

True Strength Starts in the Morning

Breakfast is the most important meal of the day, but making the same protein shake every morning is tiresome, and making a yogurt smoothie can be time consuming and loaded with sugar. Start your busy mornings with GREEK YOGURT PROTEIN SMOOTHIE – a convenient way to help Fuel Your Morning with a flavorful, high-protein smoothie using just a glass and spoon. Each serving is made with Greek yogurt proteins and instantized premium whey protein, so no blender is needed. Stir one up for a creamy smoothie to help you start the morning right, help you feel full, and stay on-track with your fitness and nutrition goals.



Fuel your Morning!

GREEK YOGURT PROTEIN SMOOTHIE

20G
PROTEIN

130
CALORIES

0G
ADDED SUGAR

BLUEBERRY
Flavor

Not a low calorie food. See nutrition facts for sugar and calorie content.



EASY MIXING

DIRECTIONS: For a convenient breakfast-time shake, just add a scoop of GREEK YOGURT PROTEIN SMOOTHIE POWDER to a glass or shaker cup filled with 6-8 fl oz of cold water or your favorite beverage. Then stir or shake for 20-30 seconds or until powder is dissolved.



ALSO TRY **ON** WHEY & OATS TO HELP FUEL YOUR BUSY MORNINGS.

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.



TRUE STRENGTH
OPTIMUMNUTRITION.COM

- + MUSCLE SUPPORT FROM PREMIUM PROTEIN
- + MADE WITH GREEK YOGURT PROTEIN POWDER AND CHIA
- + GLUTEN FREE

Protein Powder Drink Mix
NET WT 1.02 LB (462 G)

Notice: Use this product as a food supplement only. Do not use for weight reduction.

14
SERVINGS

BANNED
SUBSTANCE
TESTED

Nutrition Facts

14 servings per container

Serving size About 1 Scoop (33g)

Amount per serving

Calories **130**

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Cholesterol 45mg	15%
Sodium 180mg	8%
Total Carbohydrate 8g	3%
Total Sugars 5g	
Protein 20g	40%
Calcium 200mg	15%
Potassium 250mg	6%

Not a significant source of trans fat, dietary fiber, added sugars, vitamin D and iron.

*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: Greek Yogurt Protein Powder (Whey Protein Concentrate, Skim Milk, Yogurt Cultures [Heat Treated After Culturing]), Whey Protein Concentrate, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Natural Flavor, Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono & Diglycerides, Dipotassium Phosphate, Tri-calcium Phosphate, Soy Lecithin, Tocopherols), Milled Chia Seed, Lecithin, Blueberry Powder, Freeze Dried Blueberry Granules, Salt, Sucralose.

CONTAINS: MILK AND SOY.

CONTENTS SOLD BY WEIGHT, NOT VOLUME.



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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.

MANUFACTURED BY
OPTIMUM NUTRITION, INC.

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

SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING.



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