

# Nutrition Facts

Serving Size 2 scoops (58g)  
Servings Per Container about 10

Amount Per Serving		Calories From Fat 20	
		<b>% Daily Value*</b>	
<b>Calories</b> 200			
<b>Total Fat</b> 2g		<b>3%</b>	
Saturated Fat 0g		<b>0%</b>	
<b>Cholesterol</b> 0mg			
<b>Trans Fat</b> 0g		<b>0%</b>	
<b>Sodium</b> 420mg		<b>18%</b>	
<b>Potassium</b> 850mg		<b>24%</b>	
<b>Total Carbohydrate</b> 27g		<b>9%</b>	
Dietary Fiber 3g		<b>12%</b>	
Sugars 21g			
<b>Protein</b> 22g			

Vitamin A 35%	Vitamin C 40%
Calcium 80%	Iron 40%
Vitamin D 35%	Vitamin E 35%
Vitamin K 35%	Thiamin 45%
Riboflavin 70%	Niacin 40%
Vitamin B6 40%	Folate 40%
Vitamin B12 50%	Biotin 35%
Pantothenic Acid 45%	Phosphorus 70%
Iodine 35%	Magnesium 70%
Zinc 40%	Selenium 35%
Copper 40%	Manganese 60%
Chromium 35%	Molybdenum 70%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

# The Original MICRO

# DIET

*More than 10 million  
dieters worldwide!*

## Chocolate Shake



**22g**  
of **PROTEIN**  
in every shake

NET WT. 20.3 ozs. (575g)

# Chocolate Shake

### INGREDIENTS:

Nonfat Milk, Calcium Caseinate, Fructose, Cocoa (Dutch Processed), Whey, Whey Protein Concentrate, Vitamin-Mineral Premix (Tricalcium Phosphate, Magnesium Phosphate, Maltodextrin, Sodium Ascorbate, DL-Alpha Tocopheryl, Ferric Orthophosphate, Zinc Citrate, Biotin, Vitamin A Palmitate, Niacinamide, Copper Gluconate, Chromium Chloride, Calcium Pantothenate, Manganese Sulfate, Vitamin K1, Vitamin D3, Pyridoxine Iodide, Thiamine Mononitrate, Riboflavin, Vitamin B12, Folic Acid, Sodium Molybdate, Sodium Selenite), Malted Milk (Barley Malt, Wheat, Milk, Bicarbonate of Soda, Salt), Lecithin, Guar gum, Natural and Artificial Flavors, Silicon Dioxide, Sodium Citrate, Salt, Egg Whites, Potassium Citrate, Soybean Oil, Magnesium Oxide, Choline Bitartrate, Cellulose Gum, Potassium Chloride, Aspartame, Inositol, Ethyl Vanillin.

### Mixing Directions:

Add 2 level scoops (58g) to 8 fl. oz. cold or warm water. Stir, shake or use blender until smooth. Ice can be added with power blender for increased texture. **DO NOT USE BOILING WATER FOR SHAKING OR BLENDING.**

To increase Protein (9g) and other added nutrition, use skim milk in place of water.



Net Weight: 20.3 ozs. (575g)

Phenylketonurics: Contains Phenylalanine  
Allergens: Contains Egg, Milk, Soy, Wheat.

Notes: Processed in a facility that also processes milk, eggs, tree nuts, wheat and soy.

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