

Double Chocolate Shake Naturally and Artificially Flavored

Nutrition Facts

7 servings per container

Serving size **1 Packet (54g)**

Amount Per Serving

Calories 200

% Daily Value*

Total Fat 5g 6%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 590mg 26%

Total Carbohydrate 13g 5%

Dietary Fiber 3g 11%

Total Sugars 6g

Includes 2g Added Sugars 4%

Protein 27g 54%

Vitamin D 7mcg 35%

Calcium 460mg 35%

Iron 6.3mg 35%

Potassium 860mg 20%

Vitamin A 320mcg 35%

Vitamin C 32mg 35%

Vitamin E 5.3mg 35%

Vitamin K 42mcg 35%

Amount Per Serving % Daily Value

Thiamin 0.42mg 35%

Riboflavin 0.46mg 35%

Niacin 5.6mg 35%

Vitamin B₆ 0.6mg 35%

Folate 140mcg DFE 35%

(84mcg folic acid)

Vitamin B₁₂ 0.84mcg 35%

Biotin 11mcg 35%

Pantothenic Acid 1.8mg 35%

Phosphorus 440mg 35%

Iodine 53mcg 35%

Magnesium 150mg 35%

Zinc 3.9mg 35%

Selenium 19mcg 35%

Copper 0.32mg 35%

Manganese 0.8mg 35%

Chromium 12mcg 35%

Molybdenum 16mcg 35%

Choline 110mg 20%

*The % Daily Value (DV) 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.

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Whey Protein Concentrate, Whey Protein Isolate, Nonfat Milk, Micellar Casein, Calcium Caseinate, Cocoa (Processed with Alkali), Maltodextrin, Sunflower Oil, Natural and Artificial Flavors, Resistant Maltodextrin (Dietary Fiber), Isomaltulose, Medium Chain Triglycerides, Salt, Flaxseed, Sodium Citrate, Vegetable Lecithin (Soy, Rapeseed, and Sunflower), Modified Starch, Sodium Caseinate, Guar Gum, Sucralose, Decaffeinated Instant Coffee, Gum Arabic, Xanthan Gum.

Vitamins and Minerals: Dipotassium Phosphate, Choline Bitartrate, Milk Calcium Complex, Potassium Bicarbonate, Magnesium Oxide, Tricalcium Phosphate, Ferrous Sulfate, Ascorbic Acid, Alpha Tocopherol Acetate, Zinc Sulfate, Niacinamide, Manganese Sulfate, Copper Gluconate, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Vitamin A Palmitate, Riboflavin, Thiamin Mononitrate, Chromium Polynicotinate, Molybdenum Glycinate Chelate, Folic Acid, Potassium Iodide, L-Selenomethionine, Phytonadione, Biotin, Magnesium Carbonate, Cholecalciferol, Cyanocobalamin.

Contains: Milk and Soy Lecithin. Contains bioengineered food ingredients.

Notice: For weight reduction, use only as directed in accompanying diet plan. Do not use in diets supplying less than 800 calories per day without medical supervision.