

NUTRITION FACTS

ADVOCARE® MEAL REPLACEMENT SHAKE
VANILLA

Nutrition Facts	
14 Servings Per Container	
Serving Size	1 pouch (2oz/59g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 90mg	4%
Total Carbohydrate 24g	9%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 4g Added Sugars	8%
Protein 24g	48%
Vitamin D 1.5mcg	8% • Calcium 500mg 40%
Iron 3.6mg	20% • Potassium 600mg 15%
Vitamin A 225mcg	25% • Vitamin C 9mg 10%
Vitamin E 3mg	20% • Vitamin K 12mcg 10%
Thiamine 0.23mg	20% • Riboflavin 0.68mg 50%
Niacin 3mg	20% • Vitamin B6 0.3mg 20%
Folate 100mcg DFE (60mcg Folic Acid)	25%
Vit. B12 1.2mcg	50% • Biotin 45mcg 150%
Pantothenic Acid 1.5mg	30%
Phosphorus 300mg	25% • Iodine 30mcg 20%
Magnesium 160mg	40% • Zinc 2.3mg 20%
Selenium 11mcg	20% • Copper 0.4mg 45%
Manganese 0.6mg	25% • Chromium 18mcg 50%
Molybdenum 23mcg	50%

*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: PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE, CALCIUM CASEINATE, L-GLUTAMINE, L-LYSINE HCL, L-LEUCINE, L-ISOLEUCINE, L-VALINE), MALTODEXTRIN, OAT FIBER, FRUCTOSE, VITAMIN AND MINERAL MIX (DICALCIUM PHOSPHATE, POTASSIUM CITRATE, POTASSIUM CHLORIDE, MAGNESIUM OXIDE, ASCORBIC ACID, CHOLINE BITARTRATE, FERROUS FUMARATE, INOSITOL, D-ALPHA TOCOPHERYL ACETATE, BIOTIN, VITAMIN A PALMITATE, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, D-CALCIUM PANTOTHENATE, SODIUM MOLYBDATE, L-SELENOMETHIONINE, MANGANESE SULFATE, POTASSIUM IODIDE, CHROMIUM CITRATE, RIBOFLAVIN, CHOLECALCIFEROL, PYRIDOXINE HYDROCHLORIDE, THIAMINE HYDROCHLORIDE, PHYTONADIONE, CYANOCOBALAMIN, FOLIC ACID), GUAR GUM, NATURAL & ARTIFICIAL FLAVORS, XANTHAN GUM, MEDIUM CHAIN TRIGLYCERIDES, CELLULOSE POWDER, CITRUS PECTIN, SUCRALOSE, BROMELAIN, PAPAIN. **CONTAINS: MILK.**

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 ADVOCARE® INTERNATIONAL, LLC
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FOR MORE INFORMATION VISIT ADVOCARE.COM

DIRECTIONS: BLEND, SHAKE OR BRISKLY STIR CONTENTS OF ONE POUCH INTO 9 FLUID OUNCES OF COLD WATER UNTIL SMOOTH. CAN BE BLENDED WITH FRESH OR FROZEN FRUIT FOR FLAVOR VARIETY.

STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.

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