

NUTRITION FACTS

ADVOCARE® READY-TO-DRINK PROTEIN
CHOCOLATE



Nutrition Facts

12 Servings Per Container
Serving Size **1 carton (8.5 fl oz / 250 mL)**

Amount per serving

Calories 140

% Daily Value*

Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 250mg	11%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 5g Added Sugars	10%
Protein 20g	40%

Vitamin D 3mcg	15%	Calcium 390mg	30%
Iron 2.7mg	15%	Potassium 350mg	8%
Vitamin A 135mcg	15%	Vitamin C 13.5mg	15%
Vitamin E 2.25mg	15%	Vitamin K 20mcg	15%
Thiamine 0.18mg	15%	Riboflavin 0.19mg	15%
Niacin 2.4mg	15%	Vitamin B6 0.25mg	15%
Folate 60mcg DFE (36mcg Folic Acid)	15%		
Vitamin B12 0.35mcg	15%	Biotin 4.5mcg	15%
Pantothenic Acid 0.75mg	15%		
Phosphorus 435mg	35%	Iodine 22.5mcg	15%
Magnesium 63mg	15%	Zinc 1.65mg	15%
Selenium 8.25mcg	15%	Copper 0.135mg	15%
Manganese 0.345mg	15%	Chromium 5.25mcg	15%
Molybdenum 6.75mcg	15%		

*The % Daily Value 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: FILTERED WATER, MILK PROTEIN CONCENTRATE, FRUCTOSE, CREAM, AND LESS THAN 2% OF: COCOA PROCESSED WITH ALKALI, CALCIUM CASEINATE, MEDIUM CHAIN TRIGLYCERIDES, WHEY PROTEIN CONCENTRATE, MALTODEXTRIN, INULIN, VITAMIN & MINERAL BLEND (POTASSIUM CITRATE, POTASSIUM CHLORIDE, SALT, MAGNESIUM PHOSPHATE, SODIUM PHOSPHATE, SODIUM ASCORBATE, FERRIC ORTHOPHOSPHATE, ZINC ASPARTATE, DL-ALPHA TOCOPHERYL ACETATE, BIOTIN, VITAMIN A PALMITATE, NIACINAMIDE, PHYTONADIONE, POTASSIUM IODIDE, CALCIUM D-PANTOTHENATE, CHROMIUM CHLORIDE, COPPER AMINO ACID CHELATE, CYANOCOBALAMIN, SODIUM MOLYBDATE, SODIUM SELENITE, FOLIC ACID, CHOLECALCIFEROL, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE, MANGANESE SULFATE), LACTASE, NATURAL & ARTIFICIAL FLAVORS, CELLULOSE GEL, CELLULOSE GUM, SUCRALOSE, CARRAGEENAN.

CONTAINS: MILK

FORMULATED/MANUFACTURED EXCLUSIVELY FOR
ADVOCARE® INTERNATIONAL, LLC
RICHARDSON, TX 75082 • 800-542-4800
FOR MORE INFORMATION VISIT ADVOCARE.COM

DIRECTIONS:

SHAKE WELL AND REFRIGERATE AFTER OPENING. BEST SERVED CHILLED. DO NOT FREEZE. USE WITHIN 7-10 DAYS OF OPENING.

STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.

NOTICE:

USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

This online information is correct and accurate at the time of publication. Please consult product labeling for current revision.

NUTRITION FACTS

ADVOCARE® READY-TO-DRINK PROTEIN
VANILLA



Nutrition Facts

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Amount per serving

Calories 140

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 1.5g 8%

Trans Fat 0g

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Sodium 220mg 10%

Total Carbohydrate 11g 4%

Dietary Fiber 3g 11%

Total Sugars 7g

Includes 5g Added Sugars 10%

Protein 20g 40%

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Vitamin A 135mcg 15% • Vitamin C 13.5mg 15%

Vitamin E 2.25mg 15% • Vitamin K 20mcg 15%

Thiamine 0.18mg 15% • Riboflavin 0.19mg 15%

Niacin 2.4mg 15% • Vitamin B6 0.25mg 15%

Folate 60mcg DFE (36mcg Folic Acid) 15%

Vitamin B12 0.35mcg 15% • Biotin 4.5mcg 15%

Pantothenic Acid 0.75mg 15%

Phosphorus 435mg 35% • Iodine 22.5mcg 15%

Magnesium 63mg 15% • Zinc 1.65mg 15%

Selenium 8.25mcg 15% • Copper 0.135mg 15%

Manganese 0.345mg 15% • Chromium 5.25mcg 15%

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