

CODE 449955

FTG

**DIRECTIONS FOR USE:** SHAKE WELL BEFORE DRINKING. Use as a meal replacement or convenient snack. Chill before drinking. Refrigerate after opening.

# Nutrition Facts

12 Servings Per Container  
**Serving Size** **One Bottle 14 fl oz. (414 mL)**

**Amount Per Serving**  
**Calories** **170**

	<b>% Daily Value*</b>
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 550mg	<b>25%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 25g	<b>50%</b>

Vitamin D	5mcg (200 IU)	25%	•	Calcium	500mg	40%
Iron	5mg	25%	•	Potassium	100mg	2%
Vitamin A	225mcg	25%	•	Vitamin C	23mg	25%
Vitamin E	4mg	25%	•	Vitamin K	30mcg	25%
Thiamin	0.3mg	25%	•	Riboflavin	0.3mg	25%
Niacin	4mg	25%	•	Vitamin B-6	0.4mg	25%
Folate	100mcg DFE (60mcg Folic Acid)	25%	•	Vitamin B-12	0.6mcg	25%
Biotin	7.5mcg	25%	•	Pantothenic Acid	1.3mg	25%
Phosphorus	600mg	50%	•	Iodine	38mcg	25%
Magnesium	100mg	25%	•	Zinc	2.8mg	25%
Selenium	14mcg	25%	•	Copper	0.2mg	25%
Manganese	0.6mg	25%	•	Chromium	9mcg	25%
Molybdenum	11mcg	25%				

\*The % Daily Value (DV) 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:** Filtered Water, Protein Blend (Pea Protein Isolate, Brown Rice Protein Concentrate), and less than 2% of: Sunflower Oil, Natural Flavor, Vitamin & Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Potassium Phosphate, Sodium Ascorbate, Ferric Orthophosphate, Zinc Amino Acid, Tocopheryl Acetate, Biotin, Vitamin A Palmitate, Niacinamide, Phytomenadione, Potassium Iodide, D-calcium Pantothenate, Chromium Chloride, Copper Amino Acid, Cyanocobalamin, Sodium Molybdate, Sodium Selenite, Folic Acid, Ergocalciferol, Pyridoxine Hydrochloride, Riboflavin, Thiamin, Manganese Sulfate), Gellan Gum, Locust Bean Gum, Salt, Stevia Extract, Monk Fruit Extract, VitaVeggie® Vegetable Powder Blend (Broccoli Sprout Concentrate, Onion Extract, Tomato, Broccoli, Carrot, Spinach, Kale, Brussels Sprouts), Carrageenan.

**NOTICE:** Use in conjunction with the Total Lean® Meal and Exercise Plan found on [www.totallean.com](http://www.totallean.com). Do not use in diets supplying less than 400 calories per day without medical supervision.



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