

**premier  
protein®**

**Here's to  
a happier  
health  
journey.**

Healthy living can be hard.  
So reach for something easy –  
and delicious. Premier Protein®  
shakes are perfect for on-the-go  
snacking, post-workout recovery  
and sipping whenever you need a  
pick-me-up or a smile.

**Shake well, serve  
cold & enjoy!**

**SUPPORTS A  
HEALTHY  
IMMUNE  
SYSTEM<sup>^</sup>**

For more  
information on  
Premier Protein®  
products and  
recipes, visit us at  
[premierprotein.com](http://premierprotein.com).

<sup>^</sup>ANTIOXIDANTS VITAMINS C & E.  
ENJOY AS PART OF A HEALTHY DIET & LIFESTYLE.



**CHOCOLATE**  
NATURALLY & ARTIFICIALLY FLAVORED

**Nutrition Facts**

12 servings per container  
**Serving size 1 Shake (11.5 fl oz)**

**Amount per serving**  
**Calories 160**

**% Daily Value\***

**Total Fat** 3g **4%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 230mg **10%**

**Total Carbohydrate** 4g **1%**

Dietary Fiber 2g **7%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 30g **60%**

Vitamin D 6mcg 30% • Calcium 660mg 50%

Iron 2.7mg 15% • Potassium 320mg 6%

Vitamin A 230mcg 25% • Vitamin C 23mg 25%

Vitamin E 3.8mg 25% • Vitamin K 30mcg 25%

Thiamin 0.24mg 20% • Riboflavin 0.26mg 20%

Niacin 3.2mg 20% • Vitamin B6 0.34mg 20%

Folate 80mcg DFE 20% • Vitamin B12 0.46mcg 20%

(47mcg folic acid)

Biotin 6mcg 20% • Pantoic Acid 1mg 20%

Phosphorus 550mg 45% • Iodine 23mcg 15%

Magnesium 85mg 20% • Zinc 2.8mg 25%

Selenium 8mcg 15% • Copper 0.23mg 25%

Manganese 0.35mg 15% • Chromium 5.3mcg 15%

Molybdenum 6.8mcg 15%

\*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:** FILTERED WATER, MILK PROTEIN CONCENTRATE<sup>1</sup>, CALCIUM CASEINATE<sup>1</sup>, COCOA POWDER (PROCESSED WITH ALKALI), CONTAINS LESS THAN 1% OF SUNFLOWER OIL OR SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, CELLULOSE GEL AND CELLULOSE GUM, SALT, SUCRALOSE, ACESULFAME POTASSIUM, CARRAGEENAN, TRIPOTASSIUM PHOSPHATE, DIPOTASSIUM PHOSPHATE, SODIUM HEXAMETAPOSPHATE, **VITAMIN AND MINERAL BLEND** (DL-ALPHA-TOCOPHERYL ACETATE [VITAMIN E], ZINC GLYCINATE CHELATE, FERRIC ORTHOPHOSPHATE, VITAMIN A [VITAMIN K1], POTASSIUM IODIDE, CHOLECALCIFEROL [VITAMIN D3], COPPER GLUCONATE, CALCIUM D-PANTOTHENATE, MANGANESE SULFATE, SODIUM SELENITE, BIOTIN, SODIUM MOLYBDATE, FOLIC ACID, THIAMINE MONONITRATE [VITAMIN B1], CYANOCOBALAMIN [VITAMIN B12], PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], RIBOFLAVIN [VITAMIN B2], CHROMIUM POLYNICOTINATE), MAGNESIUM PHOSPHATE, SODIUM ASCORBATE. **CONTAINS MILK AND SOY.**

DISTRIBUTED BY: PREMIER NUTRITION,  
EMERYVILLE, CA 94608

<sup>1</sup>SOURCE OF PROTEIN  
GLUTEN FREE | LOW FAT | **U** D

**RECOMMENDED USAGE:** SHAKE WELL & SERVE COLD.  
REFRIGERATE AFTER OPENING.

TO ENSURE BEST QUALITY, STORE IN A COOL, DRY PLACE.

PREMIER PROTEIN IS A REGISTERED  
TRADEMARK OF PREMIER NUTRITION.

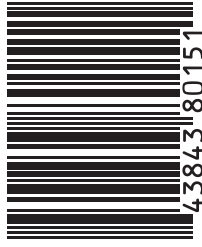
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CUSTOMER SERVICE (888) 836-8877

**Enjoy a shake in the morning  
or as a healthy snack.**

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Premier Protein®  
shakes were judged  
superior in a national  
triple-blind taste test  
conducted by an  
American Masters of  
Taste Chef Panel.

