

# NUTRITION FACTS

ADVOGREENS® MEAL REPLACEMENT SHAKE  
**CHOCOLATE CHIP COOKIE DOUGH FLAVORED**



<b>Nutrition Facts</b>	
14 Servings per Container	
<b>Serving Size</b>	<b>1 pouch (61g)</b>
Amount per serving	
<b>Calories</b>	<b>220</b>
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 410mg	<b>18%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 12g	
Includes 12g Added Sugars	<b>24%</b>
<b>Protein</b> 24g	
Vitamin D 1.5mcg	8%
Iron 4.9mg	25%
Vitamin A 180mcg	20%
Vitamin E 2.7mg	20%
Thiamine 0.1mg	8%
Niacin 2.7mg	15%
Folate 90mcg DFE	
(54mcg folic acid)	25%
Biotin 40mcg	130%
Phosphorus 460mg	35%
Magnesium 140mg	35%
Selenium 11mcg	20%
Manganese 0.4mg	15%
Molybdenum 23mcg	50%
Calcium 200mg	15%
Potassium 400mg	8%
Vitamin C 8mg	8%
Vitamin K 12mcg	10%
Riboflavin 0.6mg	45%
Vitamin B6 0.2mg	10%
Vitamin B12 1.2mcg	50%
Pantothenic Acid 1.4mg	30%
Iodine 30mcg	20%
Zinc 2.1mg	20%
Copper 0.4mg	45%
Chromium 12mcg	35%

\*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 (PEA PROTEIN, RICE PROTEIN, FLAX PROTEIN), FRUCTOSE, MALTODEXTRIN, GUM ACACIA, CHOCOLATE COOKIE CRUMBLES [ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, CANOLA OIL, COCOA (PROCESSED WITH ALKALI), SALT, SODIUM BICARBONATE], VITAMIN & MINERAL BLEND (DICALCIUM PHOSPHATE, POTASSIUM CITRATE, POTASSIUM CHLORIDE, MAGNESIUM OXIDE, CHOLINE BITARTRATE, ASCORBIC ACID, INOSITOL, D-ALPHA TOCOPHEROL ACETATE, D-BIOTIN, NIACINAMIDE, VITAMIN A PALMITATE, COPPER GLUCONATE, ZINC OXIDE, SODIUM MOLYBDATE, L-SELENOMETHIONINE, D-CALCIUM PANTOTHENATE, PHYTONADIONE, POTASSIUM IODIDE, CHROMIUM CITRATE, RIBOFLAVIN, CHOLECALCIFEROL, FOLIC ACID, PYRIDOXINE HYDROCHLORIDE, MANGANESE SULFATE, THIAMINE HYDROCHLORIDE, CYANOCOBALAMIN), NATURAL FLAVORS, FLAXSEED, GUM BLEND (GUM ACACIA, GUAR GUM, XANTHAN GUM), REBAUDIOSIDE A (STEVIA EXTRACT).

**CONTAINS: WHEAT.**  
**THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES MILK, SOY, TREE NUTS AND EGGS.**

FORMULATED/MANUFACTURED EXCLUSIVELY FOR  
 ADVOCARE® INTERNATIONAL, LLC  
 RICHARDSON, TX 75082 • 800-542-4800  
**FOR MORE INFORMATION VISIT [ADVOCARE.COM](http://ADVOCARE.COM)**

**DIRECTIONS:** BLEND, SHAKE OR BRISKLY STIR CONTENTS OF ONE POUCH INTO 9 FLUID OUNCES OF COLD WATER UNTIL SMOOTH.

**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.

# NUTRITION FACTS

ADVOGREENS® MEAL REPLACEMENT SHAKE  
**SALTED CARAMEL FLAVORED**



<b>Nutrition Facts</b>	
1 Serving per Container	
<b>Serving Size</b>	<b>1 pouch (61g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>220</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 12g	
Includes 12g Added Sugars	<b>24%</b>
<b>Protein</b> 24g	
Vitamin D 1.5mcg	8%
Iron 4.9mg	25%
Vitamin A 180mcg	20%
Vitamin E 2.7mg	20%
Thiamine 0.1mg	8%
Niacin 2.7mg	15%
Folate 90mcg DFE (54mcg folic acid)	25%
Biotin 40mcg	130%
Phosphorus 460mg	35%
Magnesium 140mg	35%
Selenium 11mcg	20%
Manganese 0.4mg	15%
Molybdenum 23mcg	50%
Calcium 200mg	15%
Potassium 400mg	8%
Vitamin C 8mg	8%
Vitamin K 12mcg	10%
Riboflavin 0.6mg	45%
Vitamin B6 0.2mg	10%
Vitamin B12 1.2mcg	50%
Pantothenic Acid 1.4mg	30%
Iodine 30mcg	20%
Zinc 2.1mg	20%
Copper 0.4mg	45%
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