucralose, Natural Flavors.

ALLERGEN INFORMATION:

Contains
Milk and Soy
(Lecithin).



STORAGE & SAFETY INSTRUCTIONS:

STORAGE: Store refrigerated at 2°C - 8°C. After opening, consume within 24 hours. Keep refrigerated.

SAFETY SEAL: Do not use if safety seal is broken or missing.

MANUFACTURER & DISTRIBUTOR:

MANUFACTURED BY:
Names Masteries Co., Ltd.
3335 Address, Thailand.
Phone: +66 2 274 2770

DISTRIBUTED BY:
Thalics International Co., Ltd.
Bangkok, Thailand.
Phone: +66 2 274 2780

PRODUCT OF THAILAND

CERTIFICATIONS & BATCH DETAILS:



Thai FDA Reg. No.: 19-8-05702-2-31

LOT NO:
19805702231

MFG DATE:
15 JAN 2026

BEST BEFORE:
15 JAN 2027

HEALTHY
CHOICES,
HAPPIER
YOU!