**True Strength Starts in the Morning**

Breakfast is the most important meal of the day, but making the same protein shake every morning can be 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 day morning right, help you feel full, and stay on-track with your fitness and nutrition goals.

**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.

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

**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.

**Nutrition Facts**

14 servings per container

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount per Serving</th>
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<tbody>
<tr>
<td></td>
<td>Calories</td>
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<td>About 1 Scoop (33g)</td>
<td>130</td>
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*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.

**CONTENTS SOLD BY WEIGHT, NOT VOLUME.**

**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, Dried Strawberry, Salt, Sucralose.

**Also Try: WHEY & OATS TO HELP FUEL YOUR BUSY MORNINGS.**

**FUEL YOUR MORNING!**

**GREEK YOGURT PROTEIN SMOOTHIE**

**PROTEIN SMOOTHIE**

**STRAWBERRY**

**Flavor**

**Manufactured by Optimum Nutrition, Inc.**
3501 Lacey Road, Suite 1200
Downers Grove, IL 60515
1 (800) 705 5226

**Manufactured in the USA with imported ingredients.**

**BANNED TESTED SUBSTANCE**

**Contains:** Milk and Soy.