

NUTRITION FACTS

MEAL REPLACEMENT SHAKE

WHITE CHOCOLATE PEPPERMINT

Nutrition Facts

Serving Size: 2 scoops (2 oz/56g) [makes 9 fl oz prepared]

Servings Per Container: 14

| | Amount Per Serving | | %DV* |
|---------------------------|--------------------|--------------|------------|
| Calories | 200 | | |
| Calories from Fat | 15 | | |
| Total Fat | 1.5g | | 2% |
| Saturated Fat | 0.5g | | 3% |
| <i>Trans</i> Fat | 0g | | |
| Cholesterol | 65mg | | 0% |
| Sodium | 330mg | | 14% |
| Potassium | 420mg | | 12% |
| Total Carbohydrate | 23g | | 8% |
| Dietary Fiber | 5g | | 20% |
| Sugars | 13g | | |
| Protein | 22g | | 44% |
| Vitamin A | 20% | • Vitamin C | 15% |
| Calcium | 50% | • Iron | 10% |
| Vitamin D | 15% | • Vitamin E | 15% |
| Vitamin K | 15% | • Thiamine | 15% |
| Riboflavin | 40% | • Niacin | 15% |
| Vitamin B6 | 20% | • Folic Acid | 15% |
| Vitamin B12 | 20% | • Biotin | 15% |
| Pantothenic Acid | 15% | • Phosphorus | 35% |
| Magnesium | 35% | • Zinc | 15% |
| Selenium | 15% | • Copper | 20% |
| Manganese | 30% | • Chromium | 15% |
| Molybdenum | 30% | • Chloride | 15% |

* 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 ACACIA, MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVORS, VITAMIN AND MINERAL MIX (DICALCIUM PHOSPHATE, SALT, POTASSIUM CITRATE, MAGNESIUM OXIDE, POTASSIUM CHLORIDE, ASCORBIC ACID, CHOLINE BITARTRATE, INOSITOL, VITAMIN E ACETATE, ZINC OXIDE, D-BIOTIN, FERROUS FUMERATE, NIACINAMIDE, VITAMIN A PALMITATE, L-SELENOMETHIONINE, MANGANESE SULFATE, COPPER GLUCONATE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, FOLIC ACID, RIBOFLAVIN, SODIUM MOLYBDATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE HYDROCHLORIDE, PHYTONADIONE, CHOLECALCIFEROL, CYANOCOBALAMIN, POTASSIUM IODIDE), GUAR GUM, XANTHAN GUM, OAT FIBER, MEDIUM CHAIN TRIGLYCERIDES, SUCRALOSE, CITRUS PECTIN, CELLULOSE POWDER, CINNAMON EXTRACT, BROMELAIN, PAPAIN.

CONTAINS: MILK, SOY AND WHEAT.

THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES EGG, FISH, SHELLFISH, AND TREE NUTS.

DIRECTIONS: BLEND, SHAKE OR BRISKLY STIR CONTENTS OF 2 SCOOPS (56G) INTO 9 FLUID OUNCES OF COLD WATER UNTIL SMOOTH.

KEEP OUT OF REACH OF CHILDREN.

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.