

# WHEN TO DRINK CTRL!!

## BREAKFAST

Start your day off strong with a convenient, nutritious meal that will give you the energy you need to tackle your day.

## SNACK TIME

Keep your momentum going with a quick and satisfying snack that will keep you focused and alert.

## ON-THE-GO LUNCH

Don't sacrifice nutrition for convenience - fuel your body with a healthy meal replacement that can be enjoyed anywhere.

## POST-WORKOUT

Replenish your body with the nutrients it needs to recover and build muscle after a tough workout.

## GAMING HOURS

Skip the junk food and fuel your late-night gaming sessions with a tasty and nutritious meal replacement that won't leave you feeling sluggish.

**CTRL** is a super convenient functional food brand developed for the everyday human with a mission of healthier in mind.

We get it, every day is different and sometimes finding healthier options isn't the easiest. Whether you're on-the-go or working from home, **CTRL** was developed to get you to stop skipping meals or letting those late-night food orders get the best of you or your money.

Our delicious meal replacement shakes, **Catered To Real Life™**, contain protein, carbs, fiber, fats, vitamins, minerals, MCTs, and digestive enzymes. Stay fueled for hours and enjoy a healthier lifestyle without sacrificing taste.

## HOW TO MAKE A SHAKE

### STEP 1

Pour 10-14oz of milk or cold water into your shaker cup. We recommend Almond Milk for an optimal taste experience.

### STEP 2

Add one scoop to your shaker for a snack or two scoops for a complete nutritious meal without making a mess.

### STEP 3

Ensure your wire ball is inside the shaker, lid tight, and shake thoroughly for 30 seconds. Now for the most important part: enjoy!

## Nutrition Facts

15 meals per container

Serving size **2 Scoops (60g)**

Calories

**230**  
per serving

**342**  
with Milk\*\*

Amount/serving	Per Serving % DV*		With Milk** % DV*	
<b>Total Fat</b>	11g	<b>14%</b>	11g	<b>14%</b>
Saturated Fat	7g	<b>35%</b>	7g	<b>35%</b>
Trans Fat	0g		0g	
<b>Cholesterol</b>	75mg	<b>25%</b>	81mg	<b>27%</b>
<b>Sodium</b>	60mg	<b>3%</b>	216mg	<b>11%</b>

Amount/serving	Per Serving % DV*		With Milk** % DV*	
<b>Total Carbs.</b>	17g	<b>6%</b>	33g	<b>12%</b>
Dietary Fiber	8g	<b>29%</b>	8g	<b>29%</b>
Total Sugars	1g		16g	
Incl. Added Sugars	1g	<b>2%</b>	1g	<b>2%</b>
<b>Protein</b>	23g	<b>46%</b>	33g	<b>66%</b>

\* The Percent 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. \*\* 10oz Fat Free Skim Milk. Typical. May vary by brand.

•Vitamin D 50% •Calcium 23% •Iron 4% •Potassium 5% •Vitamin A 50% •Vitamin C 50% •Vitamin E 50% •Thiamin 50% •Riboflavin 50% •Niacin 50%  
•Vitamin B6 50% •Folate DFE 50% •Vitamin B12 50% •Biotin 50% •Panthenic Acid 50% •Magnesium 4% •Zinc 50% •Selenium 50% •Copper 50%  
•Manganese 50% •Chromium 50% •Molybdenum 50%

**INGREDIENTS:** Whey Protein Concentrate, Carb10®, goMCT®, **Cereal Pieces** (Whole Grain wheat, sugar, rice flour, dextrose, canola oil, salt, cinnamon, natural flavor, caramel color, maltodextrin, soy lecithin), Sunflower Oil Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate, Tocopherols), **Vitamins and Minerals:** Ferric Orthophosphate [source of Iron], Niacinamide, Zinc Oxide, Thiamin Mononitrate, Calcium Pantothenate, Pyridoxine Hydrochloride, Folic Acid, Natural and Artificial Flavors, Xanthan Gum, Sucralose, Ascorbic Acid, Sodium Molybdenate, Zinc Oxide, dl-alpha Tocopherol Acetate, Cholecalciferol, Niacinamide, Manganese Gluconate, Selenomethionine, Beta Carotene, Copper Gluconate, d-calcium Pantothenate, d-biotin, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Chromium Piccolinate, Cyanocobalamin, Folic Acid.

**ALLERGEN INFORMATION:** Contains Milk, Soy, Wheat and Coconut.

Manufactured on shared equipment that might also process products containing Egg, Peanut, other Tree Nuts, Fish, Shellfish and Sesame.

**INGREDIENTS THAT MAXIMIZE HUMAN POTENTIAL**

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