

NUTRITION FACTS

MEAL REPLACEMENT SHAKE WEDDING CAKE FLAVOR

Nutrition Facts	
Serving Size 1 Pouch (2 oz/59g) [makes 9 fl oz prepared]	
Servings Per Container 14	
Amount Per Serving	
Calories 220	Calories from Fat 25
% Daily Value	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 100mg	4%
Potassium 600mg	17%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 24g	48%
Vitamin A 15%	• Vitamin C 15%
Calcium 50%	• Iron 20%
Vitamin D 15%	• Vitamin E 15%
Vitamin K 15%	• Thiamine 15%
Riboflavin 40%	• Niacin 15%
Vitamin B6 15%	• Folic acid 15%
Vitamin B12 20%	• Biotin 15%
Pantothenic acid 15%	• Phosphorus 30%
Iodine 20%	• Magnesium 40%
Zinc 15%	• Selenium 15%
Copper 20%	• Manganese 30%
Chromium 15%	• Molybdenum 30%
*Percent Daily Values are based on a 2000 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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

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

Directions For Use: Blend, shake or briskly stir contents of one pouch into 9 fluid ounces of cold water until smooth.

Store product 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.

CONTIENE: SOYA Y LECHE. ESTE PRODUCTO SE ELABORÓ EN UNA INSTALACIÓN DONDE TAMBIÉN SE PROCESAN FRUTOS SECOS Y MANÍ.

Instrucciones de uso: Mezcle, agite o revuelva el contenido de un sobre en 9 onzas de agua fría hasta que quede cremoso.

Guarde alejado del calor, luz y humedad excesivos.

Esta información en línea es correcta y precisa al momento de su publicación. Por favor, consulte la etiqueta del producto para la revisión actual.