

# PROTEIN SHAKE

## VANILLA CREME

GREAT TASTE • 145 CALORIES

21 GRAMS OF PROTEIN PER BOTTLE

NET WEIGHT 35 GRAMS (1.2 OZ)

<b>Nutrition Facts</b>	
Serving Size 1 Bottle	
<b>Amount Per Serving</b>	
<b>Calories</b> 145	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 160mg	<b>7%</b>
Potassium 210mg	<b>6%</b>
<b>Total Carbohydrates</b> 11g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugar 5g	
<b>Protein</b> 21g	<b>42%</b>
Vitamin A 110%	• Vitamin C 140%
Calcium 10%	• Iron 60%
Vitamin D 100%	• Vitamin E 110%
Vitamin K 110%	• Thiamin 100%
Riboflavin 110%	• Niacin 90%
Vitamin B6 110%	• Folate 130%
Vitamin B12 150%	• Biotin 80%
Pantothenic acid 90%	• Phosphorus 8%
Iodine 80%	• Magnesium 70%
Zinc 60%	• Selenium 70%
Copper 70%	• Manganese 75%
Chromium 60%	• Molybdenum 45%

\* Percent Daily Value based on a 2,000 calorie diet.  
Not a significant source of saturated fat or *trans* fat.

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Provides protein, fiber, vitamins and minerals.

Mix with 8 oz cold water or milk and shake well.

### INGREDIENTS:

Protein blend (Whey protein concentrate, Pea protein), Crystalline fructose, Fibersol-2,™ Stabilized rice bran, Sunflower oil, Corn syrup solids, Sodium caseinate, Mono and diglycerides, Dipotassium phosphate, Tricalcium phosphate, Soy lecithin, Tocopherols, Polydextrose, Natural and artificial flavors, Cellulose gum, Sodium chloride, Medium chain triglyceride powder, Guar gum, Acesulfame potassium, Glucomannan, D-ribose, White kidney bean extract, Vitamin A, Niacin, Magnesium oxide, Vitamin C, Vitamin B6, Zinc sulfate, Calcium phosphate, Folic acid, Selenium amino acid chelate, Ferrous sulfate, Cyanocobalamin, Copper amino acid chelate, DL-alpha tocopheryl acetate, Biotin, Manganese sulfate, Phytonadione, Pantothenic acid, Chromium amino acid chelate, Thiamin, Calcium phosphate, Molybdenum amino acid chelate, Riboflavin, Potassium iodide.

# PROTEIN

## VANILLA CREME

GREAT TASTE • 95 CALORIES

14 GRAMS OF PROTEIN PER SCOOP

NET WEIGHT 690 GRAMS (24 OZ)

<b>Nutrition Facts</b>	
Serving Size 23 grams (1 scoop)	
<b>Amount Per Serving</b>	
<b>Calories</b> 95	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 105mg	<b>4%</b>
Potassium 140mg	<b>4%</b>
<b>Total Carbohydrates</b> 7g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugar 3g	
<b>Protein</b> 14g	<b>28%</b>
Vitamin A 70%	• Vitamin C 90%
Calcium 8%	• Iron 40%
Vitamin D 70%	• Vitamin E 70%
Vitamin K 70%	• Thiamin 70%
Riboflavin 70%	• Niacin 60%
Vitamin B6 70%	• Folate 80%
Vitamin B12 100%	• Biotin 60%
Pantothenic acid 60%	• Phosphorus 5%
Iodine 50%	• Magnesium 50%
Zinc 40%	• Selenium 50%
Copper 45%	• Manganese 50%
Chromium 40%	• Molybdenum 30%

\* Percent Daily Value based on a 2,000 calorie diet.

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Provides protein, fiber, vitamins and minerals.

Mix with cold water or milk to preferred consistency, or add to smoothies and other foods.

**INGREDIENTS:**

Protein blend (Whey protein concentrate, Pea protein), Crystalline fructose, Fibersol-2,™ Stabilized rice bran, Sunflower oil, Corn syrup solids, Sodium caseinate, Mono and diglycerides, Dipotassium phosphate, Tricalcium phosphate, Soy lecithin, Tocopherols, Polydextrose, Natural and artificial flavors, Cellulose gum, Sodium chloride, Medium chain triglyceride powder, Guar gum, Acesulfame potassium, Glucomannan, D-ribose, White kidney bean extract, Vitamin A, Niacin, Magnesium oxide, Vitamin C, Vitamin B6, Zinc sulfate, Calcium phosphate, Folic acid, Selenium amino acid chelate, Ferrous sulfate, Cyanocobalamin, Copper amino acid chelate, DL-alpha tocopheryl acetate, Biotin, Manganese sulfate, Phytonadione, Pantothenic acid, Chromium amino acid chelate, Thiamin, Calcium phosphate, Molybdenum amino acid chelate, Riboflavin, Potassium iodide.

