

Nutrition Facts	
Serving size	1 Shake
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 320mg	14%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 30g	60%
Not a significant source of vitamin D, calcium, iron, and potassium	
*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.	

INGREDIENTS:

Water, Milk Protein Concentrate, Calcium Caseinate, Contains less than 1% of High Oleic Sunflower Oil or Soybean Oil, Natural and Artificial flavors, Inulin, 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.

CONTAINS:

Milk and Soy.