

NUTRITION FACTS

MEAL REPLACEMENT SHAKE PUMPKIN SPICE

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Serving Size: 1 pouch (2 oz/56g) [makes 9 fl oz prepared]

Servings Per Container: 14

Amount Per Serving

Calories 200 Calories from fat 15

%DV*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 330mg **14%**

Potassium 420mg **12%**

Total Carbohydrate 23g **8%**

Dietary Fiber 2g **8%**

Sugars 13g

Protein 22g **44%**

Vitamin A 20% • Vitamin C 20%

Calcium 50% • Iron 10%

Vitamin D 15% • Vitamin E 15%

Vitamin K 15% • Thiamine 15%

Riboflavin 40% • Niacin 15%

Vitamin B-6 20% • Folic acid 15%

Vitamin B-12 20% • Biotin 15%

Pantothenic acid 15% • Phosphorus 35%

Iodine 20% • Magnesium 35%

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 ACACIA, NATURAL & ARTIFICIAL FLAVORS, MALTODEXTRIN, VITAMIN & MINERAL BLEND (DICALCIUM PHOSPHATE, SALT, POTASSIUM CITRATE, MAGNESIUM OXIDE, POTASSIUM CHLORIDE, ASCORBIC ACID, CHOLINE BITARTRATE, INOSITOL, VITAMIN E ACETATE, ZINC OXIDE, BIOTIN, FERROUS FUMARATE, NIACINAMIDE, VITAMIN A PALMITATE, L-SELENOMETHIONINE, MANGANESE SULFATE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, CHROMIUM CITRATE, FOLIC ACID, RIBOFLAVIN, SODIUM MOLYBDATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE HYDROCHLORIDE, PHYTONADIONE, CHOLECALCIFEROL, CYANOCOBALAMIN, POTASSIUM IODIDE), GUAR GUM, XANTHAM GUM, OAT FIBER, BETA CAROTENE (FOR COLOR), MEDIUM CHAIN TRIGLYCERIDES, SUCRALOSE, CITRUS PECTIN, CELLULOSE, CINNAMON EXTRACT, BROMELAIN, PAPAINE.

CONTAINS: MILK, SOY AND WHEAT.

THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES TREE NUTS AND PEANUTS.

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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.