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.





NET WT 2.22 OZ (63 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 (63g)

Calories 240 per serving

Amount Per Serving	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 170mg	7%
Vitamin D 0mcg 0% •	Calcium 290mg 20%

Amount Per Serving	% Daily Value*
Total Carbohydrate	25g 9 %
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 3g Added S	Sugars 6%
Protein 20g	40%
• Iron 0ma 0% • Po	tassium 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.

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, And Artificial Flavor, Sugar, Salt, Cornstarch, Mixed Tocopherols, Sucralose, Confectioner's Glaze, Carnauba Wax, Yellow 5, Blue 1, Red 3, Red 40, Yellow 6, Blue 2. CONTAINS: MILK AND SOY, MAY CONTAIN PEANUTS, TREE NUTS, EGGS AND WHEAT.

DISTRIBUTED BY OPTIMUM NUTRITION, INC. 3500 Lacey Road, Suite 1200 Downers Grove, IL 60515 1 (800) 705-5226







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