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*
Total Fat	11g	**14%**	11g	**14%**
Saturated Fat	7g	**35%**	7g	**35%**
Trans Fat	0g		0g	
Cholesterol	75mg	**25%**	81mg	**27%**
Sodium	60mg	**3%**	216mg	**11%**

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

* 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% •Panthothenic Acid 50% •Magnesium 4% •Zinc 50% •Selenium 50% •Copper 50% •Manganese 50% •Chromium 50% •Molybdenum 50%

INGREDIENTS: Whey Protein Concentrate, Carb10®, goMCT®, **Cereal Pieces** (Rice, Sugar, Corn Syrup, Canola oil, natural and artificial flavor , Artificial Color (FD&C color red #40 lake, blue 1, yellow 5)), 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 Molybdenite, 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 Picolinate, 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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