

Nutrition Facts

SERVING SIZE
1 Shake (11 fl.oz)
1 Serving per Container

AMOUNT PER SERVING% DAILY VALUE*

Footnotes

*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.

Notice: Use this product as a food supplement only. Do not use for weight reduction.↩

CALORIES	160	—
TOTAL FAT	3g	4%
SATURATED FAT	0.5g	3%
TRANS FAT	0g	—
CHOLESTEROL	20mg	7%
SODIUM	370mg	16%
TOTAL CARBOHYDRATE	4g	1%
DIETARY FIBER	1g	4%
TOTAL SUGARS	1g	—
INCL. ADDED SUGARS	0g	0%
PROTEIN	30g	60%
VITAMIN A	230mcg	25%
VITAMIN D	6mcg	30%
IRON	2.5mg	15%
VITAMIN E	3.8mg	25%
	0.3mg	25%

AMOUNT PER SERVING		% DAILY VALUE*
NIACIN	4mg	25%
CALCIUM	650mg	50%
POTASSIUM	180mg	4%
VITAMIN C	46mg	50%
VITAMIN K	30mcg	25%
RIBOFLAVIN	0.3mg	25%
VITAMIN B6	0.4mg	25%
FOLATE	100mcg DFE	25%
VITAMIN B12	0.6mcg	25%
PANTOTHENIC ACID	1.3mg	25%
IODINE	37mcg	25%
ZINC	2.8mg	25%
COPPER	0.25mg	25%
CHROMIUM	8mcg	25%
BIOTIN	8mcg	25%
PHOSPHORUS	550mg	45%
MAGNESIUM	90mg	20%
SELENIUM	14mcg	25%
MANGANESE	0.6mg	25%
MOLYBDENUM	11mcg	25%

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Ingredients:

FILTERED WATER, MILK PROTEIN CONCENTRATE†, CALCIUM CASEINATE†, CONTAINS LESS THAN 1% OF SUNFLOWER OIL OR SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, CELLULOSE GEL AND CELLULOSE GUM, SALT, SUCRALOSE, ACESULFAME POTASSIUM, CARRAGEENAN, TRIPOTASSIUM PHOSPHATE, DIPOTASSIUM PHOSPHATE, SODIUM HEXAMETAPHOSPHATE, **VITAMIN AND MINERAL BLEND** (DL-ALPHA-TOCOPHERYL ACETATE [VITAMIN E], ZINC GLYCINATE CHELATE, FERRIC ORTHOPHOSPHATE, VITAMIN A PALMITATE, NIACINAMIDE, PHYTONADIONE [VITAMIN K1], POTASSIUM IODIDE, CHOLECALCIFEROL [VITAMIN D3], COPPER GLUCONATE, CALCIUM D-PANTOTHENATE, MANGANESE SULFATE, SODIUM SELENITE, BIOTIN, SODIUM MOLYBDATE, FOLIC ACID, THIAMINE MONONITRATE [VITAMIN B1], CYANOCOBALAMIN [VITAMIN B12], PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], RIBOFLAVIN [VITAMIN B2], CHROMIUM POLYNICOTINATE), MAGNESIUM PHOSPHATE, SODIUM ASCORBATE.
†SOURCE OF PROTEIN

CONTAINS MILK AND SOY.