

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

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

VANILLA
Flavor



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 2g	3%
Saturated Fat 0.5g	3%
Cholesterol 45mg	15%
Sodium 160mg	7%
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, Natural Flavor, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono & Diglycerides, Dipotassium Phosphate, Tri-calcium Phosphate, Soy Lecithin, Tocopherols), Milled Chia Seed, Lecithin, Sucralose.

CONTAINS: MILK AND SOY.

CONTENTS SOLD BY WEIGHT, NOT VOLUME.



Trusted by sport

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.

3500 Lacey Road, Suite 1200
Downers Grove, IL 60515
1 (800) 705 5226

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

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



748927056761

FPO UPC

V1.1676.0317US
6041753