

# NUTRITION FACTS

## MEAL REPLACEMENT SHAKE BERRY

<b>Nutrition Facts</b>	
Serving Size: 1 pouch (2.08 oz/59g) [makes 9 fl oz prepared]	
Servings Per Container: 14	
Amount Per Serving	
<b>Calories</b> 220	Calories from fat 30
	<b>%DV*</b>
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Potassium</b> 600mg	<b>17%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 12g	
<b>Protein</b> 24g	<b>48%</b>
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 B-6 15%	• Folic acid 15%
Vitamin B-12 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 (DV) are based on a 2,000-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
Sat Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Potassium	Less than 3,500mg      3,500mg
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), CRYSTALLINE FRUCTOSE, MALTODEXTRIN, GUM ARABIC, VITAMIN AND MINERAL MIX (DICALCIUM PHOSPHATE, POTASSIUM CITRATE, POTASSIUM CHLORIDE, MAGNESIUM OXIDE, ASCORBIC ACID, FERROUS FUMARATE, CHOLINE BITARTRATE, INOSITOL, VITAMIN E ACETATE, BIOTIN, VITAMIN A PALMITATE, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, 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, BEET ROOT EXTRACT (FOR COLOR), XANTHAN GUM, CITRIC ACID, MEDIUM-CHAIN TRIGLYCERIDES, MALIC ACID, OAT FIBER, CELLULOSE POWDER, CITRUS PECTIN, SUCRALOSE, SOY LECITHIN, BROMELAIN, PAPAINE. **CONTAINS: MILK AND SOY. THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS AND WHEAT-CONTAINING INGREDIENTS.**

**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.

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

# NUTRITION FACTS

## MEAL REPLACEMENT SHAKE CHOCOLATE

<b>Nutrition Facts</b>	
Serving Size: 1 pouch (2.08 oz/59g) [makes 9 fl oz prepared]	
Servings Per Container: 14	
Amount Per Serving	
<b>Calories</b> 220	Calories from fat 30
%DV*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Potassium</b> 700mg	<b>20%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 12g	
<b>Protein</b> 24g	<b>48%</b>
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 B-6 15%	Folic acid 15%
Vitamin B-12 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 (DV) are based on a 2,000-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
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Potassium	Less than 3,500mg    3,500mg
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 HCL, L-LEUCINE, L-ISOLEUCINE, L-VALINE), FRUCTOSE, COCOA POWDER (PROCESSED WITH ALKALI), MALTODEXTRIN, GUM ARABIC, VITAMIN AND MINERAL MIX (DICALCIUM PHOSPHATE, POTASSIUM CITRATE, POTASSIUM CHLORIDE, MAGNESIUM OXIDE, ASCORBIC ACID, FERROUS FUMARATE, INOSITOL, CHOLINE BITARTRATE, D-ALPHA TOCOPHERYL ACETATE, 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 HCL, THIAMINE HCL, PHYTONADIONE, CYANOCOBALAMIN, SODIUM MOLYBDATE), NATURAL & ARTIFICIAL FLAVORS, GUAR GUM, XANTHAN GUM, MEDIUM CHAIN TRIGLYCERIDES, OAT FIBER, CELLULOSE POWDER, CITRUS PECTIN, SOY LECITHIN, SUCRALOSE, CINNAMON, BROMELAIN, PAPAIN. **CONTAINS: MILK AND SOY. THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES TREE NUTS, PEANUTS, AND WHEAT-CONTAINING INGREDIENTS.**

**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.

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# NUTRITION FACTS

## MEAL REPLACEMENT SHAKE CHOCOLATE MOCHA

<b>Nutrition Facts</b>	
Serving Size: 1 pouch (2.08 oz/59g) [makes 9 fl oz prepared]	
Servings Per Container: 14	
Amount Per Serving	
<b>Calories</b> 220	Calories from fat 30
	<b>%DV*</b>
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Potassium</b> 700mg	<b>20%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 12g	
<b>Protein</b> 24g	<b>48%</b>
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 (DV) are based on a 2,000-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
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Potassium	Less than 3,500mg    3,500mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

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

**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.

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

# NUTRITION FACTS

MEAL REPLACEMENT SHAKE

## CHOCOLATE PEANUT BUTTER

<b>Nutrition Facts</b>	
Serving Size: 1 pouch (2.08 oz/59g) [makes 9 fl oz prepared]	
Servings Per Container: 14	
Amount Per Serving	
<b>Calories</b> 220	Calories from fat 30
	<b>%DV*</b>
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Potassium</b> 700mg	<b>20%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 12g	
<b>Protein</b> 24g	<b>48%</b>
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%	• Folate 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 (DV) are based on a 2,000-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
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Potassium	Less than 3,500mg    3,500mg
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-LEUCINE, L-LYSINE, L-VALINE, L-ISOLEUCINE), FRUCTOSE, DUTCH COCOA (PROCESSED WITH ALKALI), VITAMIN AND MINERAL MIX (DICALCIUM PHOSPHATE, POTASSIUM CITRATE, POTASSIUM IODIDE, MAGNESIUM OXIDE, ASCORBIC ACID, FERROUS FUMARATE, CHOLINE BITARTRATE, INOSITOL, VITAMIN E ACETATE, BIOTIN, VITAMIN A PALMITATE, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, SELENOMETHIONINE, CALCIUM PANTOTHENATE, MANGANESE SULFATE, POTASSIUM IODIDE, CHROMIUM CITRATE, FOLIC ACID, CHOLECALCIFEROL, RIBOFLAVIN, PYRIDOXINE HYDROCHLORIDE, THIAMINE HYDROCHLORIDE, PHYTONADIONE, CYANOCOBALAMIN, SODIUM MOLYBDATE), GUM ARABIC, PEANUT FLOUR, MALTODEXTRIN, GUAR GUM, SALT, XANTHAN GUM, NATURAL AND ARTIFICIAL FLAVORS, MEDIUM-CHAIN TRIGLYCERIDES, OAT FIBER, CELLULOSE POWDER, CITRUS PECTIN, SUCRALOSE, SOY LECITHIN, BROMELAIN, PAPAIN.  
**CONTAINS: PEANUTS, SOY AND MILK. THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES TREE NUTS AND WHEAT-CONTAINING INGREDIENTS.**

**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.

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# NUTRITION FACTS

MEAL REPLACEMENT SHAKE  
**VANILLA**

## Nutrition Facts

Serving Size: 1 pouch (2.01 oz/57g) [makes 9 fl oz prepared]  
 Servings Per Container: 14

### Amount Per Serving

**Calories** 210    Calories from fat 20

	<b>%DV*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Potassium</b> 700mg	<b>20%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 12g	
<b>Protein</b> 24g	<b>48%</b>

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 B-6	15%	•	Folic acid	15%
Vitamin B-12	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 (DV) are based on a 2,000-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	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium	Less than	3,500mg	3,500mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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

**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.

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