

CODE 267978

BWG

DIRECTIONS: As a meal replacement, mix one serving (one heaping scoop) (52 g) with 8-10 fl. oz. of cold water. Mix well. Drink two shakes daily in conjunction with a healthy weight management program.

Nutrition Facts

12 Servings Per Container

Serving Size

One Heaping Scoop (52 g)

Amount Per Serving

Calories

180

% Daily Value*

Total Fat 3 g						4%
Saturated Fat 2 g						10%
Trans Fat 0 g						
Cholesterol 60 mg						20%
Sodium 290 mg						13%
Total Carbohydrate 18 g						7%
Dietary Fiber 8 g						29%
Total Sugars 4 g						
Includes 2 g Added Sugars						4%
Protein 25 g						50%
Vitamin D	0 mcg	0%	•	Calcium	450 mg	35%
Iron	5 mg	30%	•	Potassium	350 mg	8%
Vitamin A	300 mcg RAE	35%	•	Vitamin C	30 mg	35%
Vitamin E	3 mg	20%	•	Thiamin	0.3 mg	25%
Riboflavin	0.3 mg	25%	•	Niacin	4 mg	25%
Vitamin B-6	0.4 mg	25%	•	Folate	135 mcg DFE (80 mcg Folic Acid)	35%
Vitamin B-12	1.3 mcg	50%	•	Biotin	60 mcg	200%
Pantothenic Acid	2 mg	40%	•	Phosphorus	250 mg	20%
Iodine	75 mcg	50%	•	Magnesium	105 mg	25%
Zinc	3 mg	25%	•	Selenium	14 mcg	25%
Copper	0.4 mg	45%	•	Manganese	0.4 mg	15%
Chromium	24 mcg	70%	•	Molybdenum	15 mcg	35%

*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.

Calories per gram:

Fat 9

Carbohydrate 4

Protein 4

INGREDIENTS: Whey Protein Concentrate, Maltodextrin, Cocoa (processed with alkali), Milk Protein Concentrate, Natural and Artificial Flavors, Whey Protein Isolate, Oat Bran, Cellulose Powder, Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [a milk derivative], Mono & Diglycerides, Dipotassium Phosphate, Sodium Silico Aluminate), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Nonfat Dry Milk, Salt, Tricalcium Phosphate, Calcium Carbonate, Resistant Corn Starch, Fructooligosaccharides, Magnesium Oxide, Vitamin Mineral Blend (Vitamin A Acetate, Sodium Ascorbate, dl-Alpha Tocopheryl Acetate, Thiamine Hydrochloride, Riboflavin, Niacinamide, Pyridoxine Hydrochloride, Folic Acid, Cyanocobalamin, Biotin, Calcium D-Pantothenate, Ferric Orthophosphate, Potassium Iodide, Zinc Oxide, Sodium Selenite, Copper Oxide, Manganese Sulfate, Chromium Chloride, Sodium Molybdate, Maltodextrin), Sunflower Lecithin, Sucralose, Acesulfame Potassium.

CONTAINS: Milk and Coconut.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

⚠WARNING: Cancer and Reproductive Harm – www.P65Warnings.ca.gov. Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. Inform your physician of this product's biotin content before any lab test.