

SUPPLEMENT FACTS, INGREDIENTS & DIRECTIONS

5.75 Lbs. Chocolate Milk Shake

Serving Size 3 Scoops (145g) ††

Servings Per Container: 18

Amount Per Serving	% DV†	
Calories	630	
Calories From Fat	140	
Total Fat	16g	25%
Saturated Fat	5g	25%
Cholesterol	110mg	37%
Total Carbohydrates	76g	25%
Dietary Fiber	5g	20%
Sugars	14g	**
Protein	46g	92%
Vitamin A	5000IU	100%
Vitamin C	60mg	100%
Vitamin D	400IU	100%
Vitamin E	30IU	100%
Vitamin K	80mcg	100%
Thiamin	1.5mg	100%
Riboflavin	1.7mg	100%
Niacin	20mg	100%
Vitamin B6	2mg	100%
Folic Acid	400mcg	100%
Vitamin B12	6mcg	100%
Biotin	300mcg	100%
Pantothenic Acid	10mg	100%
Calcium	250mg	25%
Iron	18mg	100%
Phosphorus	180mg	18%
Iodine	150mcg	100%
Magnesium	400mg	100%
Zinc	15mg	100%
Selenium	70mcg	100%
Copper	2mg	100%
Manganese	2mg	100%
Chromium	120mcg	100%
Sodium	260mg	11%
Potassium	410mg	12%

* Percent Daily Values are based on a 2,000 calorie diet

** Daily Value not established

Other Ingredients:

A Sustained Release Ultra-Premium Protein & Amino Acid Matrix Comprised Of (Ultrafiltered Whey Protein Concentrate [Milk], (Which Contains Alpha-Lactalbumin), Microfiltered Whey Protein Isolate [Milk], (Which Contains Whey Isolate Peptide Fractions), Calcium Caseinate [Milk], Micellar Alpha And Beta Caseins And Caseinates [Milk], Milk Protein Isolate [Milk], Hydrolyzed Whey Protein [Milk], Egg

Whites [Egg], Glutamine Peptides, Glutamine AKG, L-Leucine, L-Isoleucine, L-Valine), Maltodextrin, Dutch Processed Cocoa Powder, Richmix Sunflower Powder Consisting Of (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate [Milk], Mono-Glycerides, Di-Glycerides, Di-Potassium Phosphate), Litesse® II Polydextrose, Natural And Artificial Flavors, Nutrisperse MCT Powder Consisting Of (Medium Chain Triglycerides, Nonfat Dry Milk, Di-Sodium Phosphate, Silicon Dioxide), Vitamin & Mineral Blend Consisting Of (Magnesium Phosphate, Ascorbic Acid, Vitamin E Acetate, Biotin, Chromium Chelate, Niacinamide, Iron, Vitamin A Palmitate, Selenium Chelate, Calcium Pantothenate, Zinc Oxide, Vitamin K1, Copper Gluconate, Vitamin D3, Manganese Sulfate, Pyridoxine HCL, Thiamin Mononitrate, Riboflavin, Vitamin B12, Folic Acid, Potassium Iodide), Qualicel Cellulose Gum, Ticalose® Cellulose Gum, Xanthan Gum, Guar Gum, Gum Acacia, Acesulfame Potassium, Sucralose (Splenda®), Lecithin [Soy], Aminogen®, Papain

Directions: Mix 3 scoops with 16 oz of cold water or beverage of your choice. Vary the amount of liquid to achieve desired consistency. Drink 2-4 servings daily or as needed to satisfy your protein or mass gaining requirements. To increase your protein and calorie intake per serving and to achieve an amazing milk shake taste, use milk.

** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*