high protein meal replacement

27g WHEY PROTEIN + 25 VITAMINS & MINERALS

unflavored

NET WT. 30 OZ (1.87 lb) 848.4 g

Nutrition Facts

21 Servings per container Serving Size 2 scoops (40.4g)

Amount per Serving

Calories

140

	% Daily Value [†]
Total Fat 2g	3%
Saturated Fat 1,5g	8%
Trans Fat Og	
Cholesterol <5mg	2%
Sodium 170mg	7%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	14%
Total Sugars <1g	
Includes Og Added Sugars	0%
Protein 27g	54%
Vitamin D 10mcg	50%
Calcium 135mg	10%
Iron 9mg	50%
Potassium 143mg	3%

Amount per Serving	% Daily Value
Vitamin E 15mg	100%
Thiamin 0.75mg	60%
Riboflavin 0.85mg	70%
Niacin 10mg	60%
Vitamin B ₆ 1mg	60%
Folate 333mcg DFE (200mcg folic ac	id) 80%
Vitamin B ₁₂ 6mcg	250%
Biotin 150mcg	500%
Pantothenic Acid 10mg	200%
Phosphorus 75mg	6%
lodine 75mcg	50%
Magnesium 65mg	15%
Zinc 7,5mg	70%
Selenium 35mcg	60%
Copper 1mg	110%
Manganese 1mg	45%
Chromium 60mcg	170%
Molybdenum 37.5mcg	80%

†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.

Calories per gram Fat 9 • Carbohydrate 4 • Protein 4

80%

35%

Vitamin A 750mcg

Vitamin C 30mg

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Nutrition & support for every step of your journey.

Our great-tasting High Protein Meal Replacement delivers high quality whey protein isolate with all of the essential amino acids to support muscle mass, healing and recovery, healthy metabolism and weight management throughout your journey.

100% WHEY PROTEIN WITH FIBER, VITAMINS & MINERALS

CONTAINS ALL ESSENTIAL AMINO ACIDS TO SUPPORT HEALTHY MUSCLE MASS

LACTOSE FREE & GLUTEN FREE

Easy to Enjoy

Option 1:

Mix two scoops of powder in 4-6 fl oz of ice-cold water, milk or another favorite beverage using a shaker cup.

Option 2:

Blend two scoops of powder in 4-6 fl oz of ice-cold water, milk or another favorite beverage using a blender.

Tasty Tip: For milkshake-like consistency, add 4-6 ice cubes.





WARNING: Very low-calorie protein diets (below 400 Calories per day)

may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision. Not for use by infants, children, or pregnant or nursing women.





the printed piece.

John Troup Approved to Print

Date 11/07/24

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