

DIRECTIONS:

Mix 2 scoops of Essential Multi 4 in 1 with 8 oz. of cold water twice daily, or as directed. Shake well. Stir or shake while consuming to minimize settling.

DO NOT USE IF SAFETY SEAL IS BROKEN.

Keep out of reach of small children. Store at room temperature.

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.

Formulated and distributed by:
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Celebrate®

Essential Multi 4 in 1 Multivitamin, Calcium & Protein Shake

Dietary Supplement

- 25 g of Protein
- 500 mg of Calcium Citrate
- High Potency Multivitamin
- 4 g of Fiber

14 Servings **Net Wt. 21.5 oz (610.4g)**

**Supplement Facts**

Serving Size: 2 Scoops (43.6 g)
Servings Per Container: 14

	Amount Per Serving	% Daily Value
Calories	140	
Calories from Fat	5	
Total Fat	.5 g	<1%*
Cholesterol	15 g	5%*
Total Carbohydrate	11 g	4%*
Dietary Fiber	4 g	16%*
Sugars	5 g	†
Protein	25 g	50%*
Vitamin A (as retinyl palmitate and 50% as Beta-carotene)	5,000 IU	100%
Vitamin C (as ascorbic acid)	90 mg	150%
Vitamin D (as cholecalciferol)	2,000 IU	500%
Vitamin E (as d-alpha-tocopheryl acetate)	30 IU	100%
Vitamin K (as phytonadione)	60 mcg	75%
Thiamin (as thiamin hydrochloride)	6 mg	400%
Riboflavin	6 mg	353%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	6 mg	300%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as methylcobalamin and cyanocobalamin)	250 mcg	4,167%
Biotin	300 mcg	100%
Pantothenic acid (as D-calcium pantothenate)	10 mg	100%
Calcium (as calcium citrate)	500 mg	50%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium (as magnesium citrate and magnesium oxide)	50 mg	13%
Zinc (as zinc citrate)	15 mg	100%
Selenium (as selenium amino acid chelate)	70 mcg	100%
Copper (as copper citrate)	1.5 mg	75%
Manganese (as manganese amino acid chelate)	1 mg	50%
Chromium (as chromium amino acid chelate)	100 mcg	83%
Molybdenum (as molybdenum amino acid chelate)	37.5 mcg	50%
Chloride	72 mg	2%
Sodium	190 mg	8%
Potassium	40 mg	1%
Fiber Blend:	4 g	†
Nutriose® (dextrin soluble fiber)**, citrus pectin, apple pectin		
Berry Blend:	500 mg	†
Acai berry (<i>Euterpe oleracea</i>), raspberry extract (20% ellagic acid), blueberry 10:1 juice concentrate, goji berry 10:1 extract (<i>Lycium barbarum</i>), strawberry extract, cranberry 12:1 extract, maqui berry		
Green tea leaf standardized extract (45% EGCG)	200 mg	†

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

† Daily value not established.

Other ingredients: Whey protein isolate, sugar, natural flavors, blend (cellulose gum, xanthan gum, carrageenan), silica, citric acid, sodium chloride, defoaming agents (silica, propylene glycol, mono and diglycerides), potassium phosphate and sucralose. **Contains Milk and Soy.**

** Nutriose® is a trademark of Roquette Inc.