

Meal Replacement Shake Chocolate Flavor

Nutrition Facts

Serving Size: 1 Scoop or 1/2 cup (42 g)
Servings Per Container: 15

Amount Per Serving	Shake Mix	With 8 fl. oz. Soy Milk	
		% DV*	
Calories	160	280	
Calories from Fat	25	70	
		% DV*	
Total Fat	3 g	4%	12%
Saturated Fat	2.5 g	12%	15%
Trans Fat	0 g		
Cholesterol	20 mg	7%	7%
Sodium	130 mg	5%	6%
Total Carbohydrate	15 g	5%	9%
Dietary Fiber	3 g	14%	27%
Soluble Fiber	3 g		
Sugars	11 g		
Protein	18 g	36%	54%
Vitamin A	30%	32%	
Vitamin C	30%	30%	
Calcium	35%	35%	
Iron	30%	38%	
Vitamin D	30%	30%	
Vitamin E	30%	30%	
Thiamin	30%	55%	
Riboflavin	30%	40%	
Niacin	30%	32%	
Vitamin B6	30%	36%	
Folate	30%	32%	

Amount Per Serving	Shake Mix	With 8 fl. oz. Soy Milk	
		% DV*	
Vitamin B12	30%	30%	
Biotin	30%	34%	
Pantothenic Acid	30%	32%	
Phosphorus	30%	40%	
Iodine	30%	30%	
Magnesium	30%	40%	
Zinc	30%	34%	
Copper	30%	45%	
Manganese	30%	50%	
Molybdenum	30%	30%	

*Percent Daily Values 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	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Whey protein isolate and concentrate (from milk), fructose, medium chain triglycerides, chocolate with natural flavors, cocoa, guar gum, xanthan gum, maltodextrin, calcium phosphate, magnesium oxide, sucralose, zinc gluconate, ascorbic acid, ferrous fumarate, biotin, kelp, d-alpha tocopheryl acid succinate, niacinamide, manganese gluconate, copper gluconate, calcium pantothenate, retinyl palmitate, folic acid, cholecalciferol, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, cyanocobalamin, molybdc acid and soy lecithin.

DIRECTIONS: Adults age 18 and older, mix one scoop (42g) with 8 fl. oz. of soy milk. Shake well and drink.

Meal Replacement Shake Vanilla Flavor

Nutrition Facts

Serving Size: 1 Scoop or 1/2 cup (42 g)
Servings Per Container: 15

Amount Per Serving	Shake Mix	With 8 fl. oz. Soy Milk	
		% DV*	
Calories	150	270	
Calories from Fat	25	70	
		% DV*	
Total Fat	2.5 g	4%	12%
Saturated Fat	2 g	12%	15%
Trans Fat	0 g		
Cholesterol	20 mg	7%	7%
Sodium	135 mg	6%	7%
Total Carbohydrate	14 g	5%	9%
Dietary Fiber	3 g	12%	25%
Soluble Fiber	3 g		
Sugars	11 g		
Protein	18 g	36%	54%
Vitamin A	30%	32%	
Vitamin C	30%	30%	
Calcium	35%	35%	
Iron	30%	38%	
Vitamin D	30%	30%	
Vitamin E	30%	30%	
Thiamin	30%	55%	
Riboflavin	30%	40%	
Niacin	30%	32%	
Vitamin B6	30%	36%	
Folate	30%	32%	

Amount Per Serving	Shake Mix	With 8 fl. oz. Soy Milk	
		% DV*	
Vitamin B12	30%	30%	
Biotin	30%	34%	
Pantothenic Acid	30%	32%	
Phosphorus	30%	40%	
Iodine	30%	30%	
Magnesium	30%	40%	
Zinc	30%	34%	
Copper	30%	45%	
Manganese	30%	50%	
Molybdenum	30%	30%	

*Percent Daily Values 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	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Whey protein isolate and concentrate (from milk), fructose, medium chain triglycerides, natural vanilla flavor, guar gum, xanthan gum, maltodextrin, calcium phosphate, magnesium oxide, sucralose, zinc gluconate, ascorbic acid, ferrous fumarate, biotin, kelp, d-alpha tocopheryl acid succinate, niacinamide, manganese gluconate, copper gluconate, calcium pantothenate, retinyl palmitate, folic acid, cholecalciferol, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, cyanocobalamin, molybdc acid, and soy lecithin.

DIRECTIONS: Adults age 18 and older, mix one scoop (42g) with 8 fl. oz. of soy milk. Shake well and drink.