

THE TRUE STRENGTH OF SATIETY

Satiety is a feeling of fullness that can help you resist over-eating and snacking temptations. Dietary fiber supports satiety, and so do dairy proteins, which is why great tasting OPTI-FIT™ Lean Protein Shakes are made with whey and casein from milk. Chickpea and oat contribute to the fiber content along with a blend of complex carbohydrates. Watch what you eat and use ON OPTI-FIT™ Lean Protein Shake to help strengthen your willpower.

DIRECTIONS: As a meal replacement, add 2 scoops of OPTI-FIT™ Lean Protein Shake to a glass, shaker cup, or blender filled with 10-12 fl oz of cold water or unsweetened almond milk. Then stir, shake, or blend for 20-30 seconds or until powder is dissolved.

SUPPORT YOUR WEIGHT MANAGEMENT GOALS WITH:



OPTI-FIT™

- Energy Support
- Thermogenic Fat Burning Support
- Made with Green Tea



DAILY FIT

- Stimulant Free
- Thermogenic Fat Burning Support
- Made with Green Tea



INFORMED-CHOICE is a quality assurance program for sports nutrition products. The program certifies that nutritional supplements that bear the Informed-Choice logo have been tested for banned substances by the world class sports anti-doping lab, LGC Limited.

TRUE STRENGTH®
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SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING



Helps Keep You Full

OPTI-FIT™

LEAN PROTEIN SHAKE

200 CALORIES | 6G FIBER | 3G FAT

SEE NUTRITION INFORMATION FOR CHOLESTEROL CONTENT

NET WT 1.8 LB (816 G) MEAL REPLACEMENT PROTEIN POWDER DRINK MIX



25G PROTEIN

VANILLA
Naturally and Artificially Flavored

- + FAST AND SLOW PROTEIN SOURCES
- + MADE WITH CHICKPEA & OAT
- + EXCELLENT SOURCE OF FIBER



Nutrition Facts

Serving Size 2 Scoops (51g)
Servings Per Container 16

| Amount Per Serving | Prepared w/10 fl oz of almond milk | |
|-------------------------------|------------------------------------|-----|
| | 2 scoops | |
| Calories | 200 | 240 |
| Calories from Fat | 25 | 60 |
| | % Daily Value** | |
| Total Fat 3g* | 5% | 11% |
| Saturated Fat 1.5g | 8% | 8% |
| Trans Fat 0g | | |
| Cholesterol 75mg | 25% | 25% |
| Sodium 200mg | 8% | 18% |
| Potassium 200mg | 6% | 13% |
| Total Carbohydrate 17g | 6% | 6% |
| Dietary Fiber 6g | 24% | 28% |
| Sugars 2g | | |
| Protein 25g | 50% | 52% |
| Vitamin A | 20% | 35% |
| Vitamin C | 50% | 50% |
| Calcium | 40% | 70% |
| Iron | 25% | 30% |
| Vitamin D | 25% | 60% |
| Vitamin E | 20% | 80% |
| Thiamin | 20% | 20% |
| Riboflavin | 15% | 15% |
| Niacin | 20% | 20% |
| Vitamin B6 | 20% | 20% |
| Folic Acid | 20% | 20% |
| Vitamin B12 | 20% | 20% |
| Biotin | 20% | 20% |
| Pantothenic Acid | 20% | 20% |
| Phosphorus | 25% | 30% |
| Iodine | 15% | 15% |
| Magnesium | 25% | 30% |
| Zinc | 20% | 20% |
| Selenium | 20% | 20% |
| Copper | 20% | 20% |
| Manganese | 20% | 20% |
| Chromium | 20% | 20% |
| Molybdenum | 20% | 20% |

*Amount in 2 Scoops
** Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Sat. Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Potassium | | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Protein | | 50g | 65g |

SUGGESTED USE: For healthy adults, consume enough protein to meet your daily protein requirements with a combination of high protein foods and protein supplements throughout the day as part of a balanced diet and exercise program.

INGREDIENTS: Protein Complex (Whey Protein Concentrate, Micellar Casein), Carb Blend (Chickpea Powder, Whole Oat Flour, Chicory Root Fiber, Oat Fiber, Flaxseed Protein), Natural and Artificial Flavor, Vitamin and Mineral Blend (Dimagnesium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sodium Ascorbate, Ferric Orthophosphate, dl-alpha Tocopheryl Acetate, Niacinamide, Zinc Oxide, D-Calcium Pantothenate, Manganese Sulfate, Cholecalciferol, Pyridoxine Hydrochloride, Cupric Oxide, Thiamin Hydrochloride, Vitamin A Acetate, Riboflavin, Chromium Chloride, Folic Acid, Biotin, Sodium Molybdate, Potassium Iodide, Sodium Selenite, Cyanocobalamin), Lecithin, Xanthan Gum, Guar Gum, Salt, Sucralose.

CONTAINS: MILK AND SOY. MAY CONTAIN WHEAT.



MANUFACTURED BY OPTIMUM NUTRITION, INC.
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TRUESTRENGTH.COM



MANUFACTURED IN THE USA
This product contains ingredients of international and domestic origin

STORE IN A COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT
NOT VOLUME



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