

strawberries & cream

Nutrition Facts

1 serving per container
Serving size 1 Shake (11 fl oz)

Amount per serving

Calories 160

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 230mg 10%

Total Carbohydrate 3g 1%

Dietary Fiber 0g **0%**

Total Sugars 1g

Incl. 0g Added Sugars **0%**

Protein 30g 60%

Vitamin D 6mcg 30% • Calcium 650mg 50%

Iron 1.8mg 10% • Potassium 180mg 4%

Vitamin A 230mcg 25% • Vitamin C 46mg 50%

Vitamin E 3.8mg 25% • Vitamin K 30mcg 25%

Thiamin 0.6mg 50% • Riboflavin 0.65mg 50%

Niacin 4.8mg 30% • Vitamin B6 0.85mg 50%

Folate 200mcg DFE 50% • Vitamin B12 1.2mcg 50%
(118mcg folic acid)

Biotin 9mcg 30% • Pantothenic Acid 1.5mg 30%

Phosphorus 550mg 45% • Iodine 37mcg 25%

Magnesium 90mg 20% • Zinc 2.8mg 25%

Selenium 14mcg 25% • Copper 0.25mg 30%

Manganese 0.6mg 25% • Chromium 8mcg 25%

Molybdenum 11mcg 25% • Choline 55mg 10%

* 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

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, CHOLINE CHLORIDE. CONTAINS MILK AND SOY.

†SOURCE OF PROTEIN