

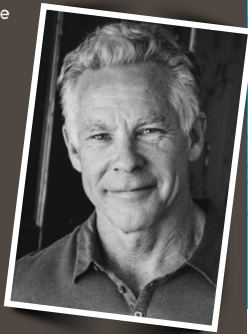
PRIMAL FUEL™ LOW-CARB MEAL REPLACEMENT SHAKE

Primal Fuel™ is one of my favorite creations because unlike most other protein powders, it actually tastes great with nothing but water. I'm not a big breakfast guy, so pretty much every morning I gear up with a creative, nutritious blend of Primal Fuel. Some days I stick with the basics and simply add 1-2 scoops of Primal Fuel™ to 8 ounces of ice-cold water. But typically I like to turn my shake into a veritable flavor feast by adding blueberries, bananas, mangos—there's just no end to the tasty ingredients you can try! My daughter Devyn has even come up with a Primal Fuel™ Pancake recipe that rocks.

What I've discovered with all my blending is that getting your health on track can be fun and easy—especially with this perfect Primal/Paleo meal that helps you lose weight while maintaining lean muscle mass...beat hunger with satisfying, healthy fat...and satisfy your taste buds with all-natural, creamy and delicious ingredients.

Primal Fuel elevates low-carb eating to maximum satisfaction. I'm doing things differently with Primal Kitchen: no more sacrificing flavor for health—and no offensive ingredients allowed! I'm on a mission to make healthy eating easy and exciting by creating the world's best-tasting foods.

MARK SISSON
Founder, Primal Kitchen
Author of *The Primal Blueprint*
and MarksDailyApple.com



JUST STIR, BLEND OR SHAKE!

For a basic Primal Fuel smoothie, shake or blend 2 scoops of Primal Fuel with 1-1 ¼ cups of cold water. For a thick and rich Primal Fuel smoothie, try swapping out the 1-1 ¼ cups cold water for ½ cup ice and ½ cup cold water. Mix things up by adding berries, fruit or milk!

primalkitchen.com @primalkitchenfoods #LiveAwesome

21 Servings
866 grams (2.0 lbs)

8G
COCONUT
FAT

6G
NET
CARBS

GLUTEN
FREE

ONLY 2G
OF SUGAR

BENEFICIAL
PREBIOTICS

PRIMAL
KITCHEN

20G
PROTEIN

VANILLA COCONUT PRIMAL FUEL™ LOW-CARB MEAL REPLACEMENT SHAKE



CONVENIENT, DELICIOUS, AND TOTALLY PRIMAL!

- PROMOTES & MAINTAINS LEAN MUSCLE MASS**
With 20 g of whey protein isolate, which has the highest biological value (BV) of any protein source.
- HEALTHY FAT FROM COCONUT MILK**
Contains coconut milk as its primary source of beneficial healthy fat, which takes the edge off hunger for hours.
- HELPS KEEP INSULIN LEVELS LOW**
And shifts your body into fat-burning mode all day long.
- LOADED WITH VITAL PREBIOTICS**
Rebalance and re-establish a healthy gut. Using inulin from chicory root (the first choice in prebiotics), Primal Fuel supports healthy gut bacteria and excellent digestive health.
- COMPLETE AMINO ACID PROFILE**
- NO FILLERS, PRESERVATIVES OR ARTIFICIAL ANYTHING**
Great care has been taken to avoid artificial sweeteners and flavors, and to source only the purest ingredients.
- LOW CALORIE**
The most ideal weight loss, muscle-building tool in the supplement world at only 190 calories per serving.

INGREDIENTS

Whey Protein Isolate, Coconut Milk, Inulin (from Chicory Root), Guar Gum, Natural Flavors, Stevia Leaf Extract

CONTAINS MILK, SOY, AND TREE NUT (COCONUT)

Allergen Warning: This product was produced in a facility that may also process ingredients containing milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans.

Nutrition Facts

Serving Size 2 scoops (40 grams) Servings per container 21

Amount Per Serving		% DV*
Calories	190	
Calories from Fat	80	
Protein	20 g	40%
Total Fat	9 g	14%
Saturated Fat	6 g	30%
Trans Fat	0 g	0%
Cholesterol	0 g	0%
Total Carbohydrates	9 g	3%
Dietary Fiber	3 g	12%
Sugars	2 g	
Potassium	165 mg	5%
Sodium	375 mg	15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Amino Acid Profile (amount per serving size (20 g protein))

Alanine	970 mg	Lysine	1600 mg
Arginine	400 mg	Methionine	890 mg
Aspartic Acid	2170 mg	Phenylalanine	1150 mg
Glutamic Acid	3440 mg	Proline	1420 mg
Glycine	310 mg	Serine	970 mg
Histidine	380 mg	Threonine	1460 mg
Isoleucine	1310 mg	Tryptophan	350 mg
Leucine	2040 mg	Valine	1150 mg

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