

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.

STORE IN A COOL, DRY PLACE.



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PROTEIN
**CAKE
BITES**

DELICIOUSLY WHIPPED PROTEIN SNACK



20G⁺
PROTEIN

3 CAKE
BITES

RED VELVET FLAVOR
Naturally and Artificially Flavored

NET WT 2.19 OZ (62 G)

*SEE NUTRITION FACTS FOR SAT FAT CONTENT

TRUE STRENGTH of Sensible Snacking:

An anytime snack for active adults interested in new, delicious ways to get protein. Now any day can feel like cheat day!

**Nutrition
Facts**

1 Serving Per Container

Serving Size
3 Pieces (62g)

Calories
per serving **230**

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Fat 7g	9%	Total Carbohydrate 22g	8%
Saturated Fat 4g	20%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 5g	
Cholesterol 25mg	8%	Includes 3g Added Sugars	6%
Sodium 160mg	7%	Protein 20g	40%
Vitamin D 0mcg 0%	Calcium 290mg 20%	Iron 0mg 0%	Potassium 130mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



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INGREDIENTS: Protein Blend (Milk Protein Concentrate, Whey Protein Isolate, Milk Protein Isolate), Yogurt Flavored Coating (Maltitol, Palm Kernel Oil, Milk Protein Isolate, Nonfat Dry Milk Solids, Nonfat Yogurt Powder [Nonfat Dry Milk, Lactic Acid], Soy Lecithin, Natural Flavor), Glycerin, Syrup Blend (Rice Syrup, Grape Juice Concentrate), Chicory Root Fiber, Isomalto-oligosaccharide, Water, Sunflower Oil, Calcium Caseinate, Natural and Artificial Flavor, Salt, Mixed Tocopherols, Sucralose, Red 40, Yellow 5, Blue 1, Soy Lecithin.

CONTAINS: MILK AND SOY, MAY CONTAIN PEANUTS, TREE NUTS, EGG AND WHEAT.

DISTRIBUTED BY OPTIMUM NUTRITION, INC.
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This product contains ingredients
of international and domestic origin



TRUE STRENGTH[®]
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