

SERVING SIZE
1 Shake (11 fl.oz)
1 Serving per Container
CALORIES
160

AMOUNT PER SERVING		%DAILY VALUE*
Total Fat	3g	4%
Saturated Fat	0.5g	3%
Trans Fat	0g	—
Cholesterol	20mg	7%
Sodium	180mg	8%
Total Carbohydrate	5g	2%
Dietary Fiber	3g	11%
Total Sugars	1g	—
Incl. Added Sugars	0g	0%
Protein	30g	60%

*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.

						%DAILY VALUE*		
Vitamin D	6mcg	30%	Iron	2.5mg	15%	Calcium	650mg	50%
Potassium	320mg	6%	Vitamin A	230mcg	25%	Vitamin E	3.8mg	25%
Thiamin	0.3mg	25%	Niacin	4mg	25%	Folate	100mcg DFE	25%
Vitamin B12	0.6mcg	25%	Pantothenic Acid	1.3mg	25%	Iodine	37mcg	25%
Zinc	2.8mg	25%	Copper	0.3mg	35%	Chromium	8mcg	25%
Vitamin C	46mg	50%	Vitamin K	30mcg	25%	Riboflavin	0.3mg	25%
Vitamin B6	0.4mg	25%	Biotin	8mcg	25%	Phosphorous	550mg	45%
Magnesium	90mg	20%	Selenium	14mcg	25%	Manganese	0.6mg	25%
Molybdenum	11mcg	25%						

INGREDIENTS

Water, Milk Protein Concentrate†, Calcium Caseinate†, Cocoa Powder (processed with alkali), Contains less than 1% of High Oleic Sunflower 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.

† Source of Protein