

# Vanilla 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** 6g 8%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 40mg 13%

**Sodium** 580mg 25%

**Total Carbohydrate** 13g 5%

Dietary Fiber 3g 11%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 27g 54%

Vitamin D 7mcg 35%

Calcium 460mg 35%

Iron 6.3mg 35%

Potassium 770mg 15%

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 B<sub>6</sub> 0.6mg 35%

Folate 140mcg DFE 35%  
(84mcg folic acid)

Vitamin B<sub>12</sub> 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, Calcium Caseinate, Whey Protein Isolate, Natural and Artificial Flavors, Maltodextrin, Sunflower Oil, Resistant Maltodextrin (Dietary Fiber), Micellar Casein, Salt, Medium Chain Triglycerides, Flaxseed, Sodium Caseinate, Modified Starch, Soy Lecithin, Sodium Citrate, Guar Gum, Sucralose, Xanthan Gum, Sunflower Lecithin.

**Vitamins and Minerals:** Dipotassium Phosphate, Tricalcium Phosphate, Choline Bitartrate, Magnesium Oxide, 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.